**SUNDAY: 28th**

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

**Snack-** Eggs & Oatmeal

**Lunch-** Fish & Asparagus

**Snack-** Turkey Meatballs & Zoodles

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

**MONDAY: 29th**

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

**Snack-** carrots, hummus, grapes

**Lunch-** Spinach Chicken Wrap

**Snack-** Spinach Ham Pasta

**Dinner-** Shrimp Stir Fry

**TUESDAY: 30th**

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

**Snack-** Eggs, Oatmeal

**Lunch-** Shrimp & Veggies

**Snack-** Chicken & Mushrooms

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

**WEDNESDAY: 31st - Halloween**

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

**Snack-** eggs & oatmeal

**Lunch–** Shrimp

**Snack-** Turkey Meatballs & Zoodles

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

**THURSDAY: 1st – Soccer Practice**

**Breakfast-** Strawberry[Shakeology](http://www.shakeology.com/en_US/?sn=lthompson58),1/2 banana, pb

**Snack-** carrots, hummus, grapes

**Lunch-** Spinach Chicken Wrap

**Snack-** Spinach Ham Pasta

**Dinner**- leftovers

**FRIDAY: 2nd – Mexico**

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

**Snack-** eggs, oatmeal

**Lunch-** out

**Snack-** almonds

**Dinner-** out

**SATURDAY: 3rd - Soccer Game / Mexico**

**Breakfast-** out

**Snack-** out

**Lunch-** out

**Snack-** out

**Dinner-** out