Sunday- 12th Easter

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| --- | --- | --- | --- |
| 7:00 | Meal 1 | Strawberry[Shakeology](http://www.shakeology.com/en_US/?sn=lthompson58), ½ banana, pb | spoon.png |
| 9:30 | Meal 2 | [Peach Spinach Salad with Cashews](https://whatsworkinghere.com/ultimate-portion-fix-snack-ideas/) |  |
| 12:30 | Meal 3 | Ham, Green Beans, Carrots, Macaroni, fruit, sunflower seeds | spoon.png |
| 3:30 | Meal 4 | [Ham & Spinach Pasta](https://whatsworkinghere.com/ultimate-portion-fix-snack-ideas/) | spoon.png |
| 6:30 | Meal 5 | Leftovers | spoon.png |

Monday-13th

|  |  |  |  |
| --- | --- | --- | --- |
| 5:00 |  Meal 1 | Strawberry[Shakeology](http://www.shakeology.com/en_US/?sn=lthompson58), ½ banana, coconut oil | spoon.png |
| 6:00 | Energize |  |  |
| 6:30 | Hydrate |  |  |
| 8:00 | Recover | ½ banana |  |
| 9:00 | Post Workout Meal | Fixate Quinoa Breakfast Bowl, 2 slices turkey bacon | spoon.png |
| 12:00 | Pre-Workout Meal | Ham sandwich, green beans | spoon.png |
| 3:00 | Meal 2 | Cucumber tomato salad, Italian dressing, strawberries |  |
| 6:30 | Meal 3 | [Cajun Shrimp & Sausage Vegetable Sheet Pan Dinner](https://therecipecritic.com/cajun-shrimp-sausage-vegetable-sheet-pan/), Brown Rice | spoon.png |
| 9:00 | Recharge |  |  |

Tuesday- 14th

|  |  |  |  |
| --- | --- | --- | --- |
| 5:00 |  Meal 1 | Strawberry[Shakeology](http://www.shakeology.com/en_US/?sn=lthompson58), ½ banana, coconut oil | spoon.png |
| 6:00 | Energize |  |  |
| 6:30 | Hydrate |  |  |
| 8:00 | Recover | ½ banana |  |
| 9:00 | Post Workout Meal | Breakfast Squash (Fixate) w/olive oil | spoon.png |
| 12:00 | Pre-Workout Meal | [Cajun Shrimp & Sausage Vegetable Sheet Pan Dinner](https://therecipecritic.com/cajun-shrimp-sausage-vegetable-sheet-pan/), Brown Rice | spoon.png |
| 3:00 | Meal 2 | [Jicama with Guacamole & Mango](https://whatsworkinghere.com/ultimate-portion-fix-snack-ideas/) |  |
| 6:30 | Meal 3 | [Instant Pot Ramen](https://confessionsofafitfoodie.com/21-day-fix-instant-pot-ramen-noodles/), sesame seeds | spoon.png |
| 9:00 | Recharge |  |  |

Wednesday- 15th

|  |  |  |  |
| --- | --- | --- | --- |
| 5:00 |  Meal 1 | Strawberry[Shakeology](http://www.shakeology.com/en_US/?sn=lthompson58), ½ banana, coconut oil | spoon.png |
| 6:00 | Energize |  |  |
| 6:30 | Hydrate |  |  |
| 8:00 | Recover | Apple |  |
| 9:00 | Post Workout Meal | Fixate Quinoa Breakfast Bowl, 2 slices turkey bacon | spoon.png |
| 12:00 | Pre-Workout Meal | [Instant Pot Ramen](https://confessionsofafitfoodie.com/21-day-fix-instant-pot-ramen-noodles/) | spoon.png |
| 3:00 | Meal 2 | Cucumber tomato salad, Italian dressing, strawberries |  |
| 6:30 | Meal 3 | Spaghetti with Meat Sauce | spoon.png |
| 9:00 | Recharge |  |  |

Thursday-16th

|  |  |  |  |
| --- | --- | --- | --- |
| 5:00 |  Meal 1 | Strawberry[Shakeology](http://www.shakeology.com/en_US/?sn=lthompson58), ½ banana, coconut oil | spoon.png |
| 6:00 | Energize |  |  |
| 6:30 | Hydrate |  |  |
| 8:00 | Recover | ½ banana |  |
| 9:00 | Post Workout Meal | Breakfast Squash (Fixate) w/olive oil | spoon.png |
| 12:00 | Pre-Workout Meal | Spaghetti with Meat Sauce | spoon.png |
| 3:00 | Meal 2 | [Jicama with Guacamole & Mango](https://whatsworkinghere.com/ultimate-portion-fix-snack-ideas/) |  |
| 6:30 | Meal 3 | Leftovers | spoon.png |
| 9:00 | Recharge |  |  |

Friday -17th

|  |  |  |  |
| --- | --- | --- | --- |
| 5:00 |  Meal 1 | Strawberry[Shakeology](http://www.shakeology.com/en_US/?sn=lthompson58), ½ banana, coconut oil | spoon.png |
| 6:00 | Energize |  |  |
| 6:30 | Hydrate |  |  |
| 8:00 | Recover | Apple |  |
| 9:00 | Post Workout Meal | Fixate Quinoa Breakfast Bowl, 2 slices turkey bacon | spoon.png |
| 12:00 | Pre-Workout Meal | Sandwich | spoon.png |
| 3:00 | Meal 2 | Cucumber tomato salad, Italian dressing, strawberries |  |
| 6:30 | Meal 3 | Out | spoon.png |
| 9:00 | Recharge |  |  |

Saturday – 18th

|  |  |  |  |
| --- | --- | --- | --- |
| 7:00 |  Meal 1 | Strawberry[Shakeology](http://www.shakeology.com/en_US/?sn=lthompson58), ½ banana, coconut oil | spoon.png |
| 8:00 | Energize |  |  |
| 8:30 | Hydrate |  |  |
| 10:00 | Recover | orange |  |
| 11:00 | Post Workout Meal | Breakfast Squash (Fixate) w/olive oil | spoon.png |
| 2:00 | Pre-Workout Meal | Sandwich | spoon.png |
| 4:00 | Meal 2 | [Jicama with Guacamole & Mango](https://whatsworkinghere.com/ultimate-portion-fix-snack-ideas/) |  |
| 6:30 | Meal 3 | Out | spoon.png |
| 9:00 | Recharge |  |  |