

1,500-1,799 Calorie Range {Countdown to Competition}

4 Red 4 Green 3 Purple 1 Orange 1 Blue 3 Yellow 4 TSP
 7 Red 4 Green 0 Purple 0 Orange 0 Blue 1 Yellow 3 TSP

Meal	Monday CTC	Tuesday CTC	Wednesday EE	Thursday CTC	Friday CTC	Saturday EE	Sunday CTC
Breakfast	Shakeology Coconut Oil Flax Seed Egg Quiche	Shakeology Coconut Oil Flax Seed Egg Quiche	Shakeology ½ Banana Coconut Oil Flax Seed Oatmeal	Shakeology Coconut Oil Flax Seed Egg Quiche	Shakeology Coconut Oil Flax Seed Egg Quiche	Shakeology ½ Banana Coconut Oil Flax Seed Oatmeal	Shakeology Coconut Oil Flax Seed Egg Quiche
Lunch	Ground Turkey Salad Sweet Potatoes Olive Oil	Ground Turkey Salad Sweet Potatoes Olive Oil	Ground Turkey Salad X2 Sweet Potatoes Dressing Apple	Ground Turkey Salad Sweet Potatoes Olive Oil	Ground Turkey Salad Sweet Potatoes Olive Oil	Ground Turkey Salad X2 Sweet Potatoes Dressing Apple	Ground Turkey Salad Sweet Potatoes Olive Oil
Snack 2	HB Eggs Yogurt Baby Carrots	HB Eggs Yogurt Baby Carrots	Yogurt Frozen Fruit String Cheese Baby Carrots	HB Eggs Yogurt Baby Carrots	HB Eggs Yogurt Baby Carrots	Yogurt Frozen Fruit String Cheese Baby Carrots	HB Eggs Yogurt Baby Carrots
Dinner	Chicken Fajitas Peppers, Onions and Lettuce	Meatballs Zoodles	Salmon Salad 2 Olive Oil	Chicken Fajitas Peppers, Onions and Lettuce	Meatballs Zoodles	Salmon Salad 2 Olive Oil	Ground Turkey Lettuce Wraps
Water							

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Water							