Week 2 SHIFT SHOP Meal Plan

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Speed 30	Strength 30	Speed 30	Strength 30 + Core	Speed 30	Strength 30 + Core	Rest
PWO Shake 1 scoop Shake 1 cup spinach ½ banana	PWO Shake 1 scoop Shake 1 cup spinach 1 cup raspberries 2 tsp almond butter	PWO Shake 1 scoop Shake 1 cup spinach ½ banana	PWO Shake 1 scoop Shake 1 cup spinach 1 cup blackberries 2 tsp almond butter	PWO Shake 1 scoop Shake 1 cup spinach ½ banana	PWO Shake 1 scoop Shake 1 cup spinach ½ banana	PWO Shake 1 scoop Shake 1 cup spinach 1 cup raspberries 2 tsp almond butter
Lunch: Cobb Salad 6 oz pork chop 2 hard boiled eggs 1 cup spring mix 1 cup shredded carrots 2 tbsp dressing ½ cup roasted avocado	Lunch: Stir Fry 6 oz shrimp 1 cup mixed veggies 1 cup shredded cabbage 2 tbsp sesame dressing 6 oz cashews	Lunch: Cobb Salad 6 oz pork chop 2 hard boiled eggs 1 cup spring mix 1 cup shredded carrots 2 tbsp dressing ½ cup roasted avocado	Lunch: Stir Fry 6 oz shrimp 1 cup mixed veggies 1 cup shredded cabbage 2 tbsp sesame dressing 6 oz cashews	Lunch: Cobb Salad 6 oz pork chop 2 hard boiled eggs 1 cup spring mix 1 cup shredded carrots 2 tbsp dressing ½ cup roasted avocado	Lunch: Cobb Salad 6 oz pork chop 2 hard boiled eggs 1 cup spring mix 1 cup shredded carrots 2 tbsp dressing ½ cup roasted avocado	Lunch: Stir Fry 6 oz shrimp 1 cup mixed veggies 1 cup shredded cabbage 2 tbsp sesame dressing 6 oz cashews
Dinner: 6 oz cod ½ cup roasted carrots 1 cup steamed zucchini	Dinner: 6 oz lamb chop ½ cup steamed "rice" ½ asparagus spears	Dinner: 6 oz cod ½ cup roasted carrots 1 cup steamed zucchini	Dinner: 6 oz lamb chop ½ cup steamed "rice" ½ asparagus spears	Dinner: 6 oz cod ½ cup roasted carrots 1 cup steamed zucchini	Dinner: 6 oz cod ½ cup roasted carrots 1 cup steamed zucchini	Dinner: 6 oz lamb chop ½ cup steamed "rice" ½ asparagus spears
Treat: 1 cup apple slices 2 tsp almond butter	Treat: ½ cup green yogurt ½ cup mixed berries 2 tbsp sliced almonds	Treat: 1 cup apple slices 2 tsp almond butter	Treat: ½ cup green yogurt ½ cup mixed berries 2 tbsp sliced almonds	Treat: 1 cup apple slices 2 tsp almond butter	Treat: 1 cup apple slices 2 tsp almond butter	Treat: ½ cup green yogurt ½ cup mixed berries 2 tbsp sliced almonds