**SUNDAY: 21st**

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

**Snack-** Banana apple muffin (FIXATE), Jicama

**Lunch-** [Chinese Chicken Salad](https://whatsworkinghere.com/healthy-quick-chinese-chicken-salad/)

**Snack-** [BLT Wrap](https://whatsworkinghere.com/turkey-blt-wrap/)

**Dinner-** [Teriyaki Salmon w/Soba Noodles & snap peas](https://whatsworkinghere.com/quick-easy-teriyaki-salmon-with-soba-noodles/)

**MONDAY: 22nd**

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

**Snack-** [Egg & Spinach Wrap](https://whatsworkinghere.com/80-day-obsession-snack-recipes/)

**Lunch-** [Teriyaki Salmon w/Soba Noodles & snap peas](https://whatsworkinghere.com/quick-easy-teriyaki-salmon-with-soba-noodles/)

**Snack-** [Strawberry Spinach Salad with Almonds](https://whatsworkinghere.com/80-day-obsession-snack-recipes/)

**Dinner-** [Italian Turkey Meatloaf,](https://whatsworkinghere.com/healthy-italian-turkey-meatloaf/) baked potato, green beans

**TUESDAY: 23rd**

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

**Snack-** [BLT Wrap](https://whatsworkinghere.com/turkey-blt-wrap/)

**Lunch-** [Italian Turkey Meatloaf,](https://whatsworkinghere.com/healthy-italian-turkey-meatloaf/) baked potato, green beans

**Snack-** Banana apple muffin (FIXATE), Jicama

**Dinner-** Tacos

**WEDNESDAY: 24th**

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

**Snack-** [Egg & Spinach Wrap](https://whatsworkinghere.com/80-day-obsession-snack-recipes/)

**Lunch-** Taco Salad

**Snack-** [Strawberry Spinach Salad with Almonds](https://whatsworkinghere.com/80-day-obsession-snack-recipes/)

**Dinner-** Tilapia Picatta, Orzo, green beans

**THURSDAY: 25th**

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

**Snack-** [BLT Wrap](https://whatsworkinghere.com/turkey-blt-wrap/)

**Lunch-** Tilapia Picatta, Orzo, green beans

**Snack-** Banana apple muffin (FIXATE), Jicama

**Dinner**- leftovers

**FRIDAY: 26th**

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

**Snack-** [Egg & Spinach Wrap](https://whatsworkinghere.com/80-day-obsession-snack-recipes/)

**Lunch-** [Healthy Bacon Chicken Ranch Wrap](https://whatsworkinghere.com/healthy-bacon-chicken-ranch-wrap/)

**Snack-** [Strawberry Spinach Salad with Almonds](https://whatsworkinghere.com/80-day-obsession-snack-recipes/)

**Dinner-** Out

**SATURDAY: 27th**

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

**Snack-** [BLT Wrap](https://whatsworkinghere.com/turkey-blt-wrap/)

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

**Snack-** Carrots & hummus, grapes

**Dinner-** out