Sunday- 19th

|  |  |  |  |
| --- | --- | --- | --- |
| 7:00 | Meal 1 | Strawberry[Shakeology](http://www.shakeology.com/en_US/?sn=lthompson58), ½ banana, pb | spoon.png |
| 9:30 | Meal 2 | Ham & Spinach Omelet, breakfast potatoes  | spoon.png |
| 12:30 | Meal 3 | salad or sandwich  | spoon.png |
| 3:30 | Meal 4 | Chips & salsa, cheese |  |
| 6:30 | Meal 5 | [Grilled Peaches & Pork](https://www.myrecipes.com/recipe/grilled-peaches-pork) | spoon.png |

Monday-20th

|  |  |  |  |
| --- | --- | --- | --- |
| 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 | Sausage & pepper wrap | spoon.png |
| 12:00 | Pre-Workout Meal | [Grilled Peaches & Pork](https://www.myrecipes.com/recipe/grilled-peaches-pork) | spoon.png |
| 3:00 | Meal 2 | Chips & salsa, cheese |  |
| 6:30 | Meal 3 | Chicken Pesto Pasta, green beans, olives | spoon.png |
| 9:00 | Recharge |  |  |

Tuesday- 21st

|  |  |  |  |
| --- | --- | --- | --- |
| 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 | Ham & Spinach Omelet, breakfast potatoes | spoon.png |
| 12:00 | Pre-Workout Meal | Chicken Pesto Pasta, green beans | spoon.png |
| 3:00 | Meal 2 | carrots & hummus with grapes |  |
| 6:30 | Meal 3 | Spaghetti & Meatballs, olives | spoon.png |
| 9:00 | Recharge |  |  |

Wednesday- 22nd

|  |  |  |  |
| --- | --- | --- | --- |
| 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 | Sausage & pepper wrap | spoon.png |
| 12:00 | Pre-Workout Meal | Spaghetti & Meatballs | spoon.png |
| 3:00 | Meal 2 | Spinach Watermelon Salad , sunflower seeds |  |
| 6:30 | Meal 3 | Fixate Chicken Enchiladas (Fixate), bell peppers | spoon.png |
| 9:00 | Recharge |  |  |

Thursday-23rd

|  |  |  |  |
| --- | --- | --- | --- |
| 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 | Ham & Spinach Omelet, breakfast potatoes | spoon.png |
| 12:00 | Pre-Workout Meal | Fixate Chicken Enchiladas (Fixate), bell peppers | spoon.png |
| 3:00 | Meal 2 | Spinach Watermelon Salad , sunflower seeds |  |
| 6:30 | Meal 3 | leftovers | spoon.png |
| 9:00 | Recharge |  |  |

Friday -24th

|  |  |  |  |
| --- | --- | --- | --- |
| 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 | Sausage & pepper wrap | spoon.png |
| 12:00 | Pre-Workout Meal | Salad or sandwich | spoon.png |
| 3:00 | Meal 2 | Spinach Watermelon Salad w/feta |  |
| 6:30 | Meal 3 | Out | spoon.png |
| 9:00 | Recharge |  |  |

Saturday – 25th

|  |  |  |  |
| --- | --- | --- | --- |
| 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 | Ham & Spinach Omelet, breakfast potatoes | spoon.png |
| 2:00 | Pre-Workout Meal | Salad or sandwich | spoon.png |
| 4:00 | Meal 2 | carrots & hummus with grapes |  |
| 6:30 | Meal 3 | Out | spoon.png |
| 9:00 | Recharge |  |  |