Sunday- 13th – Soccer/Super Bowl

|  |  |  |
| --- | --- | --- |
| Meal 1 | [Shakeology](http://www.shakeology.com/lthompson58) & banana, pb | spoon.png |
| Meal 2 | [Egg & Spinach Wrap](https://whatsworkinghere.com/80-day-obsession-snack-recipes/) | spoon.png |
| Meal 3 | out | spoon.png |
| Meal 4 | Carrots, Hummus, Grapes |  |
| Meal 5 | Pizza & Salad | spoon.png |

Monday- 14th Soccer Practice- Valentine’s Day

|  |  |  |
| --- | --- | --- |
| Meal 1 | [Shakeology](http://www.shakeology.com/lthompson58) & banana, pb | spoon.png |
| Recover | Banana |  |
| Meal 2 | [Ham & Spinach Pasta](https://whatsworkinghere.com/80-day-obsession-snack-recipes/) | spoon.png |
| Meal 3 | Chef Salad | spoon.png |
| Meal 4 | Cucumbers & hummus, Strawberries & [Chocolate Fondue](https://www.myrecipes.com/recipe/chocolate-fondue-5)  |  |
| Meal 5 | Steak, Crab legs, Asparagus, Baked Potato | spoon.png |

Tuesday- 15th

|  |  |  |
| --- | --- | --- |
| Meal 1 | [Shakeology](http://www.shakeology.com/lthompson58) & banana, pb | spoon.png |
| Recover | Banana |  |
| Meal 2 | [Egg & Spinach Wrap](https://whatsworkinghere.com/80-day-obsession-snack-recipes/) | spoon.png |
| Meal 3 | Steak, Asparagus, Baked Potato | spoon.png |
| Meal 4 | Carrots, Pumpkin Seeds, Apple |  |
| Meal 5 | Chicken Enchiladas (Fixate), Peppers & Onions | spoon.png |

Wednesday- 16th – Soccer Practice

|  |  |  |
| --- | --- | --- |
| Meal 1 | [Shakeology](http://www.shakeology.com/lthompson58) & banana, pb | spoon.png |
| Recover | Banana |  |
| Meal 2 | [Ham & Spinach Pasta](https://whatsworkinghere.com/80-day-obsession-snack-recipes/) | spoon.png |
| Meal 3 | Chicken Enchiladas (Fixate), Peppers & Onions | spoon.png |
| Meal 4 | Carrots, Pumpkin Seeds, Apple |  |
| Meal 5 | [Slow Cooked Minestrone](https://www.bhg.com/recipe/chicken/slow-cooked-minestrone/) | spoon.png |

Thursday- 17th -Soccer Practice

|  |  |  |
| --- | --- | --- |
| Meal 1 | [Shakeology](http://www.shakeology.com/lthompson58) & banana, pb | spoon.png |
| Recover | Banana |  |
| Meal 2 | [Egg & Spinach Wrap](https://whatsworkinghere.com/80-day-obsession-snack-recipes/) | spoon.png |
| Meal 3 | [Slow Cooked Minestrone](https://www.bhg.com/recipe/chicken/slow-cooked-minestrone/) | spoon.png |
| Meal 4 | Carrots, [Peaches & Pecans](https://whatsworkinghere.com/healthy_fruit__nut_snack_recipes/) |  |
| Meal 5 | leftovers | spoon.png |

Friday –18th

|  |  |  |
| --- | --- | --- |
| Meal 1 | [Shakeology](http://www.shakeology.com/lthompson58) & banana, pb | spoon.png |
| Recover | banana |  |
| Meal 2 | [Ham & Spinach Pasta](https://whatsworkinghere.com/80-day-obsession-snack-recipes/) | spoon.png |
| Meal 3 | Salad or Sandwich | spoon.png |
| Meal 4 | Carrots, Hummus, Grapes |  |
| Meal 5 | out | spoon.png |

Saturday – 19th -Tournament

|  |  |  |
| --- | --- | --- |
| Meal 1 | [Shakeology](http://www.shakeology.com/lthompson58) & banana, pb | spoon.png |
| Recover | Banana |  |
| Meal 2 | [Egg & Spinach Wrap](https://whatsworkinghere.com/80-day-obsession-snack-recipes/) | spoon.png |
| Meal 3 | Out | spoon.png |
| Meal 4 | Carrots, [Peaches & Pecans](https://whatsworkinghere.com/healthy_fruit__nut_snack_recipes/) |  |
| Meal 5 | out | spoon.png |