Sunday- 26th

|  |  |  |
| --- | --- | --- |
| Meal 1 | [Shakeology](http://www.shakeology.com/lthompson58) & banana, pb | spoon.png |
| Meal 2 | Everything Bagel Breakfast Skillet ([Monthly Fix](https://www.teambeachbody.com/shop/us/d/nutrition-membership-NutritionPlusDigitalStreaming?referringRepID=506340)) | spoon.png |
| Meal 3 | Salad or Sandwich | spoon.png |
| Meal 4 | Peppers, Guac, Mango |  |
| Meal 5 | Seafood Risotto ([Monthly Fix](https://www.teambeachbody.com/shop/us/d/nutrition-membership-NutritionPlusDigitalStreaming?referringRepID=506340)), pumpkin seeds | spoon.png |

Monday- 27th - Football Game

|  |  |  |
| --- | --- | --- |
| Meal 1 | [Shakeology](http://www.shakeology.com/lthompson58) & banana, pb | spoon.png |
| Recover | Banana |  |
| Meal 2 | Bacon, Egg, Hash browns, Tomato | spoon.png |
| Meal 3 | Seafood Risotto ([Monthly Fix](https://www.teambeachbody.com/shop/us/d/nutrition-membership-NutritionPlusDigitalStreaming?referringRepID=506340)) | spoon.png |
| Meal 4 | Carrots, Apple, Cashews |  |
| Meal 5 | Spaghetti with meat sauce, olives | spoon.png |

Tuesday- 28th – Maroon5 Concert

|  |  |  |
| --- | --- | --- |
| Meal 1 | [Shakeology](http://www.shakeology.com/lthompson58) & banana, pb | spoon.png |
| Recover | Banana |  |
| Meal 2 | Everything Bagel Breakfast Skillet ([Monthly Fix](https://www.teambeachbody.com/shop/us/d/nutrition-membership-NutritionPlusDigitalStreaming?referringRepID=506340)) | spoon.png |
| Meal 3 | Spaghetti with meat sauce | spoon.png |
| Meal 4 | Peppers, Guac, Mango |  |
| Meal 5 | out | spoon.png |

Wednesday- 29th – Soccer Practice

|  |  |  |
| --- | --- | --- |
| Meal 1 | [Shakeology](http://www.shakeology.com/lthompson58) & banana, pb | spoon.png |
| Recover | banana |  |
| Meal 2 | Bacon, Egg, Hash browns, Tomato | spoon.png |
| Meal 3 | Spaghetti with meat sauce | spoon.png |
| Meal 4 | Carrots, Apple, Cashews |  |
| Meal 5 | Insta Pot Jambalaya ([Monthly Fix](https://www.teambeachbody.com/shop/us/d/nutrition-membership-NutritionPlusDigitalStreaming?referringRepID=506340)) | spoon.png |

Thursday- 23rd - Soccer Practice- In the office

|  |  |  |
| --- | --- | --- |
| Meal 1 | [Shakeology](http://www.shakeology.com/lthompson58) & banana, pb | spoon.png |
| Recover | Banana |  |
| Meal 2 | Everything Bagel Breakfast Skillet ([Monthly Fix](https://www.teambeachbody.com/shop/us/d/nutrition-membership-NutritionPlusDigitalStreaming?referringRepID=506340)) | spoon.png |
| Meal 3 | Out | spoon.png |
| Meal 4 | Peppers, Guac, Mango |  |
| Meal 5 | leftovers | spoon.png |

Friday –24th

|  |  |  |
| --- | --- | --- |
| Meal 1 | [Shakeology](http://www.shakeology.com/lthompson58) & banana, pb | spoon.png |
| Recover | banana |  |
| Meal 2 | Bacon, Egg, Hash browns, Tomato | spoon.png |
| Meal 3 | Salad or Sandwich | spoon.png |
| Meal 4 | Carrots, Apple, Cashews |  |
| Meal 5 | out | spoon.png |

Saturday – 25th

|  |  |  |
| --- | --- | --- |
| Meal 1 | [Shakeology](http://www.shakeology.com/lthompson58) & banana, pb | spoon.png |
| Recover | Banana |  |
| Meal 2 | Everything Bagel Breakfast Skillet [Monthly Fix](https://www.teambeachbody.com/shop/us/d/nutrition-membership-NutritionPlusDigitalStreaming?referringRepID=506340)) | spoon.png |
| Meal 3 | Out | spoon.png |
| Meal 4 | Peppers, Guac, Mango |  |
| Meal 5 | Out | spoon.png |