Sunday- 3rd (Grill)

|  |  |  |
| --- | --- | --- |
| Meal 1 | [Shakeology](http://www.shakeology.com/lthompson58) & banana, pb | spoon.png |
| Meal 2 | [BLT wrap](https://whatsworkinghere.com/turkey-blt-wrap/) | spoon.png |
| Meal 3 | Asian Salad Bowl: broccoli slaw, cucumber, brown rice, edamame, salad dressing | spoon.png |
| Meal 4 | [Spinach Watermelon Salad](https://whatsworkinghere.com/ultimate-portion-fix-snack-ideas/) |  |
| Meal 5 | [Cedar Plank Salmon](https://www.allrecipes.com/recipe/109297/cedar-planked-salmon/), Green Beans, Corn | spoon.png |

Monday- 4th (Sheet Pan)- 4th of July

|  |  |  |
| --- | --- | --- |
| Meal 1 | [Shakeology](http://www.shakeology.com/lthompson58) & banana, pb | spoon.png |
| Recover | banana |  |
| Meal 2 | [Bagel Sandwich](https://whatsworkinghere.com/healthy-bagel-sandwich/) | spoon.png |
| Meal 3 | Pasta salad: gluten free pasta, air fried chickpeas, salad mix, artichoke hearts | spoon.png |
| Meal 4 | Peppers, hummus, mango |  |
| Meal 5 | [Sheet Pan BBQ Chicken & Potatoes](https://www.meatloafandmelodrama.com/sheet-pan-honey-bbq-chicken-dinner/), Green Beans, pumpkin seeds | spoon.png |

Tuesday- 5th (One Pot)

|  |  |  |
| --- | --- | --- |
| Meal 1 | [Shakeology](http://www.shakeology.com/lthompson58) & banana, pb | spoon.png |
| Recover | banana |  |
| Meal 2 | [BLT wrap](https://whatsworkinghere.com/turkey-blt-wrap/) | spoon.png |
| Meal 3 | Asian Salad Bowl: broccoli slaw, cucumber, brown rice, edamame, salad dressing | spoon.png |
| Meal 4 | [Spinach Watermelon Salad](https://whatsworkinghere.com/ultimate-portion-fix-snack-ideas/)  |  |
| Meal 5 | Beef Macaroni (Fixate), Broccoli | spoon.png |

Wednesday-6th (No Cook)

|  |  |  |
| --- | --- | --- |
| Meal 1 | [Shakeology](http://www.shakeology.com/lthompson58) & banana, pb | spoon.png |
| Recover | banana |  |
| Meal 2 | [Bagel Sandwich](https://whatsworkinghere.com/healthy-bagel-sandwich/) | spoon.png |
| Meal 3 | Pasta salad: gluten free pasta, air fried chickpeas, salad mix, artichoke hearts | spoon.png |
| Meal 4 | Chips, Salsa, mango |  |
| Meal 5 | Chef Salad | spoon.png |

Thursday- 7th - Bunco

|  |  |  |
| --- | --- | --- |
| Meal 1 | [Shakeology](http://www.shakeology.com/lthompson58) & banana, pb | spoon.png |
| Recover | banana |  |
| Meal 2 | [BLT wrap](https://whatsworkinghere.com/turkey-blt-wrap/) | spoon.png |
| Meal 3 | Asian Salad Bowl: broccoli slaw, cucumber, brown rice, edamame, salad dressing | spoon.png |
| Meal 4 | [Spinach Watermelon Salad](https://whatsworkinghere.com/ultimate-portion-fix-snack-ideas/) |  |
| Meal 5 | Firecracker hot dogs | spoon.png |

Friday –8th

|  |  |  |
| --- | --- | --- |
| Meal 1 | [Shakeology](http://www.shakeology.com/lthompson58) & banana, pb | spoon.png |
| Recover | banana |  |
| Meal 2 | [Bagel Sandwich](https://whatsworkinghere.com/healthy-bagel-sandwich/) | spoon.png |
| Meal 3 | Salad or Sandwich | spoon.png |
| Meal 4 | Peppers, hummus, mango |  |
| Meal 5 | out | spoon.png |

Saturday – 9th -Soccer Camp

|  |  |  |
| --- | --- | --- |
| Meal 1 | [Shakeology](http://www.shakeology.com/lthompson58) & banana, pb | spoon.png |
| Recover | banana |  |
| Meal 2 | [BLT wrap](https://whatsworkinghere.com/turkey-blt-wrap/) | spoon.png |
| Meal 3 | Sandwich or salad | spoon.png |
| Meal 4 | [Spinach Watermelon Salad](https://whatsworkinghere.com/ultimate-portion-fix-snack-ideas/) |  |
| Meal 5 | Out | spoon.png |