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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Meal plan Week of July 1st</b>							
<b>Workout</b>	Beast chest	Beast legs	Beast shoulders	T25 cardio	Beast Back	Beast arms	REST
<b>Breakfast</b>	½ c oatmeal, ¼ c almond milk, 1 tbsp flaxseed & wheat germ, ½ c blueberries, ½ scoop protein pwdr	½ c oatmeal, ¼ c almond milk, 1 tbsp flaxseed & wheat germ, ½ c blueberries, ½ scoop protein pwdr	½ c oatmeal, ¼ c almond milk, 1 tbsp flaxseed & wheat germ, ½ c blueberries, ½ scoop protein pwdr	½ c oatmeal, ¼ c almond milk, 1 tbsp flaxseed & wheat germ, ½ c blueberries, ½ scoop protein pwdr	½ c oatmeal, ¼ c almond milk, 1 tbsp flaxseed & wheat germ, ½ c blueberries, ½ scoop protein pwdr	½ c oatmeal, ¼ c almond milk, 1 tbsp flaxseed & wheat germ, ½ c blueberries, ½ scoop protein pwdr	½ c oatmeal, ¼ c almond milk, 1 tbsp flaxseed & wheat germ, ½ c blueberries, ½ scoop protein pwdr
<b>Snack</b>	Apple & 14 almonds	Apple & 14 almonds	Apple & 14 almonds	Apple & 14 almonds	Apple & 14 almonds	Apple & 14 almonds	Apple & 14 almonds
<b>Lunch</b>	Shakeology	Grilled chx salad, spinach, black beans, tom, red onion, Evoo & Balsamic Vinegar	Shakeology	Grilled chx salad, spinach, black beans, tom, red onion, Evoo & Balsamic Vinegar	Grilled chx salad, spinach, black beans, tom, red onion, Evoo & Balsamic Vinegar	Grilled chx salad, spinach, black beans, tom, red onion, Evoo & Balsamic Vinegar	Grilled chx salad, spinach, black beans, tom, red onion, Evoo & Balsamic Vinegar
<b>Snack</b>	½ c Greek yogurt, ½ c strawberries, drizzle of honey	Shakeology	½ c Greek yogurt, ½ c strawberries, drizzle of honey	Shakeology	Shakeology	Shakeology	Shakeology
<b>Dinner</b>	Chicken Kabobs w/ brown rice	Parmesan Pork chops, steamed broccoli	Balsamic Chicken & Mushrooms, roasted root veggies	Tomato Basil Turkey Cutlets, green beans, brown rice	Shrimp fajitas	Cauliflower pizza w/fresh salad	Grilled Chicken, roasted asparagus, sweet potato
<b>Snack</b>	Optional	Shakeology	veggies & hummus	Edamame	Optional	Optional	Optional

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