

Breakfast	Peach Overnight Oats ■ ■ ■ T	2 Eggs, Whole Grain Waffle w/ PB & Fruit ■ ■ ■ ■ T ■	Peach Overnight Oats ■ ■ ■ T	Mozzarella & Egg Breakfast Sandwich w/ fruit ■ ■ ■ ■ ■	2 Eggs, (1) Whole Grain Waffle w/ PB & Strawberries ■ ■ ■ T	Mozzarella & Egg Breakfast Sandwich w/ fruit ■ ■ ■ ■ ■	Peach Overnight Oats ■ ■ ■ T
Lunch	Chipotle Chicken Wrap ■ ■ ■ ■ ■ T	Grilled Turkey Lettuce Wrap ■ ■ ■ ■ ■ T	Chipotle Chicken Wrap ■ ■ ■ ■ ■ T	Grilled Turkey Lettuce Wrap ■ ■ ■ ■ ■ T	Chipotle Chicken Wrap ■ ■ ■ ■ ■ T	Grilled Turkey Lettuce Wrap ■ ■ ■ ■ ■ T	Chipotle Chicken Wrap ■ ■ ■ ■ ■ T
Dinner	Instant Pot Crack Chicken w/ Rice ■ ■ ■ ■ ■ T	Turkey Pepper Nachos ■ ■ ■ ■	Country Time Ziti ■ ■ ■ ■ ■ ■ T	Monster Meatloaf ■ ■ ■ ■ T	Bacon Avocado Burger w/ sweet potato fires ■ ■ ■ ■ ■ ■	Margarita Pizza ■ ■ ■ ■ ■	Turkey Meatball with Zoodles (Homemade Sauce) ■ ■ ■ ■ ■ ■
Snack	Shakeology with Fruit & Spinach ■ ■ ■ ■	Shakeology with Fruit & Spinach ■ ■ ■ ■	Shakeology with Fruit & Spinach ■ ■ ■ ■	Shakeology with Fruit & Spinach ■ ■ ■ ■	Shakeology with Fruit & Spinach ■ ■ ■ ■	Shakeology with Fruit & Spinach ■ ■ ■ ■	Shakeology with Fruit & Spinach ■ ■ ■ ■