**SUNDAY: 19th**

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

**Snack-** [Peach Spinach Salad with Cashews](https://whatsworkinghere.com/ultimate-portion-fix-snack-ideas/)

**Lunch-** [Southwest Chicken Salad](https://whatsworkinghere.com/easy-healthy-southwest-chicken-salad/)

**Snack-** [BLT Wrap](https://whatsworkinghere.com/turkey-blt-wrap/)

**Dinner-** Hamburger, side salad

**MONDAY: 20th**

**Breakfast-** StrawberryVanilla Overnight Oats

**Snack-** Blueberry Banana smoothie

**Lunch-** Spiced Apple Quinoa and Kale Salad

**Snack-** Maple Cinnamon Toasted Pecans

**Dinner-** Creamy Curried Chicken Lentil Soup

**TUESDAY: 21st - Connor’s Birthday**

**Breakfast-** StrawberryVanilla Overnight Oats

**Snack-** Mixed Veggies and Garlic Rosemary White Bean Dip

**Lunch-** Spiced Apple Quinoa and Kale Salad

**Snack-** Maple Cinnamon Toasted Pecans

**Dinner-** Creamy Curried Chicken Lentil Soup

**WEDNESDAY: 22nd**

**Breakfast-** Toasted Pecan and Pumpkin Seed Cereal

**Snack-** Mixed Veggies and Garlic Rosemary White Bean Dip

**Lunch-** Creamy Curried Chicken Lentil Soup

**Snack-** Peanut Butter Chocolate Cookie Dough Bites

**Dinner-** Roasted Veggie Buddha Bowl

**THURSDAY: 23rd**

**Breakfast-** Toasted Pecan and Pumpkin Seed Cereal

**Snack-** Peanut Butter Chocolate Cookie Dough Bites

**Lunch-** Roasted Veggie Buddha Bowl

**Snack-** Mixed Veggies and Garlic Rosemary White Bean Dip

**Dinner**- Chicken Sesame Wraps

**FRIDAY: 24th**

**Breakfast-** Toasted Pecan and Pumpkin Seed Cereal

**Snack-** Popeye’s Pina Colada

**Lunch-** Chicken Sesame Wraps

**Snack-** Peanut Butter Chocolate Cookie Dough Bites

**Dinner**- Roasted Veggie Buddha Bowl

**SATURDAY: 25th**

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

**Snack-** Omelet with toast

**Lunch-** leftovers

**Snack-** Tomatoes with String Cheese, Apple

**Dinner-** Out