**SUNDAY: 2nd – Texans Game**

**Breakfast-** Ham & cheese Omelet w/ toast

**Snack-** Yogurt & Berries

**Lunch-** Out

**Snack-** Almonds

**Dinner-** [Slow Cooker Golden Chicken & Noodles](https://www.pinterest.com/pin/43628690123428322/)

**MONDAY: 3rd**

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

**Snack-** carrots, hummus, grapes

**Lunch-** [Slow Cooker Golden Chicken & Noodles](https://www.pinterest.com/pin/43628690123428322/)

**Snack-** yogurt & fruit

**Dinner-** [Tilapia Tostadas](https://www.pinterest.com/pin/43628690121017753/)

**TUESDAY: 4th – In the Office**

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

**Snack-** apple & string cheese

**Lunch-** [Tilapia Tostadas](https://www.pinterest.com/pin/43628690121017753/)

**Snack-** carrots, hummus & grapes

**Dinner-** Chili

**WEDNESDAY: 5th**

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

**Snack-** yogurt & berries

**Lunch–** Chili

**Snack-** popcorn & string cheese

**Dinner-** [Minestrone Soup](https://www.pinterest.com/pin/43628690123428384/)

**THURSDAY: 6th**

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

**Snack-** carrots, hummus, grapes

**Lunch-** [Minestrone Soup](https://www.pinterest.com/pin/43628690123428384/)

**Snack-** apple & string cheese

**Dinner**- leftovers

**FRIDAY: 7th**

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

**Snack-** yogurt & fruit

**Lunch-** sandwich & fruit

**Snack-** carrots, hummus & grapes

**Dinner-** out

**SATURDAY: 8th – Dad’s Birthday Dinner**

**Breakfast-** Pancakes & Sausage

**Snack-** yogurt & fruit

**Lunch-** Sandwich & Soup

**Snack-** popcorn & string cheese

**Dinner-** out