Sunday- 21st

|  |  |  |
| --- | --- | --- |
| Meal 1 | [Shakeology](http://www.shakeology.com/lthompson58) & banana, pb | spoon.png |
| Meal 2 | [Ham](https://whatsworkinghere.com/ultimate-portion-fix-snack-ideas/) & Spinach Omelet, Toast  | spoon.png |
| Meal 3 | Salad or sandwich with fruit | spoon.png |
| Meal 4 | Cucumbers, hummus, blueberries |  |
| Meal 5 | [Instant Pot Meatloaf, Carrots & Potatoes](https://confessionsofafitfoodie.com/21-day-fix-meatloaf-mashed-potatoes/) (Confessions of a Fit Foodie) | spoon.png |

Monday- 22nd

|  |  |  |
| --- | --- | --- |
| Meal 1 | [Shakeology](http://www.shakeology.com/lthompson58) & banana, spinach, pb |  |
| Recover |  |  |
| Meal 2 | Yogurt, Strawberries, Granola, PB | spoon.png |
| Meal 3 | [Instant Pot Meatloaf, Carrots & Potatoes](https://confessionsofafitfoodie.com/21-day-fix-meatloaf-mashed-potatoes/) (Confessions of a Fit Foodie) | spoon.png |
| Meal 4 | Carrots, cashews, grapes |  |
| Meal 5 | [Shrimp & Sausage Sheet Pan Meal](https://therecipecritic.com/cajun-shrimp-sausage-vegetable-sheet-pan/) (The Recipe Critic) | spoon.png |

Tuesday- 23rd

|  |  |  |
| --- | --- | --- |
| Meal 1 | [Shakeology](http://www.shakeology.com/lthompson58) & banana, pb |  |
| Recover | banana |  |
| Meal 2 | [Ham](https://whatsworkinghere.com/ultimate-portion-fix-snack-ideas/) & Spinach Omelet, Toast  | spoon.png |
| Meal 3 | [Shrimp & Sausage Sheet Pan Meal](https://therecipecritic.com/cajun-shrimp-sausage-vegetable-sheet-pan/) (The Recipe Critic) | spoon.png |
| Meal 4 | Cucumbers, hummus, blueberries |  |
| Meal 5 | Chicken Fajitas (BodyBeast) | spoon.png |

Wednesday- 24th

|  |  |  |
| --- | --- | --- |
| Meal 1 | [Shakeology](http://www.shakeology.com/lthompson58) & banana, spinach, pb |  |
| Recover | banana |  |
| Meal 2 | [Ham](https://whatsworkinghere.com/ultimate-portion-fix-snack-ideas/) & Spinach Omelet, Toast  | spoon.png |
| Meal 3 | Chicken Fajitas (BodyBeast) | spoon.png |
| Meal 4 | Peaches & pumpkin seeds |  |
| Meal 5 | [Crockpot Lasagna Soup](https://www.familyfreshmeals.com/2012/11/slow-cooker-crockpot-lasagna-soup.html) (Family Fresh Meals) | spoon.png |

Thursday- 25th

|  |  |  |
| --- | --- | --- |
| Meal 1 | [Shakeology](http://www.shakeology.com/lthompson58) & banana, spinach, pb |  |
| Recover | banana |  |
| Meal 2 | [Ham](https://whatsworkinghere.com/ultimate-portion-fix-snack-ideas/) & Spinach Omelet, Toast  | spoon.png |
| Meal 3 | [Crockpot Lasagna Soup](https://www.familyfreshmeals.com/2012/11/slow-cooker-crockpot-lasagna-soup.html) (Family Fresh Meals) | spoon.png |
| Meal 4 | Peaches & pumpkin seeds |  |
| Meal 5 | Leftovers | spoon.png |

Friday –26th

|  |  |  |
| --- | --- | --- |
| Meal 1 | [Shakeology](http://www.shakeology.com/lthompson58) & banana, spinach, pb |  |
| Recover |  |  |
| Meal 2 | Yogurt, Strawberries, Granola, PB | spoon.png |
| Meal 3 | Sandwich or salad | spoon.png |
| Meal 4 | Carrots, cashews, grapes |  |
| Meal 5 | Out | spoon.png |

Saturday – 27th

|  |  |  |
| --- | --- | --- |
| Meal 1 | [Shakeology](http://www.shakeology.com/lthompson58) & banana, pb | spoon.png |
| Recover | apple |  |
| Meal 2 | [Ham](https://whatsworkinghere.com/ultimate-portion-fix-snack-ideas/) & Spinach Omelet, Toast  | spoon.png |
| Meal 3 | Sandwich or salad | spoon.png |
| Meal 4 | Cucumbers, hummus, blueberries |  |
| Meal 5 | Out | spoon.png |