








Weekly Menu

| | Monday April 17 | Tuesday April 18 | Wednesday April 19 | Thursday April 20 | Friday April 21 | Saturday April 22 | Sunday April 23 |
|-----------|---|---|---|--|---|---|---|
| Breakfast | Eggs white with n. yeast and roasted low starch veggies (FP) | Breakfast Burrito (S) | Breakky Fry UP (S) | Hard Boiled Eggs (S) | Oatmeal with strawberries(E) | Fried Eggs with cheese (S) | Orange Creamsicle Shake with pancakes & orange (L B-day Choice) |
| | | Page 217 | Page 243 | Page 244 | Page 253 | Page 414 | Page 409 |
| Snack | Good Girl Moonshine | Good Girl Moonshine | Good Girl Moonshine | Good Girl Moonshine | Good Girl Moonshine | Good Girl Moonshine | Good Girl Moonshine |
| | | | | | | | |
| Lunch | Tuna Fish Cakes | Super Food Loaded Salad | Leftover chicken pot Pie (S) | Leftover Enchiladas (S) | Super Food Loaded Salad with Hard Boiled Eggs (Deep S) | Egg Salad (S) | Quesadilla (S) Lyra's Birthday Choice |
| | | | | | | | |
| Snack | Cheese and was crackers (S) | Strawberry Cheesecake Shake (S) | Shake Gone Nuts (S) | Chocolate chip cookies (S) | Chocolate Chips Cookies (S) | Small handful almonds | Oranges and grape (E) Lyra's Birthday Choice |
| | | Page 412 | Page 411 | PIN | PIN | | |
| Dinner | Roasted Fish with Sweet Potato Fries in the Air Fryer (E) | Chicken Pot Pie (S) | Enchiladas (S) | Hot Dogs with Crescent Rolls (S) | Pizza (C/O) | Whole roasted chicken in the InstaPot (S) | Bean tacos (L's Birthday Choice) (E) |
| | INSTAPOT | Page 137-INSTAPOT | INSTAPOT | PIN | | PIN-INSTAPOT | |
| Water |  |  |  |  |  |  |  |
| Work outs | Sweatflix | TAPT | Sweatflix | TPAP | Sweatflix | t-tap | Rest |

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