Sunday- 18th

|  |  |  |
| --- | --- | --- |
| Meal 1 | [Shakeology](http://www.shakeology.com/lthompson58) & banana, pb | spoon.png |
| Meal 2 | [Spinach & Egg Wrap](https://whatsworkinghere.com/80-day-obsession-snack-recipes/) | spoon.png |
| Meal 3 | Salad or Sandwich with fruit | spoon.png |
| Meal 4 | Cucumber, Blueberries, Hummus |  |
| Meal 5 | Tilapia w/Kale (T25), brown rice, sesame seeds | spoon.png |

Monday- 19th

|  |  |  |
| --- | --- | --- |
| Meal 1 | [Shakeology](http://www.shakeology.com/lthompson58) & banana, pb |  |
| Recover | banana |  |
| Meal 2 | [Sweet Potato Scramble](https://whatsworkinghere.com/sweet-potato-breakfast-scramble/) | spoon.png |
| Meal 3 | Tilapia w/Kale (T25), brown rice | spoon.png |
| Meal 4 | [Watermelon, Blueberry Spinach Salad with Walnuts & Feta](https://whatsworkinghere.com/ultimate-portion-fix-snack-ideas/) |  |
| Meal 5 | Turkey Sloppy Joes (Fixate) | spoon.png |

Tuesday- 20th

|  |  |  |
| --- | --- | --- |
| Meal 1 | [Shakeology](http://www.shakeology.com/lthompson58) & banana, pb |  |
| Recover | banana |  |
| Meal 2 | [Spinach & Egg Wrap](https://whatsworkinghere.com/80-day-obsession-snack-recipes/) | spoon.png |
| Meal 3 | Turkey Sloppy Joes (Fixate) | spoon.png |
| Meal 4 | Cucumber, Blueberries, Hummus |  |
| Meal 5 | Shrimp Stir Fry, brown rice | spoon.png |

Wednesday- 21st

|  |  |  |
| --- | --- | --- |
| Meal 1 | [Shakeology](http://www.shakeology.com/lthompson58) & banana, pb |  |
| Recover | banana |  |
| Meal 2 | [Sweet Potato Scramble](https://whatsworkinghere.com/sweet-potato-breakfast-scramble/) | spoon.png |
| Meal 3 | Shrimp Stir Fry, brown rice | spoon.png |
| Meal 4 | [Watermelon, Blueberry Spinach Salad with Walnuts & Feta](https://whatsworkinghere.com/ultimate-portion-fix-snack-ideas/) |  |
| Meal 5 | [Pressure Cooker Mongolian Beef](https://www.pressurecookingtoday.com/pressure-cooker-mongolian-beef/), Brown Rice & Mixed Veggies, sesame seeds | spoon.png |

Thursday- 22nd -Bunco

|  |  |  |
| --- | --- | --- |
| Meal 1 | [Shakeology](http://www.shakeology.com/lthompson58) & banana, pb |  |
| Recover | banana |  |
| Meal 2 | [Spinach & Egg Wrap](https://whatsworkinghere.com/80-day-obsession-snack-recipes/) | spoon.png |
| Meal 3 | [Pressure Cooker Mongolian Beef](https://www.pressurecookingtoday.com/pressure-cooker-mongolian-beef/), Brown Rice & Mixed Veggies | spoon.png |
| Meal 4 | Cucumber, Blueberries, Hummus |  |
| Meal 5 | leftovers | spoon.png |

Friday – 23rd - Wedding

|  |  |  |
| --- | --- | --- |
| Meal 1 | [Shakeology](http://www.shakeology.com/lthompson58) & banana, pb |  |
| Recover | banana |  |
| Meal 2 | [Sweet Potato Scramble](https://whatsworkinghere.com/sweet-potato-breakfast-scramble/) | spoon.png |
| Meal 3 | Salad or Sandwich | spoon.png |
| Meal 4 | [Watermelon, Blueberry Spinach Salad with Walnuts & Feta](https://whatsworkinghere.com/ultimate-portion-fix-snack-ideas/) |  |
| Meal 5 | out | spoon.png |

Saturday – 24th

|  |  |  |
| --- | --- | --- |
| Meal 1 | [Shakeology](http://www.shakeology.com/lthompson58) & banana, pb | spoon.png |
| Recover | apple |  |
| Meal 2 | [Spinach & Egg Wrap](https://whatsworkinghere.com/80-day-obsession-snack-recipes/) | spoon.png |
| Meal 3 | Sandwich or salad | spoon.png |
| Meal 4 | Cucumber, Blueberries, Hummus |  |
| Meal 5 | Out | spoon.png |