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BREAKFAST	2 Eggs 1 Slice Whole Wheat Toast	Oatmeal with 1/2 banana	Shakeology with 1/2 banana 1 tsp Almond butter	2 Eggs with an Apple	Oatmeal with 1/2 banana	
SNACK	1 Apple	Almonds	1 Apple	Grapes	1 Apple	
LUNCH	Salad in a Jar with chopped Chicken Breast	Salad in a Jar with 2 hard boiled eggs	2 Eggs with Kale and Cheddar Cheese	Salad in a Jar with chopped Chicken Breast	Salad in a Jar with 2 hard boiled eggs	
SNACK	Shakeology	Shakeology	Baby Carrots	Shakeology	Shakeology	
DINNER	Oriental Chicken over Cabbage with Brown Rice	Taco Salad (for me) regular tacos for the family	Tomato Basil Chicken with Quinoa & Spinach Salad	Basil Meatballs with Sweet Potato Mash and sauteed Mushrooms	Garlic Herb Roasted Chicken Thighs with Quinoa and Broccoli	
SNACK	Baby Carrots	Grapes	Vanilla Chai Tea Latte	Almonds	Baby Carrots	