**SUNDAY: 24th – Birthday Party**

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

**Snack-** pears & pecans w/cinnamon

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

**Snack-** Shrimp & Veggies

**Dinner-** [Quick & Easy Teriyaki Salmon with Soba Noodles & Snap Peas](https://whatsworkinghere.com/quick-easy-teriyaki-salmon-with-soba-noodles/), sesame seeds

**MONDAY: 25th**

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

**Snack-** eggs & oatmeal

**Lunch-** Fish & Asparagus

**Snack-** Shrimp & Veggies

**Dinner-** Beef & Butternut Squash Stew (21DFX)

**TUESDAY: 26th**

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

**Snack-** eggs & oatmeal

**Lunch-** Fish & Asparagus

**Snack-** Chicken & Mushrooms

**Dinner-** Beef & Butternut Squash Stew (21DFX)

**WEDNESDAY: 27th**

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

**Snack-** peaches & pecans w/cinnamon

**Lunch-** [Quick & Easy Teriyaki Salmon with Soba Noodles & Snap Peas](https://whatsworkinghere.com/quick-easy-teriyaki-salmon-with-soba-noodles/)

**Snack-** Turkey Sausage & Zoodles

**Dinner-** Beef & Broccoli w/brown rice

**THURSDAY: 28th –Soccer Practice**

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

**Snack-** eggs & oatmeal

**Lunch-** Fish & Asparagus

**Snack-** Shrimp & Veggies

**Dinner**- Beef & Butternut Squash Stew (21DFX)

**FRIDAY: 1st - Cabo**

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

**Snack-** eggs & oatmeal

**Lunch-** grilled chicken salad

**Snack-** out

**Dinner-** out

**SATURDAY: 2nd – Soccer Game / Cabo**

**Breakfast-** out

**Snack-** out

**Lunch-** out

**Snack-** out

**Dinner-** out