	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Workout	CLX/T25	CLX/T25	CLX/T25	CLX/T25	CLX/T25	CLX	Rest Day
Breakfast	Oatmeal, almond milk, protein powder Blue berries Flax seed	Oatmeal, almond milk, protein powder Blue berries Flax seed	Oatmeal, almond milk, protein powder Blue berries Flax seed	Oatmeal, almond milk, protein powder Blue berries Flax seed	Oatmeal, almond milk, protein powder Blue berries Flax seed	Egg white veggie omelet	Egg white veggie omelet
Snack	Veggies & Hummus	Turkey, pepper & avocado rolls	HB Eggs	Cottage cheese & berries	Meatloaf muffins	Apples & Almond	Meatloaf muffins
Lunch	Shakeology	Shakeology	Shakeology	Shakeology	Shakeology	Shakeology	Shakeology
Snack	Apple & Almond	Meatloaf Muffins	Apple & Almonds	Veggies & Hummus	Greekyogurt & berries	Cottage Cheese & berries	Veggles & Hummus
Dinner	Turkey taco salad (spinach, blk beans, bell pepper, onion, turkey)	Chicken Kebobs, brown rice, veggies	Turkey Meatloaf, veggies & Salad	Panko chicken, veggies & Salad	Black Bean burgers, sweet pot. Fries, salad	Chicken Salad	Grilled steak, veggies, Salad
Snack	Optional	Optional	Optional	Optional	Optional	Optional	Optional

Where Chalean Nutrition Guide

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