

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WORKOUT	Total body cardio	Upper fix 10 minute abs	Lower fix	Pilates fix 10 minute abs	Cardio fix	Dirty 30 10 minute abs	Yoga fix
WATER	96	96	96	96	96	96	96
BREAKFAST	Yogurt Breakfast 1 red: greek yogurt 1 purple: mandarin oranges 1 yellow: orange/cran muffin 2 black: honey FREE: coffee/stevia	Yogurt Breakfast 1 red: greek yogurt 1 yellow: GF Chex cereal 1 purple: mixed berries 2 black: 2 tsp honey FREE: coffee/stevia, cinnamon	Bananas for oatmeal 1 red: egg whites 1 yellow: steel cut oats 1 purple: banana 2 black: 2 tsp PB2 FREE: coffee/stevia, cinnamon, nutmeg	Huevos Ranchero Tacos 1 red: egg whites 1 yellow: 2 corn tortillas 1 green: green pepper, salsa, shredded lettuce FREE: coffee/stevia, chili powder, cumin, red pepper flakes	Yogurt Breakfast 1 red: greek yogurt 1 yellow: bb muffin FREE: coffee/stevia, cinnamon, nutmeg	Pancake Breakfast! (YUM!) 1 yellow: silver dollar sized GF pancakes 1 red: egg whites/turkey sausage crumbles 1 purple: bananas 2 black: 2 tsp nut butter FREE: coffee/stevia	Eggs Benedict 1 red: 1 egg/ham/sauce 1 yellow: 1/2 english muffin 1 green: spinach FREE: mustard (sauce), cayenne, coffee/stevia
SNACK	1 red: Shakeology 1 purple: banana 2 black: 2 tsp PB2	1 red: Shakeology 2 black: 2 tsp nut butter	1 red: Shakeology 1 purple: apple FREE: pumpkin pie spice	1 red: Shakeology 2 black: 2 tsp chocolate PB2 1 purple: banana	1 red: Shakeology 1 purple: peaches FREE: cinnamon, nutmeg	1 red: Shakeology 1 purple: mandarin oranges	1 purple: banana 1 blue: 20 pistachios
LUNCH	Open face deli sandwich 1 red: sliced turkey 1 yellow: 1 slc bread 1.5 green: lettuce, tomato FREE: mustard	Chef Salad w/Strawberries 2 green: lettuce, spinach 1 red: ham/turkey 1 purple: strawberries 1 orange: salad dressing	Green Bean Salad 2 green: green beans, tomato, red onion 1 orange: balsamic vinaigrette	Shrimp & Avocado Salad 1 red: shrimp 1 blue: avocado 2 green: spinach/kale, cucumber, cilantro FREE: ginger, garlic, lime juice, cayenne, chili pwdr	Spinach & Strawberries 2 green: spinach 1 purple: strawberries 1 blue: chopped pecans 1 orange: balsamic vinaigrette	California Chicken Wrap 1 red: rotisserie chicken 1 yellow: GF flour tortilla 2 green: lettuce, cucumbers 1 blue: avocado/feta cheese	Lunch out 2 green: salad w/ cucumbers, peppers, tomatoes, onion, salsa for dressing? 1 red: chicken/turkey?
SNACK	1 purple: apple 1 yellow: GF pretzels	1 blue: string cheese	1 red: Quest bar 1 purple: cherries/grapes	1 purple: apple 2 black: 2 tsp nut butter	1 red: Quest bar 4 black: 4 tsp nut butter	1 purple: watermelon 1 orange: sunflower seeds	1 red: Shakeology 2 black: 2 tsp cocoa 1 orange: flax seeds
DINNER	Portobello Pizza Caps 2.5 green: Portobello mushroom (1 x-large), tomato sauce, green pepper, onion 1 blue: mozzarella cheese 1 red: turkey sausage, turkey pepperoni 1 orange: black olives FREE: Italian seasoning	Tex-Mex Casserole 1 red: ground turkey 2 green: onion, chiles, tomatoes, tomato sauce, lettuce (for side salad) 2 yellow: pasta, black beans, corn FREE: garlic, chili powder, cumin, S&P	California Roll Wraps 2 yellow: GF flour tortilla, brown rice 1 red: crab meat 2 green: 1/2 cup tomato, 1/2 cup cucumber 1 blue: avocado 4 black: black sesame seeds, tamari FREE: wasabi	Spicy Mustard Chicken 1 red: chicken breast 2 yellow: bread crumbs for coating, quinoa 1 green: green beans, onion/mushroom for quinoa 1 orange: sliced almonds 1 purple: curried peaches FREE: spicy brown mustard	BBQ Burger Night 1 red: turkey burger patty 2 yellow: GF hamburger bun 2 green: sliced tomato, onion, lettuce, pickles, roasted cabbage wedge w/ bacon crumbles	Sweet & Spicy Salmon 1 yellow: brown rice 2 green: asparagus 1 red: salmon filet 2 black: honey, evoo FREE: chili powder, cumin, S&P	Copycat Chick-Fil-A Sandwich 1 red: chicken breast cutlet 2 yellow: 1 slc bread (open face), baked french fries 1 green: pickles, lettuce 1 purple: sliced apple w/ cinnamon 2 black: coconut oil FREE: mustard, cinnamon
notes:		1 purple: berries FREE: stevia			1 purple: watermelon		