**SUNDAY: 28th**

**Breakfast-** [Shakeology](http://www.shakeology.com/en_US/?sn=lthompson58), ½ banana pb

**Snack-** [Peach Spinach Salad with Cashews](https://whatsworkinghere.com/80-day-obsession-snack-recipes/)

**Lunch-** Chicken & Spinach Wrap

**Snack-** [Tuna Salad Sandwich](https://whatsworkinghere.com/healthy-tuna-salad-wrap/), apple

**Dinner-** [Teriyaki Salmon with soba noodles and snap peas](https://whatsworkinghere.com/quick-easy-teriyaki-salmon-with-soba-noodles/), sesame seeds

**MONDAY: 29th**

**Breakfast-** [Shakeology](http://www.shakeology.com/en_US/?sn=lthompson58), ½ banana pb

**Snack-** Carrots & hummus, grapes

**Lunch-** [Teriyaki Salmon with soba noodles and snap peas](https://whatsworkinghere.com/quick-easy-teriyaki-salmon-with-soba-noodles/)

**Snack-** BLT wrap, pear

**Dinner-** [Instant Pot Meatloaf and Mashed Potatoes](https://confessionsofafitfoodie.com/2017/10/21-day-fix-meatloaf-mashed-potatoes/), sunflower seeds

**TUESDAY: 30th**

**Breakfast-** [Shakeology](http://www.shakeology.com/en_US/?sn=lthompson58), ½ banana pb

**Snack-** [Peach Spinach Salad with Cashews](https://whatsworkinghere.com/80-day-obsession-snack-recipes/)

**Lunch-** [Instant Pot Meatloaf and Mashed Potatoes](https://confessionsofafitfoodie.com/2017/10/21-day-fix-meatloaf-mashed-potatoes/),

**Snack-** [Tuna Wrap](https://whatsworkinghere.com/healthy-tuna-salad-wrap/)

**Dinner-** 3- Bean and Ham Soup (FIXATE2), sunflower seeds

**WEDNESDAY: 1st**

**Breakfast-** [Shakeology](http://www.shakeology.com/en_US/?sn=lthompson58), ½ banana pb

**Snack-** Carrots & hummus, grapes

**Lunch-** 3- Bean and Ham Soup (FIXATE2)

**Snack-** BLT wrap, pear

**Dinner-** Turkey Sloppy Joes (Fixate), sunflower seeds

**THURSDAY: 2nd**

**Breakfast-** [Shakeology](http://www.shakeology.com/en_US/?sn=lthompson58), ½ banana pb

**Snack-** [Peach Spinach Salad with Cashews](https://whatsworkinghere.com/80-day-obsession-snack-recipes/)

**Lunch-** Turkey Sloppy Joes (Fixate)

**Snack-** Chicken Wrap, apple

**Dinner**- Leftovers

**FRIDAY: 3rd**

**Breakfast-** [Shakeology](http://www.shakeology.com/en_US/?sn=lthompson58), ½ banana pb

**Snack-** Carrots & hummus, grapes

**Lunch-** Turkey Sandwich

**Snack-** BLT wrap, pear

**Dinner-** Out

**SATURDAY: 4th**

**Breakfast-** [Shakeology](http://www.shakeology.com/en_US/?sn=lthompson58), ½ banana pb

**Snack-** [Peach Spinach Salad with Cashews](https://whatsworkinghere.com/80-day-obsession-snack-recipes/)

**Lunch-** Turkey Sandwich

**Snack-** Chicken wrap, apple

**Dinner-** out