Sunday

|  |  |  |
| --- | --- | --- |
| Breakfast | [Shakeology](http://www.shakeology.com/lthompson58) & ½ banana |  |
| Snack | Peaches & Cashews w/ honey |  |
| Lunch | Grilled Chicken Wrap | spoon.png |
| Snack | Tuna Salad Lettuce Cups, Olives (10) |  |
| Dinner | Turkey Meatloaf, Green Beans, Potato w/ butter | spoon.png |

Monday

|  |  |  |
| --- | --- | --- |
| Breakfast | [Shakeology](http://www.shakeology.com/lthompson58) & ½ banana |  |
| Snack | Pumpkin apple muffins |  |
| Lunch | Turkey Meatloaf, Green Beans, Potato w/ butter | spoon.png |
| Snack | Tuna Salad Lettuce Cups, Olives (10) |  |
| Dinner | Chicken Fajitas | spoon.png |

Tuesday

|  |  |  |
| --- | --- | --- |
| Breakfast | [Shakeology](http://www.shakeology.com/lthompson58) & ½ banana |  |
| Snack | Yogurt & fruit |  |
| Lunch | Chicken Fajitas | spoon.png |
| Snack | Carrots & hummus |  |
| Dinner | Teriyaki Salmon w/ Soba Noodles & Snap Peas, sesame seeds | spoon.png |

Wednesday

|  |  |  |
| --- | --- | --- |
| Breakfast | [Shakeology](http://www.shakeology.com/lthompson58) & ½ banana |  |
| Snack | Pumpkin apple muffins |  |
| Lunch | Teriyaki Salmon with Soba Noodles & Snap Peas | spoon.png |
| Snack | Tuna Salad Lettuce Cups |  |
| Dinner | Sirloin Salad w/ dressing | spoon.png |

Thursday

|  |  |  |
| --- | --- | --- |
| Breakfast | [Shakeology](http://www.shakeology.com/lthompson58) & ½ banana |  |
| Snack | Yogurt & fruit |  |
| Lunch | Sirloin Salad w/ dressing | spoon.png |
| Snack | Carrots & hummus |  |
| Dinner | Turkey Taco Lettuce Wraps, olives | spoon.png |

Friday

|  |  |  |
| --- | --- | --- |
| Breakfast | [Shakeology](http://www.shakeology.com/lthompson58) & ½ banana |  |
| Snack | Pumpkin apple muffins |  |
| Lunch | Chicken Wrap | spoon.png |
| Snack | Tuna Salad Lettuce Cups |  |
| Dinner | Turkey Taco Lettuce Wraps, olives | spoon.png |

Saturday

|  |  |  |
| --- | --- | --- |
| Breakfast | [Shakeology](http://www.shakeology.com/lthompson58) & ½ banana |  |
| Snack | Yogurt & fruit |  |
| Lunch | Chicken Wrap | spoon.png |
| Snack | Carrots & hummus |  |
| Dinner | Low Carb Japenese Noodle Bowl | spoon.png |