**SUNDAY: 19th**

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

**Snack-** apple & string cheese

**Lunch-** BLT

**Snack-** tuna lettuce cups

**Dinner-** Chicken Nuggets, Green Beans, Mac-n-cheese

**MONDAY: 20th – First Day of School**

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

**Snack-** strawberry spinach salad

**Lunch-** Chicken Nuggets, Green Beans, Mac-n-cheese

**Snack-** yogurt

**Dinner-** [Slow cooker Pork Roast](https://www.pinterest.com/pin/43628690123428515/) with mashed potatoes and green beans

**TUESDAY: 21st**

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

**Snack-** yogurt, fruit

**Lunch-** [Slow cooker Pork Roast](https://www.pinterest.com/pin/43628690123428515/) with mashed potatoes and green beans

**Snack-** carrots & hummus

**Dinner-** [Pressure Cooker Mongolian Beef](https://www.pinterest.com/pin/43628690123428280/), Brown Rice, Mixed Veggies

**WEDNESDAY: 22nd**

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

**Snack-** strawberry spinach salad

**Lunch–** [Pressure Cooker Mongolian Beef](https://www.pinterest.com/pin/43628690123428280/), Brown Rice, Mixed Veggies

**Snack-** yogurt

**Dinner-** [Tilapia Picatta](https://www.pinterest.com/pin/43628690121017916/), green beans, orzo

**THURSDAY: 23rd**

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

**Snack-** yogurt, fruit

**Lunch-** [Tilapia Picatta](https://www.pinterest.com/pin/43628690121017916/), green beans, orzo

**Snack-** carrots & hummus

**Dinner**- leftovers

**FRIDAY: 24th – Renew Conference**

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

**Snack-** strawberry spinach salad

**Lunch-** BLT

**Snack-** yogurt

**Dinner-** out

**SATURDAY: 25th – Renew Conference**

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

**Snack-** granola bar

**Lunch-** out

**Snack-** almonds

**Dinner-** Out