Sunday- 18th

B

|  |  |  |
| --- | --- | --- |
| Meal 1 | [Shakeology](http://www.shakeology.com/lthompson58) , spinach, banana, pb | spoon.png  B |
| Meal 2 | Banana Oat Pancakes (Fixate), Turkey Bacon | spoon.png |
| Meal 3 | [Chickpea Salad Bowl](https://whatsworkinghere.com/chickpea-salad-bowl/) | spoon.png |
| Meal 4 | Parm crusted palm (Ilana’s Insta), mango |  |
| Meal 5 | Hamburgers, Side Salad | spoon.png |

Monday-19th – Soccer Carpool

B

|  |  |  |
| --- | --- | --- |
| Meal 1 | [Shakeology](http://www.shakeology.com/lthompson58) , spinach, banana, pb | spoon.png  B  A |
| Meal 2 | Ham & Bell Pepper Omelet, toast | spoon.png |
| Meal 3 | [Asian Noodle Bowl](https://whatsworkinghere.com/asian-noodle-bowl/) | spoon.png |
| Meal 4 | Pear Spinach salad with Pecans |  |
| Meal 5 | Chicken with Pesto, Asparagus, Pasta | spoon.png |

Tuesday- 20th – Football Game

|  |  |  |
| --- | --- | --- |
| Meal 1 | [Shakeology](http://www.shakeology.com/lthompson58) , spinach, banana, pb | spoon.png  B  A  B |
| Meal 2 | Banana Oat Pancakes (Fixate), Turkey Bacon | spoon.png |
| Meal 3 | [Chickpea Salad Bowl](https://whatsworkinghere.com/chickpea-salad-bowl/) | spoon.png |
| Meal 4 | Parm crusted palm (Ilana’s Insta), mango |  |
| Meal 5 | [Taco Salad](https://whatsworkinghere.com/easy-taco-salad/) | spoon.png |

Wednesday- 21st

|  |  |  |
| --- | --- | --- |
| Meal 1 | [Shakeology](http://www.shakeology.com/lthompson58) , spinach, banana, pb | spoon.png  B  A |
| Meal 2 | Ham & Bell Pepper Omelet, toast | spoon.png |
| Meal 3 | [Asian Noodle Bowl](https://whatsworkinghere.com/asian-noodle-bowl/) | spoon.png |
| Meal 4 | Pear Spinach salad with Pecans |  |
| Meal 5 | Tuna Pasta Salad: tuna, chickpea pasta, carrots, tomatoes, mayo, spinach | spoon.png |

Thursday- 22nd – Soccer Practice- In the Office

B

|  |  |  |
| --- | --- | --- |
| Meal 1 | [Shakeology](http://www.shakeology.com/lthompson58) , spinach, banana, pb | spoon.png  B  A  B |
| Meal 2 | Banana Oat Pancakes (Fixate), Turkey Bacon | spoon.png |
| Meal 3 | [Out](https://whatsworkinghere.com/quinoa-garden-salad/) | spoon.png |
| Meal 4 | Parm crusted palm (Ilana’s Insta), mango |  |
| Meal 5 | Leftovers | spoon.png |

Friday- 23rd

B

|  |  |  |
| --- | --- | --- |
| Meal 1 | [Shakeology](http://www.shakeology.com/lthompson58) , spinach, banana, pb | spoon.png  B  A  A |
| Meal 2 | Ham & Bell Pepper Omelet, toast | spoon.png |
| Meal 3 | [Asian Noodle Bowl](https://whatsworkinghere.com/asian-noodle-bowl/) | spoon.png |
| Meal 4 | Pear Spinach salad with Pecans |  |
| Meal 5 | Out | spoon.png |

Saturday- 24th

B

|  |  |  |
| --- | --- | --- |
| Meal 1 | [Shakeology](http://www.shakeology.com/lthompson58) , spinach, banana, pb | spoon.png  B  B  A  B |
| Meal 2 | Banana Oat Pancakes (Fixate), Turkey Bacon | spoon.png |
| Meal 3 | [Chickpea Salad Bowl](https://whatsworkinghere.com/chickpea-salad-bowl/) | spoon.png |
| Meal 4 | Parm crusted palm (Ilana’s Insta), mango |  |
| Meal 5 | Out | spoon.png |