**SUNDAY: 20th - Birthday Party**

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

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

**Lunch-** Grilled Chicken Wrap

**Snack-** Turkey sausage & sauerkraut

**Dinner-** [Healthy Instant Pot Meatloaf and Mashed Potatoes](https://confessionsofafitfoodie.com/2017/10/21-day-fix-meatloaf-mashed-potatoes/) , olives

**MONDAY: 21st – No School**

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

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

**Lunch-** [Healthy Instant Pot Meatloaf and Mashed Potatoes](https://confessionsofafitfoodie.com/2017/10/21-day-fix-meatloaf-mashed-potatoes/)

**Snack-** Turkey sausage & sauerkraut

**Dinner-** Spaghetti & turkey meatballs, salad w/dressing

**TUESDAY: 22nd – JT Concert**

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

**Snack-** yogurt & fruit

**Lunch-** Spaghetti & turkey meatballs, salad

**Snack-** carrots & hummus

**Dinner-** [Mongolian Beef,](https://www.pressurecookingtoday.com/pressure-cooker-mongolian-beef/) Veggies, Brown Rice, sesame seeds

**WEDNESDAY: 23rd**

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

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

**Lunch–** [Mongolian Beef,](https://www.pressurecookingtoday.com/pressure-cooker-mongolian-beef/) Veggies, Brown Rice

**Snack-** Turkey sausage & sauerkraut

**Dinner-** [20 Minute Honey Garlic Shrimp](https://sallysbakingaddiction.com/quick-healthy-dinner-20-minute-honey-garlic-shrimp/print/), Broccoli, Brown Rice, sesame seeds

**THURSDAY: 24th – Escape the School**

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

**Snack-** yogurt & granola

**Lunch-** [20 Minute Honey Garlic Shrimp](https://sallysbakingaddiction.com/quick-healthy-dinner-20-minute-honey-garlic-shrimp/print/), Broccoli, Brown Rice

**Snack-** carrots & hummus

**Dinner**- leftovers

**FRIDAY: 25th**

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

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

**Lunch-** Chicken Wrap

**Snack-** Turkey sausage & sauerkraut

**Dinner-** out

**SATURDAY: 26th –Football Game**

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

**Snack-** yogurt & fruit

**Lunch-** Chicken Wrap

**Snack-** carrots & hummus

**Dinner-** out