Sunday

|  |  |  |  |
| --- | --- | --- | --- |
| 6:00 | Meal 1 | Strawberry[Shakeology](http://www.shakeology.com/en_US/?sn=lthompson58), ½ banana, pb | spoon.png |
| 10:00 | Meal 2 | Banana apple muffin (FIXATE), Jicama |  |
| 1:00 | Meal 3 | [Chinese Chicken Salad](https://whatsworkinghere.com/healthy-quick-chinese-chicken-salad/) | spoon.png |
| 4:00 | Meal 4 | [BLT Wrap](https://whatsworkinghere.com/turkey-blt-wrap/) | spoon.png |
| 6:30 | Meal 5 | [Teriyaki Salmon w/Soba Noodles & snap peas](https://whatsworkinghere.com/quick-easy-teriyaki-salmon-with-soba-noodles/) | spoon.png |

Monday

|  |  |  |  |
| --- | --- | --- | --- |
| 6:00 |  Meal 1 | Strawberry[Shakeology](http://www.shakeology.com/en_US/?sn=lthompson58), ½ banana, pb | spoon.png |
| 6:30 | Energize |  |  |
| 7:00 | Hydrate |  |  |
| 8:30 | Recover | ½ banana |  |
| 10:30 | Post Workout Meal | [Egg & Spinach Wrap](https://whatsworkinghere.com/80-day-obsession-snack-recipes/) | spoon.png |
| 1:00 | Pre-Workout Meal | [Teriyaki Salmon w/Soba Noodles & snap peas](https://whatsworkinghere.com/quick-easy-teriyaki-salmon-with-soba-noodles/) | spoon.png |
| 4:00 | Meal 2 | [Strawberry Spinach Salad with Almonds](https://whatsworkinghere.com/80-day-obsession-snack-recipes/) |  |
| 6:30 | Meal 3 | [Italian Turkey Meatloaf,](https://whatsworkinghere.com/healthy-italian-turkey-meatloaf/) baked potato, green beans | spoon.png |
| 9:00 | Recharge |  |  |

Tuesday

|  |  |  |  |
| --- | --- | --- | --- |
| 6:00 |  Meal 1 | Strawberry[Shakeology](http://www.shakeology.com/en_US/?sn=lthompson58), ½ banana, pb | spoon.png |
| 6:30 | Energize |  |  |
| 7:00 | Hydrate |  |  |
| 8:30 | Recover | ½ banana |  |
| 10:30 | Post Workout Meal | [BLT Wrap](https://whatsworkinghere.com/turkey-blt-wrap/) | spoon.png |
| 1:00 | Pre-Workout Meal | [Italian Turkey Meatloaf,](https://whatsworkinghere.com/healthy-italian-turkey-meatloaf/) baked potato, green beans | spoon.png |
| 4:00 | Meal 2 | Banana apple muffin (FIXATE), Jicama |  |
| 6:30 | Meal 3 | Tacos | spoon.png |
| 9:00 | Recharge |  |  |

Wednesday

|  |  |  |  |
| --- | --- | --- | --- |
| 6:00 |  Meal 1 | Strawberry[Shakeology](http://www.shakeology.com/en_US/?sn=lthompson58), ½ banana, pb | spoon.png |
| 6:30 | Energize |  |  |
| 7:00 | Hydrate |  |  |
| 8:30 | Recover | ½ banana |  |
| 10:30 | Post Workout Meal | [Egg & Spinach Wrap](https://whatsworkinghere.com/80-day-obsession-snack-recipes/) | spoon.png |
| 1:00 | Pre-Workout Meal | Tacos | spoon.png |
| 4:00 | Meal 2 | [Strawberry Spinach Salad with Almonds](https://whatsworkinghere.com/80-day-obsession-snack-recipes/) |  |
| 6:30 | Meal 3 | Tilapia Picatta, Orzo, green beans | spoon.png |
| 9:00 | Recharge |  |  |

Thursday

|  |  |  |  |
| --- | --- | --- | --- |
| 6:00 |  Meal 1 | Strawberry[Shakeology](http://www.shakeology.com/en_US/?sn=lthompson58), ½ banana, pb | spoon.png |
| 6:30 | Energize |  |  |
| 7:00 | Hydrate |  |  |
| 8:30 | Recover | ½ banana |  |
| 10:30 | Post Workout Meal | [BLT Wrap](https://whatsworkinghere.com/turkey-blt-wrap/) | spoon.png |
| 1:00 | Pre-Workout Meal | Tilapia Picatta, Orzo, green beans | spoon.png |
| 4:00 | Meal 2 | Banana apple muffin (FIXATE), Jicama |  |
| 6:30 | Meal 3 | leftovers | spoon.png |
| 9:00 | Recharge |  |  |

Friday

|  |  |  |  |
| --- | --- | --- | --- |
| 6:00 |  Meal 1 | Strawberry[Shakeology](http://www.shakeology.com/en_US/?sn=lthompson58), ½ banana, pb | spoon.png |
| 6:30 | Energize |  |  |
| 7:00 | Hydrate |  |  |
| 8:30 | Recover | ½ banana |  |
| 10:30 | Post Workout Meal | [Egg & Spinach Wrap](https://whatsworkinghere.com/80-day-obsession-snack-recipes/) | spoon.png |
| 1:00 | Pre-Workout Meal | [Healthy Bacon Chicken Ranch Wrap](https://whatsworkinghere.com/healthy-bacon-chicken-ranch-wrap/) | spoon.png |
| 4:00 | Meal 2 | [Strawberry Spinach Salad with Almonds](https://whatsworkinghere.com/80-day-obsession-snack-recipes/) |  |
| 6:30 | Meal 3 | out | spoon.png |
| 9:00 | Recharge |  |  |

Saturday

|  |  |  |  |
| --- | --- | --- | --- |
| 6:00 |  Meal 1 | Strawberry[Shakeology](http://www.shakeology.com/en_US/?sn=lthompson58), ½ banana, pb | spoon.png |
| 6:30 | Energize |  |  |
| 7:00 | Hydrate |  |  |
| 8:30 | Recover | ½ banana |  |
| 10:30 | Post Workout Meal | [BLT Wrap](https://whatsworkinghere.com/turkey-blt-wrap/) | spoon.png |
| 1:00 | Pre-Workout Meal | [Southwest Chicken Salad](https://whatsworkinghere.com/easy-healthy-southwest-chicken-salad/) | spoon.png |
| 4:00 | Meal 2 | Carrots, Grapes, Hummus |  |
| 6:30 | Meal 3 | out | spoon.png |
| 9:00 | Recharge |  |  |