Sunday- 21st

|  |  |  |
| --- | --- | --- |
| Meal 1 | [Shakeology](http://www.shakeology.com/lthompson58) & banana, pb | spoon.png |
| Meal 2 | [Breakfast](https://whatsworkinghere.com/turkey-blt-wrap/) Scramble | spoon.png |
| Meal 3 | Salad or sandwich with fruit | spoon.png |
| Meal 4 | Carrots, cashews, grapes |  |
| Meal 5 | [Air Fryer Catfish & Green Beans, Corn](https://www.cookinglight.com/recipes/air-fryer-catfish-greenbeans) | spoon.png |

Monday- 22nd

|  |  |  |
| --- | --- | --- |
| Meal 1 | [Shakeology](http://www.shakeology.com/lthompson58) & banana, pb |  |
| Recover | banana |  |
| Meal 2 | Cauliflower Fried Rice, breakfast potatoes | spoon.png |
| Meal 3 | [Air Fryer Catfish & Green Beans, Corn](https://www.cookinglight.com/recipes/air-fryer-catfish-greenbeans) | spoon.png |
| Meal 4 | Jicama, Guac & strawberries |  |
| Meal 5 | Honey Garlic Chicken with Garden Quinoa Salad ([Elimination Diet Meal Plan](https://whatsworkinghere.com/elimination-diet-meal-plan-review/)) | spoon.png |

Tuesday- 23rd

|  |  |  |
| --- | --- | --- |
| Meal 1 | [Shakeology](http://www.shakeology.com/lthompson58) & banana, pb |  |
| Recover | banana |  |
| Meal 2 | [Breakfast](https://whatsworkinghere.com/turkey-blt-wrap/) Scramble | spoon.png |
| Meal 3 | Honey Garlic Chicken with Garden Quinoa Salad ([Elimination Diet Meal Plan](https://whatsworkinghere.com/elimination-diet-meal-plan-review/)) | spoon.png |
| Meal 4 | Carrots, cashews, grapes |  |
| Meal 5 | [Sheet Pan Sausage & Veggies](https://gimmedelicious.com/20-minute-sheet-pan-healthy-sausage-and-veggies/) | spoon.png |

Wednesday- 24th – Blake’s Birthday!

|  |  |  |
| --- | --- | --- |
| Meal 1 | [Shakeology](http://www.shakeology.com/lthompson58) & banana, pb |  |
| Recover | banana |  |
| Meal 2 | Cauliflower Fried Rice, breakfast potatoes | spoon.png |
| Meal 3 | [Sheet Pan Sausage & Veggies](https://gimmedelicious.com/20-minute-sheet-pan-healthy-sausage-and-veggies/) | spoon.png |
| Meal 4 | Jicama, Guac & strawberries |  |
| Meal 5 | Steak, Mushrooms, Asparagus, Baked Potato | spoon.png |

Thursday- 25th

|  |  |  |
| --- | --- | --- |
| Meal 1 | [Shakeology](http://www.shakeology.com/lthompson58) & banana, pb |  |
| Recover | banana |  |
| Meal 2 | [Breakfast](https://whatsworkinghere.com/turkey-blt-wrap/) Scramble | spoon.png |
| Meal 3 | Steak, Mushrooms, Asparagus, Baked Potato | spoon.png |
| Meal 4 | Carrots, cashews, grapes |  |
| Meal 5 | Leftovers | spoon.png |

Friday –26th

|  |  |  |
| --- | --- | --- |
| Meal 1 | [Shakeology](http://www.shakeology.com/lthompson58) & banana, pb |  |
| Recover | banana |  |
| Meal 2 | Cauliflower Fried Rice, breakfast potatoes | spoon.png |
| Meal 3 | Sandwich or salad | spoon.png |
| Meal 4 | Jicama, Guac & strawberries |  |
| Meal 5 | Out | spoon.png |

Saturday – 20th

|  |  |  |
| --- | --- | --- |
| Meal 1 | [Shakeology](http://www.shakeology.com/lthompson58) & banana, pb | spoon.png |
| Recover | apple |  |
| Meal 2 | [Breakfast](https://whatsworkinghere.com/turkey-blt-wrap/) Scramble | spoon.png |
| Meal 3 | salad or sandwich | spoon.png |
| Meal 4 | Carrots, cashews, grapes |  |
| Meal 5 | Out | spoon.png |