

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Chocolate Shakeology + Pumpkin Chai	Vanilla Shakeology + Coffee	Chocolate Shakeology + Pumpkin Chai	Vanilla Shakeology + Coffee	Chocolate Shakeology + Pumpkin Chai	Vanilla Shakeology + Frozen Cranberries	Chocolate Shakeology + Frozen Banana
Snack	2 Eggs + 1/2 Cup Sweet Potato	1 Egg + 1 Slice Whole Grain Toast + 1 tsp Peanut Butter	2 Eggs + 1/2 Cup Sweet Potato	1 Egg + 1 Slice Whole Grain Toast + 1 tsp Peanut Butter	2 Eggs + 1/2 Cup Sweet Potato	Vanilla Protein Pancakes (recipe)	Vanilla Greek Yogurt + 1 Slice WG Toast & PB
Lunch	Sandwich -> 1 Slice WG Bread, 1 Slice Cheese, 3 Slices Chicken, Tomato, Avocado	Salad -> Lettuce, Cheese, 1 Egg, Grilled Chicken, Berries, Vinaigrette	Sandwich -> 1 Slice WG Bread, 1 Slice Cheese, 3 Slices Chicken, Tomato, Avocado	Salad -> Lettuce, Cheese, 1 Egg, Grilled Chicken, Berries, Vinaigrette	Sandwich -> 1 Slice WG Bread, 1 Slice Cheese, 3 Slices Chicken, Tomato, Avocado	Butternut Squash + Chicken Soup (see recipe)	Salad @ Restaurant w/ vinaigrette
Snack	Banana + Almonds	Watermelon + Almonds	Banana + Almonds	Watermelon + Almonds	Banana + Almonds	Apple + Cashews	Watermelon + Cashews
Dinner	Pumpkin Chili (see recipe)	Grilled Chicken + Sautéed Broccoli + 1/2 Cup Brown Rice	Baked Fish + Roasted Acorn Squash + Brussel Sprouts	Spaghetti -> Extra Lean Ground Beef, Whole Wheat Pasta & Canned Diced Tomatoes	Baked Chicken + Roasted Onions, Yellow Squash & Zucchini	Turkey Meatballs w/ Teriyaki Sauce (recipe) + 1/2 Cup Brown Rice + Broccoli	Homemade Margherita Pizzas (recipe)
Snack	Sunflower Seeds	Sunflower Seeds	Sunflower Seeds	Sunflower Seeds	Sunflower Seeds	Sunflower Seeds	Sunflower Seeds