








Weekly Menu

	Monday April 3	Tuesday April 4	Wednesday April 5	Thursday April 6	Friday April 7	Saturday April 8	Sunday April 9
Breakfast	Egg White Burrito (S)	Eggs with Cheese (S)	Breakky Fry UP (S)	Eggs with n. yeast (S)	Oatmeal with pineapple (E)	Fried Eggs with cheese (S)	Breakfast burrito (S/E)
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Snack	Good Girl Moonshine	Good Girl Moonshine	Good Girl Moonshine	Good Girl Moonshine	Good Girl Moonshine	Good Girl Moonshine	Good Girl Moonshine
Lunch	Leftover chili or BBQ (E or S)	Leftover Casserole (S)	Leftover chicken (S)	Leftover egg roll in a bowl (S)	Leftover Mexican quinoa tacos (E)	Super-food loaded Salad (S)	Tuna fish salad (E)
		leftovers					
Snack	Berry Crunch bars	Leftover skinny peppermint Patties	Cheese and crackers	Almonds	Chocolate Chips Cookies	Maple bacon crack	Cheese and crackers
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Dinner	Leftover Chili (E)	Chicken Carbonara S	Egg-roll in a bowl S	Mexican Quinoa Tacos E	Out to Dinner	Chicken Curry (S)	Instapot crack chicken (S)
	PIN-Instapot	PIN-InstaPot		PIN-Instapot		PIN-Instapot	PIN-Crockpot
Water							
Work outs	Sweatflix	Sweaflix	Sweatflix	Sweatflix	Sweatflix	t-tap	Rest

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