**SUNDAY: 2nd**

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

**Snack-** Jicama tacos, guacamole, mango

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

**Snack-** FIXATE Turkey Sausage, English muffin w/spinach

**Dinner-** Shrimp & Spinach Pesto Pasta

**MONDAY: 3rd**

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

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

**Lunch-** Shrimp & Spinach Pesto Pasta

**Snack-** Spinach Caprese Salad, grapes

**Dinner-** [Rosemary chicken & potatoes](https://www.mccormick.com/recipes/main-dishes/rosemary-baked-chicken-with-potatoes), green beans

**TUESDAY: 4th**

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

**Snack-** FIXATE Turkey Sausage, English muffin w/spinach

**Lunch-** [Rosemary chicken & potatoes](https://www.mccormick.com/recipes/main-dishes/rosemary-baked-chicken-with-potatoes), green beans

**Snack-** Jicama tacos, guacamole, mango

**Dinner-** [Garlic Herb Steak Packets](https://therecipecritic.com/butter-garlic-herb-steak-foil-packets/)

**WEDNESDAY: 5th**

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

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

**Lunch-** [Garlic Herb Steak Packets](https://therecipecritic.com/butter-garlic-herb-steak-foil-packets/)

**Snack-** Spinach Caprese Salad, grapes

**Dinner-** [Lemon Dill Salmon, Asparagus](https://www.thelifejolie.com/lemon-dill-salmon/), quinoa

**THURSDAY: 6th**

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

**Snack-** FIXATE Turkey Sausage, English muffin w/spinach

**Lunch-** [Lemon Dill Salmon, Asparagus](https://www.thelifejolie.com/lemon-dill-salmon/), quinoa

**Snack-** Watermelon Spinach salad with feta & mint

**Dinner**- leftovers

**FRIDAY: 7th**

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

**Snack-** Spinach Egg Scramble with toast

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

**Snack-** Spinach Caprese Salad, grapes

**Dinner-** Out

**SATURDAY: 8th**

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

**Snack-** FIXATE Turkey Sausage, English muffin w/spinach

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

**Snack-** Watermelon Spinach salad with feta & mint

**Dinner-** out