

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	<b>Mocha Latte Shakeology</b> {Cafe Latte Shakeology, 1/2 frozen banana, 1 tsp cocoa powder, almond milk or water, ice}	<b>Chocolate Covered Cherry Coconut Shakeology</b> {Chocolate Shakeology, 1 c. frozen cherries, 2 T unsweetened shredded coconut, almond milk or water, ice}	<b>Apple Pie Shakeology</b> {Vanilla Shakeology, 1 apple, 1/2 tsp cinnamon, almond milk or water, ice}	<b>Peanut Butter Cup Shakeology</b> {Chocolate Shakeology, 1/2 frozen banana, 2 tsp nut butter, almond milk or water, ice}	<b>Very Vanilla Cherry Shakeology</b> {Vanilla Shakeology, 1/2 c. frozen cherries, almond milk or water, ice}
Snack	<a href="#"><u>21 Day Fix Baked Oatmeal Jars (use double the amount of fruit)</u></a>	<a href="#"><u>21 Day Fix Baked Oatmeal Jars (use double the amount of fruit)</u></a>	<a href="#"><u>Cookie Hummus Dip w/ Apple slices &amp; 1 Hardboiled Egg</u></a>	<a href="#"><u>21 Day Fix Baked Oatmeal Jars (use double the amount of fruit)</u></a>	<a href="#"><u>21 Day Fix Baked Oatmeal Jars (use double the amount of fruit)</u></a>
	<a href="#"><u>Bacon &amp; Veggie Sheet Pan Breakfast</u></a>	<a href="#"><u>Bacon &amp; Veggie Sheet Pan Breakfast</u></a>		<a href="#"><u>Bacon &amp; Veggie Sheet Pan Breakfast</u></a>	<a href="#"><u>Bacon &amp; Veggie Sheet Pan Breakfast</u></a>
Lunch	<a href="#"><u>Fall Harvest Mason Jar Salads with Maple Cider Vinaigrette (no pecans)</u></a>	Leftover Sweet Potato and Black Bean Chili & Apple w/ 3 tsp PB	<a href="#"><u>Fall Harvest Mason Jar Salads with Maple Cider Vinaigrette</u></a>	<a href="#"><u>Fall Harvest Mason Jar Salads with Maple Cider Vinaigrette (no pecans)</u></a>	<a href="#"><u>Fall Harvest Mason Jar Salads with Maple Cider Vinaigrette</u></a>
Snack	1/2 c. strawberries, 1 c. raw peppers, 1 Hardboiled Egg & Decaf Hot Tea	1.5 c. raw carrots & cucumbers, 1/2 c. Edamame or 3 c. Air popped popcorn & Decaf Hot Tea	Leftover Sweet Potato and Black Bean Chili, no toppings & 1 c. raw cucumbers	1 c. raw peppers, 1 Hardboiled Egg, 1 c. strawberries & Decaf Hot Tea	1 c. raw carrots, 1/2 c. Edamame or 3 c. Air popped popcorn, 1 hardboiled egg & Decaf Hot Tea
Dinner	<a href="#"><u>21 Day Fix Sweet Potato and Black Bean Chili (2 servings)</u></a>	<a href="#"><u>21 Day Fix Spaghetti Squash Lasagna &amp; 1 c. roasted carrots</u></a>	<a href="#"><u>Baked Lemon Garlic Chicken {2 servings}</u></a>	<a href="#"><u>21 Day Fix Sausage, Bean, and Kale Skillet (2 servings)</u></a>	<a href="#"><u>21 Day Fix Butternut Squash Soup &amp; 1 c. strawberries &amp; 1 c. roasted carrots</u></a>
			<a href="#"><u>Instant Pot Loaded Cauliflower Mash (21 Day Fix   2B Mindset) &amp; 1 c. steamed or roasted carrots</u></a>		<a href="#"><u>21 Day Fix Buffalo Chicken Pizza (use half amount of cheese)</u></a>
Snack	<a href="#"><u>Sweet Ricotta Cream Stuffed Strawberries {2 servings} &amp; 3 c. air popped popcorn</u></a>	<a href="#"><u>21 Day Fix Pumpkin Spice Whipped Ricotta (1.5 recipe) &amp; 1.5 apple</u></a>	Treat Swap! 1 c. strawberries & 3 c. air popped popcorn	<a href="#"><u>Sweet Ricotta Cream Stuffed Strawberries {21 Day Fix} &amp; 3 c. air popped popcorn</u></a>	<a href="#"><u>21 Day Fix Pumpkin Spice Whipped Ricotta &amp; apple slices</u></a>
<b>Notes:</b> 1. Use double amount of fruit in the Oatmeal Jars; 2. No pecans in salads on Monday or Thursday; 3. Monday dinner is 2 servings; 4. Monday snack #3 is 2 servings); 5. Tuesday snack #3- 1.5 recipe; 6. As you make your Cookie Hummus dip, be sure to set aside 1 cup chickpeas for Thursday's dinner; 7. Wednesday dinner- 2 servings of chicken; 8. Thursday dinner- 2 servings; 9. Friday dinner- use half the amount of cheese in the Buffalo chicken pizza					