Sunday- 7th

|  |  |  |
| --- | --- | --- |
| Meal 1 | [Shakeology](http://www.shakeology.com/lthompson58) & banana, pb | spoon.png |
| Meal 2 | [BLT Wrap](https://whatsworkinghere.com/turkey-blt-wrap/) | spoon.png |
| Meal 3 | salad or sandwich  | spoon.png |
| Meal 4 | Carrots, cashews, grapes |  |
| Meal 5 | Chili, pumpkin seeds | spoon.png |

Monday- 8th

|  |  |  |
| --- | --- | --- |
| Meal 1 | [Shakeology](http://www.shakeology.com/lthompson58) & banana, spinach, pb |  |
| Recover |  |  |
| Meal 2 | Yogurt, Strawberries, Granola, PB | spoon.png |
| Meal 3 | [Roasted](https://www.cookinglight.com/recipes/air-fryer-catfish-greenbeans) Garlic Chicken, Potatoes, Squash (ProMeals) | spoon.png |
| Meal 4 | [Strawberry spinach salad with almonds](https://whatsworkinghere.com/80-day-obsession-snack-recipes/) |  |
| Meal 5 | Golden Fried Rice & Salmon, roasted cauliflower ([ProMeals](http://www.mypromeals.com/) \*use code: WHATSWORKING) | spoon.png |

Tuesday- 9th

|  |  |  |
| --- | --- | --- |
| Meal 1 | [Shakeology](http://www.shakeology.com/lthompson58) & banana, spinach, pb |  |
| Recover | banana |  |
| Meal 2 | [BLT Wrap](https://whatsworkinghere.com/turkey-blt-wrap/) | spoon.png |
| Meal 3 | Hibachi Steak ([ProMeals](http://www.mypromeals.com/) \*use code: WHATSWORKING) | spoon.png |
| Meal 4 | Carrots, cashews, grapes |  |
| Meal 5 | Shrimp Stir Fry ([ProMeals](http://www.mypromeals.com/) \*use code: WHATSWORKING) | spoon.png |

Wednesday- 10th

|  |  |  |
| --- | --- | --- |
| Meal 1 | [Shakeology](http://www.shakeology.com/lthompson58) & banana, spinach, pb |  |
| Recover |  |  |
| Meal 2 | Yogurt, Strawberries, Granola, PB | spoon.png |
| Meal 3 | Cowboy Chicken Burger, potatoes, squash ([ProMeals](http://www.mypromeals.com/) \*use code: WHATSWORKING) | spoon.png |
| Meal 4 | Carrots, guacamole, mango |  |
| Meal 5 | Blackened Swai Fillet, Rice, Asparagus ([ProMeals](http://www.mypromeals.com/) \*use code: WHATSWORKING) | spoon.png |

Thursday- 11th- Trip

|  |  |  |
| --- | --- | --- |
| Meal 1 | [Shakeology](http://www.shakeology.com/lthompson58) & banana, spinach, pb |  |
| Recover | banana |  |
| Meal 2 | [BLT Wrap](https://whatsworkinghere.com/turkey-blt-wrap/) | spoon.png |
| Meal 3 | Out | spoon.png |
| Meal 4 | Carrots, cashews, grapes |  |
| Meal 5 | Pizza, Salad | spoon.png |

Friday –12th -Trip

|  |  |  |
| --- | --- | --- |
| Meal 1 | [Shakeology](http://www.shakeology.com/lthompson58) & banana, spinach, pb |  |
| Recover |  |  |
| Meal 2 | Breakfast Enchiladas ([Lose Weight Like Crazy](https://www.teambeachbody.com/shop/us/d/lose-weight-like-crazy-even-if-you-have-a-crazy-life-FIXBook?referringRepId=506340)) | spoon.png |
| Meal 3 | Sandwich or salad | spoon.png |
| Meal 4 | Carrots, grapes |  |
| Meal 5 | Steak, Sweet Potato, Asparagus, pumpkin seeds | spoon.png |

Saturday – 13th - Trip

|  |  |  |
| --- | --- | --- |
| Meal 1 | [Shakeology](http://www.shakeology.com/lthompson58) & banana, pb | spoon.png |
| Recover | apple |  |
| Meal 2 | Breakfast Burritos | spoon.png |
| Meal 3 | salad or sandwich  | spoon.png |
| Meal 4 | Carrots, cashews, grapes |  |
| Meal 5 | Pasta, Salad | spoon.png |