Sunday- Portion Fix

|  |  |  |  |
| --- | --- | --- | --- |
| 6:00 | Meal 1 | Strawberry[Shakeology](http://www.shakeology.com/en_US/?sn=lthompson58), ½ banana, pb | spoon.png |
| 7:00 | Meal 2 | apple |  |
| 9:00 | Meal 3 | Carrots, hummus |  |
| 12:00 | Meal 4 | Pressure Cooker Mongolian Beef, Brown Rice | spoon.png |
| 3:00 | Meal 5 | Veggie Burger Rice Bowl | spoon.png |
| 6:00 | Meal 6 | Chinese Chicken Salad | spoon.png |

Monday-Portion Fix

|  |  |  |  |
| --- | --- | --- | --- |
| 6:00 | Meal 1 | Strawberry[Shakeology](http://www.shakeology.com/en_US/?sn=lthompson58), ½ banana, pb | spoon.png |
| 7:00 | Meal 2 | Apple cinnamon oatmeal |  |
| 9:00 | Meal 3 | Carrots, hummus |  |
| 12:00 | Meal 4 | Chinese Chicken Salad | spoon.png |
| 3:00 | Meal 5 | Veggie Burger Rice Bowl | spoon.png |
| 6:00 | Meal 6 | [Chicken Parmesan, Orzo, Broccoli](https://whatsworkinghere.com/easy-chicken-parmesan-meal/) | spoon.png |

Tuesday-Carb-Cycling

|  |  |  |  |
| --- | --- | --- | --- |
| 6:00 | Meal 1 | Strawberry[Shakeology](http://www.shakeology.com/en_US/?sn=lthompson58), pb | spoon.png |
| 8:00 | Meal 2 | Eggs, oatmeal |  |
| 10:00 | Meal 3 | Turkey Meatballs |  |
| 12:00 | Meal 4 | Fish & asparagus w/ olive oil | spoon.png |
| 2:00 | Meal 5 | Shrimp & Veggies |  |
| 4:00 | Meal 6 | Chicken & green beans, ghee | spoon.png |
| 6:00 | Meal 7 | Beef & Butternut Squash Stew (21DFX) | spoon.png |

Wednesday-Portion Fix

|  |  |  |  |
| --- | --- | --- | --- |
| 6:00 | Meal 1 | Strawberry[Shakeology](http://www.shakeology.com/en_US/?sn=lthompson58), ½ banana, pb | spoon.png |
| 7:00 | Meal 2 | Apple cinnamon oatmeal |  |
| 9:00 | Meal 3 | Carrots, hummus |  |
| 12:00 | Meal 4 | Chinese Chicken Salad | spoon.png |
| 3:00 | Meal 5 | Veggie Burger Rice Bowl | spoon.png |
| 6:00 | Meal 6 | [Chicken Parmesan, Orzo, Broccoli](https://whatsworkinghere.com/easy-chicken-parmesan-meal/) | spoon.png |

Thursday-Portion Fix

|  |  |  |  |
| --- | --- | --- | --- |
| 6:00 | Meal 1 | Strawberry[Shakeology](http://www.shakeology.com/en_US/?sn=lthompson58), ½ banana, pb | spoon.png |
| 7:00 | Meal 4 | apple |  |
| 9:00 | Meal 2 | Snap peas & sesame seeds |  |
| 12:00 | Meal 3 | Chicken Wrap | spoon.png |
| 3:00 | Meal 5 | Veggies & Protein Packed Ranch Dip (Fixate) | spoon.png |
| 6:00 | Meal 6 | Sausage & Egg Sandwich (Fixate2), Bacon Wrapped Asparagus (Fixate2), Spring Sangria (Fixate), Strawberry Mango Fruit Salsa, Chocolate-Caramel Apple Nachos (Fixate) | spoon.png |

Friday-Carb-Cyling

|  |  |  |  |
| --- | --- | --- | --- |
| 6:00 | Meal 1 | Strawberry[Shakeology](http://www.shakeology.com/en_US/?sn=lthompson58), pb | spoon.png |
| 8:00 | Meal 2 | Eggs, oatmeal |  |
| 10:00 | Meal 3 | Turkey Meatballs |  |
| 12:00 | Meal 4 | Fish & asparagus w/ olive oil | spoon.png |
| 2:00 | Meal 5 | Shrimp & Veggies |  |
| 4:00 | Meal 6 | Chicken & green beans, ghee | spoon.png |
| 6:00 | Meal 7 | Beef & Butternut Squash Stew (21DFX) | spoon.png |

Saturday-Portion Fix

|  |  |  |  |
| --- | --- | --- | --- |
| 6:00 | Meal 1 | Strawberry[Shakeology](http://www.shakeology.com/en_US/?sn=lthompson58), ½ banana, pb | spoon.png |
| 7:00 | Meal 4 | apple |  |
| 9:00 | Meal 2 | Carrots, hummus, grapes |  |
| 12:00 | Meal 3 | Spinach Chicken Wrap | spoon.png |
| 3:00 | Meal 5 | Spinach, Ham, pasta, olive oil | spoon.png |
| 6:00 | Meal 6 | out | spoon.png |