Sunday- 10th

|  |  |  |
| --- | --- | --- |
| Meal 1 | [Shakeology](http://www.shakeology.com/lthompson58) & banana, pb | spoon.png |
| Meal 2 | Breakfast Scramble | spoon.png |
| Meal 3 | salad or sandwich  | spoon.png |
| Meal 4 | [Peaches & Pecans](https://whatsworkinghere.com/healthy_fruit__nut_snack_recipes/) |  |
| Meal 5 | Crab Cakes (Fixate 2), Rice, Broccoli, pumpkin seeds | spoon.png |

Monday- 11th - Training

|  |  |  |
| --- | --- | --- |
| Meal 1 | [Shakeology](http://www.shakeology.com/lthompson58) & banana, spinach, pb |  |
| Recover | Apple |  |
| Meal 2 | Oatmeal, Turkey Sausage |  |
| Meal 3 | Crab Cakes (Fixate 2), Rice, Broccoli | spoon.png |
| Meal 4 | Apple Banana Muffins (Fixate), Carrots |  |
| Meal 5 | Spaghetti, olives | spoon.png |

Tuesday- 12th

|  |  |  |
| --- | --- | --- |
| Meal 1 | [Shakeology](http://www.shakeology.com/lthompson58) & banana, spinach, pb |  |
| Recover | banana |  |
| Meal 2 | Breakfast Scramble | spoon.png |
| Meal 3 | Spaghetti | spoon.png |
| Meal 4 | [Peaches & Pecans](https://whatsworkinghere.com/healthy_fruit__nut_snack_recipes/) |  |
| Meal 5 | Tacos, black olives | spoon.png |

Wednesday- 13th - Training

|  |  |  |
| --- | --- | --- |
| Meal 1 | [Shakeology](http://www.shakeology.com/lthompson58) & banana, spinach, pb |  |
| Recover | banana |  |
| Meal 2 | Oatmeal, Turkey Sausage |  |
| Meal 3 | Taco Salad | spoon.png |
| Meal 4 | Apple Banana Muffins (Fixate), Carrots |  |
| Meal 5 | [Chicken Parmesan , broccoli, orzo](https://whatsworkinghere.com/easy-chicken-parmesan-meal/), pumpkin seeds | spoon.png |

Thursday- 14th – Late Arrival

|  |  |  |
| --- | --- | --- |
| Meal 1 | [Shakeology](http://www.shakeology.com/lthompson58) & banana, spinach, pb |  |
| Recover | banana |  |
| Meal 2 | Out | spoon.png |
| Meal 3 | [Chicken Parmesan , broccoli, orzo,](https://whatsworkinghere.com/easy-chicken-parmesan-meal/) | spoon.png |
| Meal 4 | [Peaches & Pecans](https://whatsworkinghere.com/healthy_fruit__nut_snack_recipes/) |  |
| Meal 5 | leftovers | spoon.png |

Friday – 15th

|  |  |  |
| --- | --- | --- |
| Meal 1 | [Shakeology](http://www.shakeology.com/lthompson58) & banana, spinach, pb |  |
| Recover | banana |  |
| Meal 2 | Oatmeal, Turkey Sausage |  |
| Meal 3 | Sandwich or salad | spoon.png |
| Meal 4 | Apple Banana Muffins (Fixate), Carrots |  |
| Meal 5 | out | spoon.png |

Saturday – 16th

|  |  |  |
| --- | --- | --- |
| Meal 1 | [Shakeology](http://www.shakeology.com/lthompson58) & banana, pb | spoon.png |
| Recover | apple |  |
| Meal 2 | Breakfast Scramble | spoon.png |
| Meal 3 | salad or sandwich  | spoon.png |
| Meal 4 | [Peaches & Pecans](https://whatsworkinghere.com/healthy_fruit__nut_snack_recipes/) |  |
| Meal 5 | out | spoon.png |