

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Meal Plan for: November 30-December 6</b>							
<b>Workout</b> Piyo	P90x3 Total Synergistics	P90x3 Agility X	P90x3 Yoga	P90x3 The Challenge	P90x3 CVX	P90x3 The Warrior	5 K race with Girls Running Club at school
<b>Breakfast</b>	Shakeology w/ ½ banana and peanut butter,	Shakeology w/ ½ banana and peanut butter,	Shakeology w/ ½ banana and peanut butter,	Shakeology w/ ½ banana and peanut butter,	Shakeology w/ ½ banana and peanut butter,	Holiday breakfast with kids at school- Shakeology	Brunch with high school friends—treat meal!
<b>Snack</b>	Egg cups with spinach and nut thins	Egg cups with spinach and nut thins	Egg cups with spinach and nut thins	Egg cups with spinach	Egg cups with spinach	¼ cup steel cut oats, ½ cup blueberries, 5 walnut halves	Shake O w/ ½ banana and almond butter
<b>Lunch</b>	Brussels sprouts salad with chicken	Brussels sprouts salad with chicken	Brussels sprouts salad with chicken	Greek yogurt with Kind granola and berries	Nalley Fresh for lunch--- will eat salad with salmon and avocado	Greek yogurt with Kind granola and berries	Eggs with veggies
<b>Snack</b>	Peppers, cukes, and hummus	Peppers, cukes and hummus	Peppers, cukes and hummus	Apple with peanut butter	Kale/ mango smoothie	Kale/ mango smoothie	Greek yogurt with berries peppers
<b>Dinner</b>	Crockpot turkey chili with black beans with cornbread muffins for kids	Out to dinner with friends---- Grilled Shrimp over roasted veggies. Glass of wine	Zoodles with spinach with meat sauce (Chick pea pasta for kids)	Chicken sausage with broccoli and quinoa.	Homemade pizza night--- salad	Kids to birthday parties- Barry to TU basketball game- Italian wedding soup for dinner ( plus chicken meatballs)	Maple mustard chicken with green beans and brown rice