








Weekly Menu

	Monday February 27	Tuesday February 28	Wednesday March 1	Thursday March 2	Friday March 3	Saturday March 4	Sunday March 5
Breakfast	Fried eggs with n yeast S	Eggs white breakfast burrito E	Scrabbled eggs with whipping cream S	Fried eggs with greens (S)	Oatmeal with berries (E)	Fried Eggs with cheese (S)	Breakfast burrito (S)
						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	Super Food Loaded Salad (S)	Leftover chicken Masala (S)	Leftover Frittata (S)	Leftover Chowder (S)	Leftover taco soup (E)	Leftovers (S or E)	Leftover buttery casserole (S)
		leftovers					
Snack	Trail mix S	Lemon custard	Lemon cheesecake shake (S)	Cheese and crackers	Handful of almonds	Butter Pecan Ice Cream	Leftover ice cream
		PIN				Page 220 of N. Foods	
Dinner	Chicken Masala (S)	Bacon and Brie Frittata (Deep S)	Jalapeno Chicken Bacon Chowder (S)	Taco Soup (E)	Low Carb Pizza c/o	Buttery poppy seed chicken casserole (S)	Jalapeno Popper Turkey Chicken (E)
	PIN	PIN	PIN	Page 103 of N. Foods		Page 56 N. Foods	PIN
Water							
Work outs	Sweatflix	Sweaflix	Sweatflix	Sweatflix	Sweatflix	t-tap	Rest

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