Sunday- 25th

|  |  |  |  |
| --- | --- | --- | --- |
| 7:00 | Meal 1 | [Shakeology](http://www.shakeology.com/lthompson58) & banana, pb | spoon.png |
| 9:30 | Meal 2 | Blueberry Pie Oats (Lose Weight Like Crazy) | spoon.png |
| 12:30 | Meal 3 | salad  | spoon.png |
| 3:30 | Meal 4 | Carrots, hummus, strawberries |  |
| 6:30 | Meal 5 | Spaghetti & Meat sauce, salad | spoon.png |

Monday-26th - Groomer

|  |  |  |  |
| --- | --- | --- | --- |
| 5:00 |  Meal 1 | [Shakeology](http://www.shakeology.com/lthompson58) & banana, pb | spoon.png |
| 6:00 | Energize |  |  |
| 6:30 | Hydrate |  |  |
| 8:00 | Recover | banana |  |
| 9:30 | Meal 2 | Blueberry Pie Oats (Lose Weight Like Crazy) | spoon.png |
| 12:00 | Pre-Workout Meal | Zoodles & Meat sauce | spoon.png |
| 3:00 | Meal 2 | Carrots & Ranch |  |
| 6:30 | Meal 3 | Chicken Alfredo (Lose Weight Like Crazy)- extra chicken & broccoli | spoon.png |

Tuesday-27th

|  |  |  |  |
| --- | --- | --- | --- |
| 5:00 |  Meal 1 | [Shakeology](http://www.shakeology.com/lthompson58) & bananas, pb | spoon.png |
| 6:00 | Energize |  |  |
| 6:30 | Hydrate |  |  |
| 8:00 | Recover | banana |  |
| 9:30 | Meal 2 | Bagel sandwich, strawberries | spoon.png |
| 12:00 | Pre-Workout Meal | Chicken Alfredo (Lose Weight Like Crazy)- extra chicken & broccoli | spoon.png |
| 3:00 | Meal 2 | Carrots & Ranch |  |
| 6:30 | Meal 3 | Healthy Burger Bowl (Lose Weight Like Crazy) | spoon.png |

Wednesday- 28th – in the office

|  |  |  |  |
| --- | --- | --- | --- |
| 5:00 |  Meal 1 | [Shakeology](http://www.shakeology.com/lthompson58) & bananas, pb | spoon.png |
| 6:00 | Energize |  |  |
| 6:30 | Hydrate |  |  |
| 8:00 | Recover | banana |  |
| 9:30 | Meal 2 | Blueberry Pie Oats (Lose Weight Like Crazy) | spoon.png |
| 12:00 | Pre-Workout Meal | Out | spoon.png |
| 3:00 | Meal 2 | Carrots & Ranch |  |
| 6:30 | Meal 3 | Slow- Cooker Asian Chicken (Lose Weight Like Crazy) | spoon.png |

Thursday- 29th Soccer Practice/Bunco

|  |  |  |  |
| --- | --- | --- | --- |
| 5:00 |  Meal 1 | [Shakeology](http://www.shakeology.com/lthompson58) & bananas, pb | spoon.png |
| 6:00 | Energize |  |  |
| 6:30 | Hydrate |  |  |
| 8:00 | Recover | banana |  |
| 9:00 | Post Workout Meal | Breakfast Enchiladas (Lose Weight Like Crazy) | spoon.png |
| 12:00 | Pre-Workout Meal | Slow- Cooker Asian Chicken (Lose Weight Like Crazy) | spoon.png |
| 3:00 | Meal 2 | Carrots & Ranch, strawberries |  |
| 6:30 | Meal 3 | Leftovers | spoon.png |

Friday – 30th

|  |  |  |  |
| --- | --- | --- | --- |
| 5:00 |  Meal 1 | [Shakeology](http://www.shakeology.com/lthompson58) & bananas, pb | spoon.png |
| 6:00 | Energize |  |  |
| 6:30 | Hydrate |  |  |
| 8:00 | Recover | banana |  |
| 9:00 | Post Workout Meal | Breakfast Enchiladas (Lose Weight Like Crazy) | spoon.png |
| 12:00 | Pre-Workout Meal | salad/sandwich | spoon.png |
| 3:00 | Meal 2 | Grapes, Cucumbers & Ranch |  |
| 6:30 | Meal 3 | Out | spoon.png |

Saturday – 31st Game

|  |  |  |  |
| --- | --- | --- | --- |
| 7:00 |  Meal 1 | [Shakeology](http://www.shakeology.com/lthompson58) & bananas, pb | spoon.png |
| 8:00 | Energize |  |  |
| 8:30 | Hydrate |  |  |
| 10:00 | Recover | apple |  |
| 9:00 | Post Workout Meal | Breakfast Enchiladas (Lose Weight Like Crazy) | spoon.png |
| 12:00 | Pre-Workout Meal | Salad/sandwich | spoon.png |
| 4:00 | Meal 2 | Carrots & Ranch, strawberries |  |
| 6:30 | Meal 3 | Out | spoon.png |