Sunday- 23rd- Soccer Tournament

|  |  |  |
| --- | --- | --- |
| 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 | Carrots, Hummus & Grapes |  |
| Meal 5 | out | spoon.png |

Monday- 24th 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 | Salad or Sandwich | spoon.png |
| Meal 4 | [Mozzarella Tomato melt,](https://whatsworkinghere.com/80-day-obsession-plan-a-meal-2-recipes/) apple |  |
| Meal 5 | Turkey Sloppy Joes (Fixate), pumpkin seeds | spoon.png |

Tuesday- 25th

|  |  |  |
| --- | --- | --- |
| 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 | Turkey Sloppy Joes (Fixate) | spoon.png |
| Meal 4 | Carrots, [Peaches & Pecans](https://whatsworkinghere.com/healthy_fruit__nut_snack_recipes/) |  |
| Meal 5 | [Teriyaki Salmon](https://whatsworkinghere.com/quick-easy-teriyaki-salmon-with-soba-noodles/) with Rice Noodles & Spinach with sesame seeds | spoon.png |

Wednesday-26th – 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 | [Teriyaki Salmon](https://whatsworkinghere.com/quick-easy-teriyaki-salmon-with-soba-noodles/) with Rice Noodles & Spinach | spoon.png |
| Meal 4 | [Mozzarella Tomato melt,](https://whatsworkinghere.com/80-day-obsession-plan-a-meal-2-recipes/) apple |  |
| Meal 5 | Hamburger on Wheat Bun, Side Salad with dressing | spoon.png |

Thursday- 27th -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 | Hamburger on Wheat Bun, Side Salad | spoon.png |
| Meal 4 | Carrots, [Peaches & Pecans](https://whatsworkinghere.com/healthy_fruit__nut_snack_recipes/) |  |
| Meal 5 | leftovers | spoon.png |

Friday –28th

|  |  |  |
| --- | --- | --- |
| 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 | [Mozzarella Tomato melt,](https://whatsworkinghere.com/80-day-obsession-plan-a-meal-2-recipes/) apple |  |
| Meal 5 | out | spoon.png |

Saturday – 29th

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