Sunday- 30th

|  |  |  |
| --- | --- | --- |
| Meal 1 | [Shakeology](http://www.shakeology.com/lthompson58) & banana, pb | spoon.png |
| Meal 2 | Spinach, Ham & Mushroom Omelet, hash browns | spoon.png |
| Meal 3 | Salad or Sandwich | spoon.png |
| Meal 4 | Cherries, Cashews, Carrots |  |
| Meal 5 | Hamburgers, side salad | spoon.png |

Monday- 31st – Memorial Day

|  |  |  |
| --- | --- | --- |
| Meal 1 | [Shakeology](http://www.shakeology.com/lthompson58) & banana, pb, spinach |  |
| Recover | banana |  |
| Meal 2 | Waffle & Sausage | spoon.png |
| Meal 3 | Hamburgers, side salad | spoon.png |
| Meal 4 | [Caprese Salad](https://whatsworkinghere.com/80-day-obsession-plan-a-meal-2-recipes/) & Apples |  |
| Meal 5 | Crab cakes, broccoli, orzo | spoon.png |

Tuesday- 1st

|  |  |  |
| --- | --- | --- |
| Meal 1 | [Shakeology](http://www.shakeology.com/lthompson58) & banana, pb | spoon.png |
| Recover | banana |  |
| Meal 2 | Spinach, Ham & Mushroom Omelet, hash browns | spoon.png |
| Meal 3 | Crab cakes, broccoli, orzo | spoon.png |
| Meal 4 | [Caprese Salad](https://whatsworkinghere.com/80-day-obsession-plan-a-meal-2-recipes/) & Apples |  |
| Meal 5 | Aztec Casserole | spoon.png |

Wednesday-2nd

|  |  |  |
| --- | --- | --- |
| Meal 1 | [Shakeology](http://www.shakeology.com/lthompson58) & banana, pb, spinach |  |
| Recover | banana |  |
| Meal 2 | Waffle & Sausage | spoon.png |
| Meal 3 | Aztec Casserole | spoon.png |
| Meal 4 | Carrots, Pumpkin Seeds, Apple |  |
| Meal 5 | [Chicken Parmesan](https://whatsworkinghere.com/easy-chicken-parmesan-meal/) | spoon.png |

Thursday- 3rd

|  |  |  |
| --- | --- | --- |
| Meal 1 | [Shakeology](http://www.shakeology.com/lthompson58) & banana, pb | spoon.png |
| Recover | banana |  |
| Meal 2 | Spinach, Ham & Mushroom Omelet, hash browns | spoon.png |
| Meal 3 | [Chicken Parmesan](https://whatsworkinghere.com/easy-chicken-parmesan-meal/) | spoon.png |
| Meal 4 | Carrots, Pumpkin Seeds, Apple |  |
| Meal 5 | leftovers | spoon.png |

Friday –4th

|  |  |  |
| --- | --- | --- |
| Meal 1 | [Shakeology](http://www.shakeology.com/lthompson58) & banana, pb |  |
| Recover | banana |  |
| Meal 2 | Waffle & Sausage, spinach | spoon.png |
| Meal 3 | Salad or Sandwich | spoon.png |
| Meal 4 | [Caprese Salad](https://whatsworkinghere.com/80-day-obsession-plan-a-meal-2-recipes/) & Apples |  |
| Meal 5 | out | spoon.png |

Saturday – 5th

|  |  |  |
| --- | --- | --- |
| Meal 1 | [Shakeology](http://www.shakeology.com/lthompson58) & banana, pb | spoon.png |
| Recover | banana |  |
| Meal 2 | Spinach, Ham & Mushroom Omelet, hash browns | spoon.png |
| Meal 3 | Sandwich or salad | spoon.png |
| Meal 4 | Cherries, Cashews, Carrots |  |
| Meal 5 | Out | spoon.png |