Sunday- 12th

|  |  |  |  |
| --- | --- | --- | --- |
| 7:00 | Meal 1 | Strawberry[Shakeology](http://www.shakeology.com/en_US/?sn=lthompson58), ½ banana, pb | spoon.png |
| 9:30 | Meal 2 | [Breakfast Sandwich](https://whatsworkinghere.com/ultimate-portion-fix-snack-ideas/)  | spoon.png |
| 12:30 | Meal 3 | [Chinese Chicken Salad](https://whatsworkinghere.com/healthy-quick-chinese-chicken-salad/) | spoon.png |
| 3:30 | Meal 4 | [Strawberry Spinach Salad with Almonds](https://whatsworkinghere.com/ultimate-portion-fix-snack-ideas/) |  |
| 6:30 | Meal 5 | [Teriyaki Salmon, Soba Noodles, Snap Peas](https://whatsworkinghere.com/quick-easy-teriyaki-salmon-with-soba-noodles/)  | 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 | [Spinach Egg Scramble with Toast](https://whatsworkinghere.com/ultimate-portion-fix-snack-ideas/) | spoon.png |
| 12:00 | Pre-Workout Meal | [Teriyaki Salmon, Soba Noodles, Snap Peas](https://whatsworkinghere.com/quick-easy-teriyaki-salmon-with-soba-noodles/) | spoon.png |
| 3:00 | Meal 2 | [Jicama Tacos & Guacamole, Mango](https://whatsworkinghere.com/ultimate-portion-fix-snack-ideas/) |  |
| 6:30 | Meal 3 | [Easy Chicken Parmesan Meal](https://whatsworkinghere.com/easy-chicken-parmesan-meal/) | 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 Sandwich](https://whatsworkinghere.com/ultimate-portion-fix-snack-ideas/) | spoon.png |
| 12:00 | Pre-Workout Meal | [Easy Chicken Parmesan Meal](https://whatsworkinghere.com/easy-chicken-parmesan-meal/) | spoon.png |
| 3:00 | Meal 2 | [Strawberry Spinach Salad with Almonds](https://whatsworkinghere.com/ultimate-portion-fix-snack-ideas/) |  |
| 6:30 | Meal 3 | [Shrimp & Spinach Pesto Pasta](https://whatsworkinghere.com/shrimp-spinach-pesto-pasta/) | 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 | [Spinach Egg Scramble with Toast](https://whatsworkinghere.com/ultimate-portion-fix-snack-ideas/) | spoon.png |
| 12:00 | Pre-Workout Meal | [Shrimp & Spinach Pesto Pasta](https://whatsworkinghere.com/shrimp-spinach-pesto-pasta/) | spoon.png |
| 3:00 | Meal 2 | [Jicama Tacos & Guacamole, Mango](https://whatsworkinghere.com/ultimate-portion-fix-snack-ideas/) |  |
| 6:30 | Meal 3 | leftovers | spoon.png |
| 9:00 | Recharge |  |  |

Thursday-16th - Austin

|  |  |  |  |
| --- | --- | --- | --- |
| 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 Sandwich](https://whatsworkinghere.com/ultimate-portion-fix-snack-ideas/) | spoon.png |
| 12:00 | Pre-Workout Meal | out | spoon.png |
| 3:00 | Meal 2 | Veggies, guac, fruit |  |
| 6:30 | Meal 3 | out | spoon.png |
| 9:00 | Recharge |  |  |

Friday -17th -Austin

|  |  |  |  |
| --- | --- | --- | --- |
| 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 | BEACHBAR | spoon.png |
| 12:00 | Pre-Workout Meal | out | spoon.png |
| 3:00 | Meal 2 | Veggies, guac, fruit |  |
| 6:30 | Meal 3 | Out | spoon.png |
| 9:00 | Recharge |  |  |

Saturday – 18th - Austin

|  |  |  |  |
| --- | --- | --- | --- |
| 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 | BEACHBAR | spoon.png |
| 2:00 | Pre-Workout Meal | OUT | spoon.png |
| 4:00 | Meal 2 | Apples, almonds |  |
| 6:30 | Meal 3 | Out | spoon.png |
| 9:00 | Recharge |  |  |