Sunday- 19th

|  |  |  |
| --- | --- | --- |
| Meal 1 | [Shakeology](http://www.shakeology.com/lthompson58) , spinach, banana |  |
| Meal 2 | Banana Oat Pancakes (Fixate), Turkey Sausage | spoon.png |
| Meal 3 | Garden Quinoa Salad ([Elimination Diet Meal Plan](https://www.eliminationdietmealplan.com/edmp/373/)), Rice Cakes | spoon.png |
| Meal 4 | Cherries, Cashews, Carrots |  |
| Meal 5 | [Instant Pot Mongolian Beef](https://www.pressurecookingtoday.com/pressure-cooker-mongolian-beef/), Brown Rice, Mixed Veggies | spoon.png |

Monday- 20th – Ortho/Dentist

|  |  |  |
| --- | --- | --- |
| Meal 1 | [Shakeology](http://www.shakeology.com/lthompson58) , spinach, banana |  |
| Recover | banana |  |
| Meal 2 | Eggs, Tomato, hash browns | spoon.png |
| Meal 3 | Bean Burrito: gluten free tortilla, refried beans, lettuce, tomato | spoon.png |
| Meal 4 | Cucumbers, Apple & Coconut Yogurt |  |
| Meal 5 | Chicken Nuggets, Green Beans, macaroni, pumpkin seeds | spoon.png |

Tuesday- 21st

|  |  |  |
| --- | --- | --- |
| Meal 1 | [Shakeology](http://www.shakeology.com/lthompson58) , spinach, banana |  |
| Recover |  |  |
| Meal 2 | Banana Oat Pancakes (Fixate), Turkey Sausage | spoon.png |
| Meal 3 | Garden Quinoa Salad ([Elimination Diet Meal Plan](https://www.eliminationdietmealplan.com/edmp/373/)), Rice Cakes | spoon.png |
| Meal 4 | Cherries, Cashews, Carrots |  |
| Meal 5 | Crab cakes (Fixate 2), broccoli, orzo | spoon.png |

Wednesday-22nd

|  |  |  |
| --- | --- | --- |
| Meal 1 | [Shakeology](http://www.shakeology.com/lthompson58) , spinach, banana |  |
| Recover | banana |  |
| Meal 2 | Eggs, Tomato, hash browns | spoon.png |
| Meal 3 | Bean Burrito: corn tortilla, refried beans, lettuce, tomato | spoon.png |
| Meal 4 | Cucumbers, Apple & Coconut Yogurt |  |
| Meal 5 | Turkey Sloppy Joes (Fixate), pumpkin seeds | spoon.png |

Thursday- 23rd – In the Office

|  |  |  |
| --- | --- | --- |
| Meal 1 | [Shakeology](http://www.shakeology.com/lthompson58) , spinach, banana |  |
| Recover |  |  |
| Meal 2 | Banana Oat Pancakes, Turkey Sausage | spoon.png |
| Meal 3 | Out | spoon.png |
| Meal 4 | Cherries, Cashews, Carrots |  |
| Meal 5 | leftovers | spoon.png |

Friday –24th

|  |  |  |
| --- | --- | --- |
| Meal 1 | [Shakeology](http://www.shakeology.com/lthompson58) , spinach, banana |  |
| Recover | banana |  |
| Meal 2 | Eggs, Tomato, hash browns | spoon.png |
| Meal 3 | Bean Burrito: corn tortilla, refried beans, lettuce, tomato | spoon.png |
| Meal 4 | Cucumbers, Apple & Coconut Yogurt |  |
| Meal 5 | out | spoon.png |

Saturday – 25th

|  |  |  |
| --- | --- | --- |
| Meal 1 | [Shakeology](http://www.shakeology.com/lthompson58) , spinach, banana |  |
| Recover |  |  |
| Meal 2 | Banana Oat Pancakes, Turkey Sausage | spoon.png |
| Meal 3 | Sandwich or salad | spoon.png |
| Meal 4 | Cherries, Cashews, Carrots |  |
| Meal 5 | Out | spoon.png |