




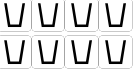



Weekly Menu

C	Monday January 9	Tuesday January 10	Wednesday January 11	Thursday January 12	Friday January 13	Saturday January 14	Sunday January 15
Breakfast	Fried Eggs in butter (deep S)	Fields of Green Omcake (deepS)	Oatmeal with berries (E)	Oatmeal with berries (E)	Large Egg-White Scramble with veggies (FP)	Secret Big Boy Smoothie (FP)	Eggs with greens (Deep S)
		Page 240				Page 414	
Snack	Good Girl Moonshine	Good Girl Moonshine	Good Girl Moonshine	Good Girl Moonshine	Good Girl Moonshine	Good Girl Moonshine	Good Girl Moonshine
Lunch	Deep S Salad in a Jar (deep S)	Leftover (deep S)	Tuna and wasa crackers	Leftover chicken salad E	Wonder wraps with tuna and cucumber	Large Fuel Pull salad with chicken	Deep S Salad with leftover chicken
	Page 189	leftovers		leftovers	Page 189		
Snack	Fudge Bite Chocolate with oolong tea	Fudge Bite chocolate with oolong tea	Tummy tucking ice cream	Tummy tucking ice cream	Big Boy Smoothie	Winter wonderland sip FP	Cream cheese cookies S
	pin		Page 362	Page 362	Page 414	Page 405	Pin
Dinner	Meatball Parm Casserole	Chicken Nuggets	Black beam chicken salad E	Wicked White Chili	Fuel Pull Quiche	Whole roasted chicken (created broth with extra bones) E	Zucchini pizza boats
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Water							
Work outs	Sweatflix - 12 days of Christmas	Sweaflix-12 days of Christmas	Sweatflix- 12 days of Christmas	Sweatflix- 12 days of Christmas	Sweatflix- 12 days of Christmas	t-tap	Rest

Weekly Menu

Bread

Low carb taco shells
Rye bread
Kids bread
Wasa Crackers

Meat

Chicken
Ground Turkey (2)
Beans
Pepperoni

Dairy

Milk
Juice
Cheese sticks
Yogurt

Fruit/ veggies

Spinach
Bananas
Oranges
Tomatoes
Celery
Zucchini
Mushrooms

Other

Benedryl
Zevia/sparkling water
Ziplock bags
Sugar free surup
ACV
Waffles
Ink
Frame 11X18
Basket