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 4 | apple |  |
| 9:00 | Meal 2 | Carrots, hummus, grapes |  |
| 12:00 | Meal 3 | Grilled Chicken Salad with Quinoa, dressing | spoon.png |
| 3:00 | Meal 5 | Spinach & Ham Pasta olive oil | spoon.png |
| 6:00 | Meal 6 | Swedish Meatball Stroganoff (Fixate2) | 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 4 | Apple cinnamon oatmeal |  |
| 9:00 | Meal 2 | Carrots, hummus, grapes |  |
| 12:00 | Meal 3 | Swedish Meatball Stroganoff (Fixate2) | spoon.png |
| 3:00 | Meal 5 | Spinach, Ham, pasta, olive oil | spoon.png |
| 6:00 | Meal 6 | [Shrimp Cauliflower Fried Rice](https://whatsworkinghere.com/easy-shrimp-cauliflower-fried-rice/), sesame seeds | 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 4 | apple |  |
| 9:00 | Meal 2 | Snap peas & sesame seeds |  |
| 12:00 | Meal 3 | [Tuna Salad Wrap](https://whatsworkinghere.com/healthy-tuna-salad-wrap/) | spoon.png |
| 3:00 | Meal 5 | Spinach, Ham, pasta, olive oil | spoon.png |
| 6:00 | Meal 6 | Sausage & Egg Sandwich (Fixate2), asparagus | 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 | [Tuna Salad Wrap](https://whatsworkinghere.com/healthy-tuna-salad-wrap/) | spoon.png |
| 3:00 | Meal 5 | Spinach, Ham, pasta, olive oil | spoon.png |
| 6:00 | Meal 6 | Sausage & Egg Sandwich (Fixate2), asparagus | 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 |