Sunday

|  |  |  |
| --- | --- | --- |
| Breakfast | [Shakeology](http://www.shakeology.com/lthompson58) & ½ banana |  |
| Snack | Pears & pecans w/ cinnamon |  |
| Lunch | Out | spoon.png |
| Snack | [Chicken Lettuce Wraps](https://damndelicious.net/2014/05/30/pf-changs-chicken-lettuce-wraps/?m) |  |
| Dinner | Southwest Chicken Salad | spoon.png |

Monday

|  |  |  |
| --- | --- | --- |
| Breakfast | [Shakeology](http://www.shakeology.com/lthompson58) & ½ banana |  |
| Snack | Pears & pecans w/ cinnamon |  |
| Lunch | Southwest Chicken Salad | spoon.png |
| Snack | [Chicken Lettuce Wraps](https://damndelicious.net/2014/05/30/pf-changs-chicken-lettuce-wraps/?m) |  |
| Dinner | [Teriyaki Salmon, Soba Noodles & Snap Peas](https://whatsworkinghere.com/quick-easy-teriyaki-salmon-with-soba-noodles/), sesame seeds | spoon.png |

Tuesday

|  |  |  |
| --- | --- | --- |
| Breakfast | [Shakeology](http://www.shakeology.com/lthompson58) & ½ banana |  |
| Snack | Yogurt & Strawberries |  |
| Lunch | [Teriyaki Salmon, Soba Noodles & Snap Peas](https://whatsworkinghere.com/quick-easy-teriyaki-salmon-with-soba-noodles/) | spoon.png |
| Snack | Carrots & Hummus |  |
| Dinner | [Mongolian Beef](https://www.pressurecookingtoday.com/pressure-cooker-mongolian-beef/) with Veggies & Brown Rice, sesame seeds | spoon.png |

Wednesday

|  |  |  |
| --- | --- | --- |
| Breakfast | [Shakeology](http://www.shakeology.com/lthompson58) & ½ banana |  |
| Snack | Pears & pecans w/ cinnamon |  |
| Lunch | [Mongolian Beef](https://www.pressurecookingtoday.com/pressure-cooker-mongolian-beef/) with Veggies & Brown Rice | spoon.png |
| Snack | [Chicken Lettuce Wraps](https://damndelicious.net/2014/05/30/pf-changs-chicken-lettuce-wraps/?m) |  |
| Dinner | [Aztec Casserole](https://whatsworkinghere.com/favorite-healthy-recipes/) | spoon.png |

Thursday

|  |  |  |
| --- | --- | --- |
| Breakfast | [Shakeology](http://www.shakeology.com/lthompson58) & ½ banana |  |
| Snack | Yogurt & Strawberries |  |
| Lunch | [Aztec Casserole](https://whatsworkinghere.com/favorite-healthy-recipes/) | spoon.png |
| Snack | carrots & hummus |  |
| Dinner | [Shrimp Scampi w/ Linguine, Salad](https://whatsworkinghere.com/valentines-day-at-home/) | spoon.png |

Friday

|  |  |  |
| --- | --- | --- |
| Breakfast | [Shakeology](http://www.shakeology.com/lthompson58) & ½ banana |  |
| Snack | Pears & pecans w/ cinnamon |  |
| Lunch | [Shrimp Scampi w/ Linguine, Salad](https://whatsworkinghere.com/valentines-day-at-home/) | spoon.png |
| Snack | [Chicken Lettuce Wraps](https://damndelicious.net/2014/05/30/pf-changs-chicken-lettuce-wraps/?m) |  |
| Dinner | Out | spoon.png |

Saturday

|  |  |  |
| --- | --- | --- |
| Breakfast | [Shakeology](http://www.shakeology.com/lthompson58) & ½ banana |  |
| Snack | Yogurt & Strawberries |  |
| Lunch | Grilled Chicken Wrap | spoon.png |
| Snack | Carrots & Hummus |  |
| Dinner | Out | spoon.png |