Sunday- 16th

|  |  |  |
| --- | --- | --- |
| Meal 1 | [Shakeology](http://www.shakeology.com/lthompson58) & banana, pb | spoon.png |
| Meal 2 | Eggs & Spinach on Whole Wheat Toast | spoon.png |
| Meal 3 | Salad or sandwich | spoon.png |
| Meal 4 | [Caprese Salad](https://whatsworkinghere.com/80-day-obsession-plan-a-meal-2-recipes/) & Apples |  |
| Meal 5 | Shrimp and Sausage Gumbo over Brown Rice (Fixate), pumpkin seeds | spoon.png |

Monday- 17th – No School, Soccer Practice

|  |  |  |
| --- | --- | --- |
| Meal 1 | [Shakeology](http://www.shakeology.com/lthompson58) & banana, pb | spoon.png |
| Recover | Banana |  |
| Meal 2 | [Cauliflower Fried Rice](https://whatsworkinghere.com/easy-shrimp-cauliflower-fried-rice/) (w/Breakfast Sausage), toast | spoon.png |
| Meal 3 | Shrimp and Sausage Gumbo over Brown Rice (Fixate) | spoon.png |
| Meal 4 | Carrots, Hummus, Grapes |  |
| Meal 5 | [Pressure Cooker Mongolian Beef](https://www.pinterest.com/pin/43628690123428280/) , sesame seeds | spoon.png |

Tuesday- 18th

|  |  |  |
| --- | --- | --- |
| Meal 1 | [Shakeology](http://www.shakeology.com/lthompson58) & banana, pb | spoon.png |
| Recover | Banana |  |
| Meal 2 | Eggs & Spinach on Whole Wheat Toast | spoon.png |
| Meal 3 | [Pressure Cooker Mongolian Beef](https://www.pinterest.com/pin/43628690123428280/)  | spoon.png |
| Meal 4 | [Caprese Salad](https://whatsworkinghere.com/80-day-obsession-plan-a-meal-2-recipes/) & Apples |  |
| Meal 5 | Tacos, olives | spoon.png |

Wednesday- 19th – Soccer Practice

|  |  |  |
| --- | --- | --- |
| Meal 1 | [Shakeology](http://www.shakeology.com/lthompson58) & banana, pb | spoon.png |
| Recover | Banana |  |
| Meal 2 | [Cauliflower Fried Rice](https://whatsworkinghere.com/easy-shrimp-cauliflower-fried-rice/) (w/Breakfast Sausage), toast | spoon.png |
| Meal 3 | Taco Salad | spoon.png |
| Meal 4 | Carrots, Hummus, Grapes |  |
| Meal 5 | [Golden Chicken with Noodles](https://www.recipelion.com/Crock-Pot-Entrees/Slow-Cooker-Golden-Chicken-with-Noodles), pumpkin seeds | spoon.png |

Thursday- 20th – In the Office, Soccer Practice

|  |  |  |
| --- | --- | --- |
| Meal 1 | [Shakeology](http://www.shakeology.com/lthompson58) & banana, pb | spoon.png |
| Recover | Banana |  |
| Meal 2 | Spinach Egg Wrap | spoon.png |
| Meal 3 | out | spoon.png |
| Meal 4 | [Caprese Salad](https://whatsworkinghere.com/80-day-obsession-plan-a-meal-2-recipes/) & Apples |  |
| Meal 5 | leftovers | spoon.png |

Friday –21st -College Station

|  |  |  |
| --- | --- | --- |
| Meal 1 | [Shakeology](http://www.shakeology.com/lthompson58) & banana, pb | spoon.png |
| Recover | banana |  |
| Meal 2 | [Cauliflower Fried Rice](https://whatsworkinghere.com/easy-shrimp-cauliflower-fried-rice/) (w/Breakfast Sausage), toast | spoon.png |
| Meal 3 | Salad or Sandwich | spoon.png |
| Meal 4 | Carrots, Hummus, Grapes |  |
| Meal 5 | out | spoon.png |

Saturday – 22nd -College Station

|  |  |  |
| --- | --- | --- |
| Meal 1 | [Shakeology](http://www.shakeology.com/lthompson58) & banana, pb | spoon.png |
| Recover | Banana |  |
| Meal 2 | Out | spoon.png |
| Meal 3 | Salad or Sandwich | spoon.png |
| Meal 4 | Carrots, Hummus, Grapes |  |
| Meal 5 | out | spoon.png |