Sunday

|  |  |  |
| --- | --- | --- |
| Meal 1 | Strawberry[Shakeology](http://www.shakeology.com/en_US/?sn=lthompson58), ½ banana, pb | spoon.png |
| Meal 2 | Spinach egg scramble with toast, berries | spoon.png |
| Meal 3 | [Bagel Sandwich](https://whatsworkinghere.com/healthy-bagel-sandwich/), Baby Carrots | spoon.png |
| Meal 4 | Carrots & hummus, grapes |  |
| Meal 5 | [Teriyaki Salmon with soba noodles and snap peas](https://whatsworkinghere.com/quick-easy-teriyaki-salmon-with-soba-noodles/), sesame seeds | spoon.png |

Monday

|  |  |  |
| --- | --- | --- |
| Meal 1 | Strawberry[Shakeology](http://www.shakeology.com/en_US/?sn=lthompson58), ½ banana, pb | spoon.png |
| Meal 2 | Spinach Egg Scramble with Toast | spoon.png |
| Meal 3 | [Teriyaki Salmon with soba noodles and snap peas](https://whatsworkinghere.com/quick-easy-teriyaki-salmon-with-soba-noodles/), | spoon.png |
| Meal 4 | [Strawberry Spinach Salad](https://whatsworkinghere.com/80-day-obsession-snack-recipes/) |  |
| Meal 5 | 3 Bean & Ham Soup (FIXATE 2), sunflower seeds | spoon.png |

Tuesday

|  |  |  |
| --- | --- | --- |
| Meal 1 | Strawberry[Shakeology](http://www.shakeology.com/en_US/?sn=lthompson58), ½ banana, pb | spoon.png |
| Meal 2 | Breakfast Sandwich with Turkey Sausage & Spinach, strawberries | spoon.png |
| Meal 3 | 3 Bean & Ham Soup (FIXATE 2), | spoon.png |
| Meal 4 | Strawberries & Spinach, Sunflower seeds |  |
| Meal 5 | Beef & Bean Burritos with salsa & bell peppers | spoon.png |

Wednesday

|  |  |  |
| --- | --- | --- |
| Meal 1 | Strawberry[Shakeology](http://www.shakeology.com/en_US/?sn=lthompson58), ½ banana, pb | spoon.png |
| Meal 2 | Spinach Egg Scramble with toast, berries | spoon.png |
| Meal 3 | Beef & Bean Burritos with salsa & bell peppers | spoon.png |
| Meal 4 | Strawberries & Spinach, Sunflower seeds |  |
| Meal 5 | Chicken Nuggets, Mac-n-cheese, green beans | spoon.png |

Thursday

|  |  |  |
| --- | --- | --- |
| Meal 1 | Strawberry[Shakeology](http://www.shakeology.com/en_US/?sn=lthompson58), ½ banana, pb | spoon.png |
| Meal 2 | Breakfast Sandwich with Turkey Sausage & Spinach, strawberries | spoon.png |
| Meal 3 | Chicken Nuggets, Mac-n-cheese, green beans | spoon.png |
| Meal 4 | [Peach Spinach Salad with Cashews](https://whatsworkinghere.com/80-day-obsession-snack-recipes/) |  |
| Meal 5 | Shrimp & Sausage Gumbo – FIXATE (frozen) | spoon.png |

Friday

|  |  |  |
| --- | --- | --- |
| Meal 1 | Strawberry[Shakeology](http://www.shakeology.com/en_US/?sn=lthompson58), ½ banana, pb | spoon.png |
| Meal 2 | Spinach Egg Scramble with toast, berries | spoon.png |
| Meal 3 | Shrimp & Sausage Gumbo - FIXATE (frozen) | spoon.png |
| Meal 4 | Carrots & hummus, grapes |  |
| Meal 5 | Out | spoon.png |

Saturday

|  |  |  |
| --- | --- | --- |
| Meal 1 | Strawberry[Shakeology](http://www.shakeology.com/en_US/?sn=lthompson58), ½ banana, pb | spoon.png |
| Meal 2 | Breakfast Sandwich with Turkey Sausage & Spinach, strawberries | spoon.png |
| Meal 3 | [Bagel Sandwich](https://whatsworkinghere.com/healthy-bagel-sandwich/), Baby Carrots | spoon.png |
| Meal 4 | [Peach Spinach Salad with Cashews](https://whatsworkinghere.com/80-day-obsession-snack-recipes/) |  |
| Meal 5 | Out | spoon.png |