Sunday- 20th

|  |  |  |  |
| --- | --- | --- | --- |
| 7:00 | Meal 1 | [Shakeology](http://www.shakeology.com/lthompson58) & banana, pb | spoon.png |
| 9:30 | Meal 2 | Ham & Spinach Omelet with Breakfast Potatoes | spoon.png |
| 12:30 | Meal 3 | salad or sandwich  | spoon.png |
| 3:30 | Meal 4 | [Strawberry Spinach Salad with Almonds](https://whatsworkinghere.com/80-day-obsession-snack-recipes/)  |  |
| 6:30 | Meal 5 | [Teriyaki Salmon with Soba Noodles & Snap Peas](https://whatsworkinghere.com/quick-easy-teriyaki-salmon-with-soba-noodles/), sesame seeds | spoon.png |

Monday-21st

|  |  |  |  |
| --- | --- | --- | --- |
| 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 Scramble (Roasted sweet potatoes, kale, turkey sausage) | spoon.png |
| 12:00 | Pre-Workout Meal | [Teriyaki Salmon with Soba Noodles & Snap Peas](https://whatsworkinghere.com/quick-easy-teriyaki-salmon-with-soba-noodles/) | spoon.png |
| 3:00 | Meal 2 | Carrots, Hummus, Grapes |  |
| 6:30 | Meal 3 | [Pressure Cooker Mongolian Beef](https://www.pressurecookingtoday.com/pressure-cooker-mongolian-beef/) with Brown Rice & Mixed Veggies | spoon.png |

Tuesday-22nd – Dog Training

|  |  |  |  |
| --- | --- | --- | --- |
| 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 | Ham & Spinach Omelet with Breakfast Potatoes | spoon.png |
| 12:00 | Pre-Workout Meal | [Pressure Cooker Mongolian Beef](https://www.pressurecookingtoday.com/pressure-cooker-mongolian-beef/) with Brown Rice & Mixed Veggies | spoon.png |
| 3:00 | Meal 2 | [Strawberry Spinach Salad with Almonds](https://whatsworkinghere.com/80-day-obsession-snack-recipes/) |  |
| 6:30 | Meal 3 | [Golden Chicken with Noodles](https://www.campbells.com/kitchen/recipes/slow-cooker-golden-chicken-with-noodles/) | spoon.png |

Wednesday- 23rd

|  |  |  |  |
| --- | --- | --- | --- |
| 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 Scramble (Roasted sweet potatoes, kale, turkey sausage) | spoon.png |
| 12:00 | Pre-Workout Meal | [Golden Chicken with Noodles](https://www.campbells.com/kitchen/recipes/slow-cooker-golden-chicken-with-noodles/) | spoon.png |
| 3:00 | Meal 2 | Carrots, Hummus, Grapes |  |
| 6:30 | Meal 3 | [Tilapia Piccata](https://www.myrecipes.com/recipe/tilapia-piccata), Brown Rice, Green Beans | spoon.png |

Thursday- 24th – Soccer Practice/Bunco Dinner

|  |  |  |  |
| --- | --- | --- | --- |
| 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 | Ham & Spinach Omelet with Breakfast Potatoes | spoon.png |
| 12:00 | Pre-Workout Meal | [Tilapia Piccata](https://www.myrecipes.com/recipe/tilapia-piccata), Brown Rice, Green Beans | spoon.png |
| 3:00 | Meal 2 | [Strawberry Spinach Salad with Almonds](https://whatsworkinghere.com/80-day-obsession-snack-recipes/) |  |
| 6:30 | Meal 3 | Out/Leftovers | spoon.png |

Friday – 25th

|  |  |  |  |
| --- | --- | --- | --- |
| 5:00 |  Meal 1 | [Shakeology](http://www.shakeology.com/lthompson58) & bananas, pb | spoon.png |
| 6:00 | Energize |  |  |
| 6:30 | Hydrate |  |  |
| 8:00 | Recover | apple |  |
| 9:00 | Post Workout Meal | Breakfast Scramble (Roasted sweet potatoes, kale, turkey sausage) | spoon.png |
| 12:00 | Pre-Workout Meal | Salad or sandwich | spoon.png |
| 3:00 | Meal 2 | Carrots, Hummus, Grapes |  |
| 6:30 | Meal 3 | Out | spoon.png |

Saturday – 26th – Soccer 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 |  |
| 11:00 | Post Workout Meal | Ham & Spinach Omelet with Breakfast Potatoes | spoon.png |
| 2:00 | Pre-Workout Meal | Salad or sandwich | spoon.png |
| 4:00 | Meal 2 | [Strawberry Spinach Salad with Almonds](https://whatsworkinghere.com/80-day-obsession-snack-recipes/) |  |
| 6:30 | Meal 3 | Out | spoon.png |