








Weekly Menu

	Monday May 1	Tuesday May 2	Wednesday May 3	Thursday May 4	Friday May 5	Saturday May 6	Sunday May 7
Breakfast	Fried Eggs with cheese (S)	Breakky Fry Up (S)	Breakfast Burrito (E)	Fried Eggs (S)	Fried Eggs with n. yeast (S)	Eggs and Bacon (S)	Oatmeal with berries (E)
		Page 243		Page 244	Page 253	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	Large Salad with nuts and leftover steak (S)	Leftover Pasta (E)	Leftover chicken (S)	Large salad with leftover fish.	Leftover pizza	Out on an Adventure Choose S or E	Out on an adventure choose S or E Lunch
Snack	Cheese and was crackers (S)	Donuts (FP)	Strawberry coconut Breakfast Bake (S)	Leftover bake (S)	Leftover donuts or bake	Almonds	Handful of almonds
		Website or book	PIN				
Dinner	Spaghetti with Dream Field Pasta (E)	Honey Bourbon Chicken (S)	Crispy Fish (S)	Homemade Pizza (S)	Out on an adventure with family choose S	Out on an adventure, choose S	General Tso's Chicken
	INSTAPOT for sauce	Instapot Pin	Page 81 of Necessary Foods				PIN-INSTAPOT
Water							
Work outs	Sweatflix	TAPT	Sweatflix	TPAP	Sweatflix	t-tap	Rest

Weekly Menu