Sunday- 28th

|  |  |  |
| --- | --- | --- |
| Meal 1 | [Shakeology](http://www.shakeology.com/lthompson58) & banana, pb | spoon.png |
| Meal 2 | Ham & Spinach Omelet, breakfast potatoes | 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- 1st

|  |  |  |
| --- | --- | --- |
| Meal 1 | [Shakeology](http://www.shakeology.com/lthompson58) & banana, pb |  |
| Recover | banana |  |
| Meal 2 | Breakfast taco | 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 | Chicken Enchiladas (Fixate) with bell peppers | spoon.png |

Tuesday- 2nd

|  |  |  |
| --- | --- | --- |
| Meal 1 | [Shakeology](http://www.shakeology.com/lthompson58) & banana, pb |  |
| Recover | banana |  |
| Meal 2 | Ham & Spinach Omelet, breakfast potatoes | spoon.png |
| Meal 3 | Chicken Enchiladas (Fixate) with bell peppers | spoon.png |
| Meal 4 | Carrots, cashews, grapes |  |
| Meal 5 | Tacos | spoon.png |

Wednesday- 3rd

|  |  |  |
| --- | --- | --- |
| Meal 1 | [Shakeology](http://www.shakeology.com/lthompson58) & banana, pb |  |
| Recover | banana |  |
| Meal 2 | Breakfast taco | spoon.png |
| Meal 3 | Taco Salad | spoon.png |
| Meal 4 | Jicama, Guac & strawberries |  |
| Meal 5 | [Tilapia piccata, orzo](https://www.myrecipes.com/recipe/tilapia-piccata), green beans | spoon.png |

Thursday- 4th

|  |  |  |
| --- | --- | --- |
| Meal 1 | [Shakeology](http://www.shakeology.com/lthompson58) & banana, pb |  |
| Recover | banana |  |
| Meal 2 | Ham & Spinach Omelet, breakfast potatoes | spoon.png |
| Meal 3 | [Tilapia piccata, orzo](https://www.myrecipes.com/recipe/tilapia-piccata), green beans | spoon.png |
| Meal 4 | Carrots, cashews, grapes |  |
| Meal 5 | Leftovers | spoon.png |

Friday –5th

|  |  |  |
| --- | --- | --- |
| Meal 1 | [Shakeology](http://www.shakeology.com/lthompson58) & banana, pb |  |
| Recover | banana |  |
| Meal 2 | Breakfast taco | 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 | Ham & Spinach Omelet, breakfast potatoes | spoon.png |
| Meal 3 | salad or sandwich | spoon.png |
| Meal 4 | Carrots, cashews, grapes |  |
| Meal 5 | Out | spoon.png |