

WEEK 2	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	SUPPLEMENTS
MONDAY	2 EGGS WITH 1 CUP CHOPPED SPINACH AND 1/8 AVOCADO	1 SCOOP SHAKEOLOGY WITH 1 CUP FRESH BERRIES	4 OZ. GROUND TURKEY WITH 1 CUP (COMBINED) OF LETTUCE, CUCUMBER AND TOMATO, TOPPED WITH 2 TBSP. OIL-BASED SALAD DRESSING 2 TBSP. SHREDDED CHEESE	1 ORANGE WITH 1 CUP CELERY AND 2 TSP. ALMOND BUTTER	4 OZ. SALMON WITH 1/2 SMALL BAKED POTATO AND 1 CUP SUMMER SQUASH	Pre-workout: Energize Post-Workout: Recover
TUESDAY	3/4 CUP NON-FAT, PLAIN GREEK YOGURT WITH 1 CUP FRESH BERRIES TOPPED WITH 2 TBSP. SLICED RAW WALNUTS	1 CUP CELERY AND 2 TSP. ALMOND BUTTER	4 OZ. GRILLED CHICKEN 1 CUP OF LETTUCE, 1 CUP OF CUCUMBER AND TOMATO, TOPPED WITH 2 TBSP. OIL-BASED SALAD DRESSING 2 TBSP. SHREDDED CHEESE	1 SCOOP SHAKEOLOGY AND 1/2 BANANA	4 OZ. GRILLED PORK CHOP WITH 1/2 SWEET POTATO AND 1 CUP OF FRESH PEPPERS	PRE-WORKOUT: ENERGIZE POST-WORKOUT: RECOVER
WEDNESDAY	2 EGGS WITH 1 CUP CHOPPED SPINACH AND 1/8 AVOCADO	1 SCOOP SHAKEOLOGY WITH 1 CUP FRESH BERRIES	4 OZ. GROUND TURKEY WITH 1 CUP (COMBINED) OF LETTUCE, CUCUMBER AND TOMATO, TOPPED WITH 2 TBSP. OIL-BASED SALAD DRESSING 2 TBSP. SHREDDED CHEESE	1 ORANGE WITH 1 CUP CELERY AND 2 TSP. ALMOND BUTTER	4 OZ. SALMON WITH 1/2 SMALL BAKED POTATO AND 1 CUP SUMMER SQUASH	Pre-workout: Energize Post-Workout: Recover
THURSDAY	3/4 CUP NON-FAT, PLAIN GREEK YOGURT WITH 1 CUP FRESH BERRIES TOPPED WITH 2 TBSP. SLICED RAW WALNUTS	1 CUP CELERY AND 2 TSP. ALMOND BUTTER	4 OZ. GRILLED CHICKEN 1 CUP OF LETTUCE, 1 CUP OF CUCUMBER AND TOMATO, TOPPED WITH 2 TBSP. OIL-BASED SALAD DRESSING 2 TBSP. SHREDDED CHEESE	1 SCOOP SHAKEOLOGY AND 1/2 BANANA	4 OZ. GRILLED PORK CHOP WITH 1/2 SWEET POTATO AND 1 CUP OF FRESH PEPPERS	PRE-WORKOUT: ENERGIZE POST-WORKOUT: RECOVER
FRIDAY	2 EGGS WITH 1 CUP CHOPPED SPINACH AND 1/8 AVOCADO	1 SCOOP SHAKEOLOGY WITH 1 CUP FRESH BERRIES	4 OZ. GROUND TURKEY WITH 1 CUP (COMBINED) OF LETTUCE, CUCUMBER AND TOMATO, TOPPED WITH 2 TBSP. OIL-BASED SALAD DRESSING 2 TBSP. SHREDDED CHEESE	1 ORANGE WITH 1 CUP CELERY AND 2 TSP. ALMOND BUTTER	4 OZ. SALMON WITH 1/2 SMALL BAKED POTATO AND 1 CUP SUMMER SQUASH	Pre-workout: Energize Post-Workout: Recover
SATURDAY	2 EGGS WITH 1 CUP CHOPPED SPINACH AND 1/8 AVOCADO	1 SCOOP SHAKEOLOGY WITH 1 CUP FRESH BERRIES	4 OZ. GROUND TURKEY WITH 1 CUP (COMBINED) OF LETTUCE, CUCUMBER AND TOMATO, TOPPED WITH 2 TBSP. OIL-BASED SALAD DRESSING 2 TBSP. SHREDDED CHEESE	1 ORANGE WITH 1 CUP CELERY AND 2 TSP. ALMOND BUTTER	4 OZ. SALMON WITH 1/2 SMALL BAKED POTATO AND 1 CUP SUMMER SQUASH	Pre-workout: Energize Post-Workout: Recover
SUNDAY	3/4 CUP NON-FAT, PLAIN GREEK YOGURT WITH 1 CUP FRESH BERRIES TOPPED WITH 2 TBSP. SLICED RAW WALNUTS	1 CUP CELERY AND 2 TSP. ALMOND BUTTER	4 OZ. GRILLED CHICKEN 1 CUP OF LETTUCE, 1 CUP OF CUCUMBER AND TOMATO, TOPPED WITH 2 TBSP. OIL-BASED SALAD DRESSING 2 TBSP. SHREDDED CHEESE	1 SCOOP SHAKEOLOGY AND 1/2 BANANA	4 OZ. GRILLED PORK CHOP WITH 1/2 SWEET POTATO AND 1 CUP OF FRESH PEPPERS	PRE-WORKOUT: ENERGIZE POST-WORKOUT: RECOVER