

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1500-1800 calorie bracket		<b>IG: @kaylajogass</b>	<a href="http://www.teambeachbody.com/kaylajogass">www.teambeachbody.com/kaylajogass</a>		FB: facebook.com/michaela.gasseling		
Breakfast	2 eggs scrambled with red peppers; strawberries sprinkled with ground flaxseeds	Chocolate-banana-flaxseed Shakeology	2 eggs w/kale, 1 slice WW toast, coffee with full fat coconut milk	2 eggs, kale, 1 slice ww toast. 2 clementines	Overnight PB-banana Oatmeal*	egg, 2 slices bacon, red peppers, 2 small clementines	pb-banana-oatmeal, 2 hard-boiled eggs
Snack	Salted Caramel Mocha Shakeology* (made with milk or almond milk), 12 toasted almonds	Apple slices, carrot slices, and PB	Banana/oatmeal/flax Chocolate Shakeology	Shakeology with frozen blueberries, chopped walnuts	Greek yogurt, quinoa, strawberry parfait	Shakeology with frozen cherries	Salted Caramel Mocha Shakeology
Lunch	Spaghetti & meat sauce, green beans	chicken breast, 1/2 a sweet potato, peas.	salad with greens, chicken, blueberries, carrots, 21df dressing	leftover chili	Raspberry-Chocolate Shakeology (frozen raspberries)	Leftover steak, cucumbers, 1/2 sweet potato with 1 tsp coconut oil	brunch burrito: scrambled eggs, peppers, onions, cheese, salsa in ww tortilla (8 inch)
Snack	apple & 3 tsp almond butter	Greek yogurt, quinoa, and strawberry parfait	apple and PB	apple and PB	veggies and hummus	carrots, celery, PB	apple with almonds
Dinner	roasted chicken , 1/2 sweet potato w/1 tsp coconut oil, peas	turkey & veggie panini with hummus, asparagus roasted with olive oil	chili	Chicken Chowder*	steak, green beans with almonds, green salad w/21df dressing	tacos with lettuce, salsa, avocado, 2 corn tortillas	Shepherd's Pie*
Snack		cottage cheese					