Sunday- 31st - Halloween

|  |  |  |
| --- | --- | --- |
| Meal 1 | [Shakeology](http://www.shakeology.com/lthompson58) & banana, pb | spoon.png |
| Meal 2 | Spinach Egg Scramble, Hash browns | spoon.png |
| Meal 3 | Salad or sandwich | spoon.png |
| Meal 4 | Carrots, Hummus, Apple |  |
| Meal 5 | Jack-o-lantern Stuffed Peppers & Ghost Mashed Potatoes, black olives | spoon.png |

Monday- 1st - Football Game- Deplete

|  |  |  |
| --- | --- | --- |
| Meal 1 | Strawberry[Shakeology](http://www.shakeology.com/en_US/?sn=lthompson58), pb | spoon.png |
| Meal 2 | Eggs, oatmeal |  |
| Meal 3 | Steak Bites |  |
| Meal 4 | Fish & Green Beans | spoon.png |
| Meal 5 | Shrimp & Veggies |  |
| Meal 6 | Chicken & Mushrooms, ghee | spoon.png |
| Meal 7 | Beef & Butternut Squash Stew (21DFX) | spoon.png |

Tuesday- 2nd – Deplete

|  |  |  |
| --- | --- | --- |
| Meal 1 | Strawberry[Shakeology](http://www.shakeology.com/en_US/?sn=lthompson58), pb | spoon.png |
| Meal 2 | Eggs, oatmeal |  |
| Meal 3 | Steak Bites |  |
| Meal 4 | Fish & Green Beans | spoon.png |
| Meal 5 | Shrimp & Veggies |  |
| Meal 6 | Chicken & Mushrooms, ghee | spoon.png |
| Meal 7 | Beef & Butternut Squash Stew (21DFX) | spoon.png |

Wednesday- 3rd – Soccer Practice

|  |  |  |
| --- | --- | --- |
| Meal 1 | [Shakeology](http://www.shakeology.com/lthompson58) & banana, pb | spoon.png |
| Recover | Banana |  |
| Meal 2 | Spinach Egg Scramble, Hash browns | spoon.png |
| Meal 3 | Jack-o-lantern Stuffed Peppers & Ghost Mashed Potatoes, black olives | spoon.png |
| Meal 4 | Carrots, Hummus, Apple |  |
| Meal 5 | Shrimp & Turkey Sausage Gumbo with Brown Rice (Fixate), pumpkin seeds | spoon.png |

Thursday- 4th - Soccer Practice- Deplete

|  |  |  |
| --- | --- | --- |
| Meal 1 | Strawberry[Shakeology](http://www.shakeology.com/en_US/?sn=lthompson58), pb | spoon.png |
| Meal 2 | Eggs, oatmeal |  |
| Meal 3 | Steak Bites |  |
| Meal 4 | Fish & Green Beans | spoon.png |
| Meal 5 | Shrimp & Veggies |  |
| Meal 6 | Chicken & Mushrooms, ghee | spoon.png |
| Meal 7 | Beef & Butternut Squash Stew (21DFX) | spoon.png |

Friday –5th - Deplete

|  |  |  |
| --- | --- | --- |
| Meal 1 | Strawberry[Shakeology](http://www.shakeology.com/en_US/?sn=lthompson58), pb | spoon.png |
| Meal 2 | Eggs, oatmeal |  |
| Meal 3 | Steak Bites |  |
| Meal 4 | Fish & Green Beans | spoon.png |
| Meal 5 | Shrimp & Veggies |  |
| Meal 6 | Chicken & Mushrooms, ghee | spoon.png |
| Meal 7 | Beef & Butternut Squash Stew (21DFX) | spoon.png |

Saturday – 6th

|  |  |  |
| --- | --- | --- |
| Meal 1 | [Shakeology](http://www.shakeology.com/lthompson58) & banana, pb | spoon.png |
| Recover | Banana |  |
| Meal 2 | Spinach Egg Scramble, Hash browns | spoon.png |
| Meal 3 | Shrimp & Turkey Sausage with Brown Rice (Fixate), pumpkin seeds | spoon.png |
| Meal 4 | Carrots, Hummus, Apple |  |
| Meal 5 | out | spoon.png |