Sunday- 7th

|  |  |  |
| --- | --- | --- |
| 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 | Carrots, cashews, grapes |  |
| Meal 5 | [Beef & Vegetable Pot Pie](https://www.myrecipes.com/recipe/beef-vegetable-potpie-0) | spoon.png |

Monday- 8th

|  |  |  |
| --- | --- | --- |
| 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 | [Beef & Vegetable Pot Pie](https://www.myrecipes.com/recipe/beef-vegetable-potpie-0) | spoon.png |
| Meal 4 | Cucumbers, Hummus & mixed berries |  |
| Meal 5 | Chicken Fajitas (BodyBeast) | spoon.png |

Tuesday-9th

|  |  |  |
| --- | --- | --- |
| Meal 1 | [Shakeology](http://www.shakeology.com/lthompson58) & banana, spinach, pb |  |
| Recover |  |  |
| Meal 2 | Yogurt, Strawberries, Granola, PB | spoon.png |
| Meal 3 | Chicken Fajitas (BodyBeast) | spoon.png |
| Meal 4 | Carrots, cashews, grapes |  |
| Meal 5 | Shrimp & Sausage Gumbo (Fixate) | spoon.png |

Wednesday-10th

|  |  |  |
| --- | --- | --- |
| 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 Gumbo (Fixate) | spoon.png |
| Meal 4 | Cucumbers, Hummus & mixed berries |  |
| Meal 5 | Spaghetti with meat sauce | spoon.png |

Thursday- 11th – In Office

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

Friday –12th

|  |  |  |
| --- | --- | --- |
| 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 | Sandwich or salad | spoon.png |
| Meal 4 | Cucumbers, Hummus & mixed berries |  |
| Meal 5 | Out | spoon.png |

Saturday – 13th

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