Sunday- 1st

|  |  |  |  |
| --- | --- | --- | --- |
| 7:00 | Meal 1 | [Shakeology](http://www.shakeology.com/lthompson58) & banana, pb | spoon.png |
| 9:30 | Meal 2 | Pumpkin Bread (Monthly Fix), egg, turkey bacon | spoon.png |
| 12:30 | Meal 3 | salad or sandwich  | spoon.png |
| 3:30 | Meal 4 | Carrots, hummus, apple  |  |
| 6:30 | Meal 5 | Chili, Salad | spoon.png |

Monday- 2nd – In Office

|  |  |  |  |
| --- | --- | --- | --- |
| 5:00 | Meal 1 | [Shakeology](http://www.shakeology.com/lthompson58) & banana, pb | spoon.png |
| 6:00 | Energize |  |  |
| 6:30 | Hydrate |  |  |
| 8:00 | Recover | apple |  |
| 9:00 | Post Workout Meal | Breakfast Fried Rice with Toast | spoon.png |
| 12:00 | Pre-Workout Meal | Chili | spoon.png |
| 3:00 | Meal 2 | Peaches & Pecans |  |
| 6:30 | Meal 5 | [Instant Pot Ramen](https://confessionsofafitfoodie.com/21-day-fix-instant-pot-ramen-noodles/), Salad | spoon.png |

Tuesday- 3rd- No School

|  |  |  |  |
| --- | --- | --- | --- |
| 5:00 | Meal 1 | [Shakeology](http://www.shakeology.com/lthompson58) & banana, pb | spoon.png |
| 6:00 | Energize |  |  |
| 6:30 | Hydrate |  |  |
| 8:00 | Recover | banana |  |
| 9:00 | Meal 2 | Pumpkin Bread (Monthly Fix), egg, turkey bacon | spoon.png |
| 12:00 | Pre-Workout Meal | [Instant Pot Ramen](https://confessionsofafitfoodie.com/21-day-fix-instant-pot-ramen-noodles/) | spoon.png |
| 3:00 | Meal 2 | Carrots, hummus, apple  |  |
| 6:30 | Meal 3 | [Beef & Vegetable Pot Pie](https://www.myrecipes.com/recipe/beef-vegetable-potpie-0), Salad | spoon.png |

Wednesday- 4th

|  |  |  |  |
| --- | --- | --- | --- |
| 5:00 | Meal 1 | [Shakeology](http://www.shakeology.com/lthompson58) & banana, pb | spoon.png |
| 6:00 | Energize |  |  |
| 6:30 | Hydrate |  |  |
| 8:00 | Recover | banana |  |
| 9:00 | Post Workout Meal | Breakfast Fried Rice with Toast | spoon.png |
| 12:00 | Pre-Workout Meal | [Beef & Vegetable Pot Pie](https://www.myrecipes.com/recipe/beef-vegetable-potpie-0) | spoon.png |
| 3:00 | Meal 2 | Peaches & Sunflower Seeds |  |
| 6:30 | Meal 3 | [Chicken Parmesan](https://whatsworkinghere.com/easy-chicken-parmesan-meal/) | spoon.png |

Thursday- 5th Soccer Practice

|  |  |  |  |
| --- | --- | --- | --- |
| 5:00 | Meal 1 | [Shakeology](http://www.shakeology.com/lthompson58) & banana, pb | spoon.png |
| 6:00 | Energize |  |  |
| 6:30 | Hydrate |  |  |
| 8:00 | Recover | banana |  |
| 9:00 | Meal 2 | Pumpkin Bread (Monthly Fix), egg, turkey bacon | spoon.png |
| 12:00 | Pre-Workout Meal | [Chicken Parmesan](https://whatsworkinghere.com/easy-chicken-parmesan-meal/) | spoon.png |
| 3:00 | Meal 2 | Peaches & Sunflower Seeds |  |
| 6:30 | Meal 3 | Leftovers | spoon.png |

Friday – 6th

|  |  |  |  |
| --- | --- | --- | --- |
| 5:00 | Meal 1 | [Shakeology](http://www.shakeology.com/lthompson58) & banana, pb | spoon.png |
| 6:00 | Energize |  |  |
| 6:30 | Hydrate |  |  |
| 8:00 | Recover | banana |  |
| 9:00 | Post Workout Meal | Breakfast Fried Rice with Toast | spoon.png |
| 12:00 | Pre-Workout Meal | Salad/Sandwich | spoon.png |
| 3:00 | Meal 2 | Peaches & Pecans |  |
| 6:30 | Meal 3 | Out | spoon.png |

Saturday – 7th Soccer Game

|  |  |  |  |
| --- | --- | --- | --- |
| 7:00 | Meal 1 | [Shakeology](http://www.shakeology.com/lthompson58) & banana, pb | spoon.png |
| 8:00 | Energize |  |  |
| 8:30 | Hydrate |  |  |
| 10:00 | Recover | apple |  |
| 11:00 | Meal 2 | Pumpkin Bread (Monthly Fix), egg, turkey bacon | spoon.png |
| 12:00 | Pre-Workout Meal | Salad/sandwich | spoon.png |
| 4:00 | Meal 2 | Carrots, hummus, apple  |  |
| 6:30 | Meal 3 | Out | spoon.png |