


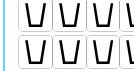

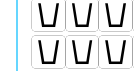



Weekly Menu

| E | Monday January 2 | Tuesday January 3 | Wednesday January 4 | Thursday January 5 | Friday January 6 | Saturday January 7 | Sunday January 8 |
|-----------|---|---|---|--|---|---|---|
| Breakfast | Triple zero yogurt with pecans and berries S | Overnight oatmeal E | Fried eggs S | Big Egg Trick S | Breakfast burrito E | Eggs with cheese S | Eggs with greens S |
| | leftovers | | | | | | |
| Snack | Good Girl Moonshine | Good Girl Moonshine | Good Girl Moonshine | Good Girl Moonshine | Good Girl Moonshine | Good Girl Moonshine | Good Girl Moonshine |
| | | | | | | | |
| Lunch | Salad in a Jar E | Leftover spinach casserole S | Leftover Salisbury steak S | Leftover chicken salad E | Deep S Salad in a Jar | Deep S Salad in a Jar | Leftover chicken E |
| | Page 188 | leftovers | leftovers | leftovers | Page 189 | Page 189 | |
| Snack | Pecan pie bars S | Leftover pecan pie bars S | Strawberry big boy FP | Chocolate Pecan pie balls S | Leftover pecan balls S | Winter wonderland sip FP | Cream cheese cookies S |
| | pin | | Page 414 | | | Page 405 | Pin |
| Dinner | Spinach casserole S | Salisbury Steak S | Black beam chicken salad E | Breakfast for dinner: Bacon & Brie Frittata S | Low carb Perfect pizza C/O | Whole roasted chicken (created broth with extra bones) E | Hot dogs with green fries S |
| | PIN | Page 174 | PIN | PIN | PIN | | Page 218 |
| Water |  |  |  |  |  |  |  |
| Work outs | Bodyrock | Bodyrock | bodyrock | bodyrock | Bodyrock | t-tap | Rest |

Weekly Menu

Bread

Low carb taco shells
Rye bread
Kids bread
Wasa Crackers

Meat

Chicken
Ground Turkey
Fish
Ground beef
Bacon
Beans
Whole chicken

Dairy

Milk
Juice
Cheese sticks

Yogurt
brie

Fruit/ veggies

Spinach
Bananas
Oranges
Tomatoes
Celery

Other