








# Weekly Menu

	<b>Monday April 10</b>	<b>Tuesday April 11</b>	<b>Wednesday April 12</b>	<b>Thursday April 13</b>	<b>Friday April 14</b>	<b>Saturday April 15</b>	<b>Sunday April 16</b>
Breakfast	<b>Eggs with cheese (S)</b>	<b>Breakfast Burrito (S)</b>	<b>Breakky Fry UP (S)</b>	<b>Eggs with n. yeast (S)</b>	<b>Oatmeal with strawberries(E)</b>	<b>Fried Eggs with cheese (S)</b>	<b>Breakfast burrito (S/E)</b>
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Snack	<b>Good Girl Moonshine</b>	<b>Good Girl Moonshine</b>	<b>Good Girl Moonshine</b>	<b>Good Girl Moonshine</b>	<b>Good Girl Moonshine</b>	<b>Good Girl Moonshine</b>	<b>Good Girl Moonshine</b>
Lunch	<b>leftover tacos (E)</b>	<b>Leftover hot dogs in crescents (S)</b>	<b>Leftover tacos (E)</b>	<b>leftover curry chicken (S)</b>	<b>leftover chicken (S)</b>	<b>Super-food loaded Salad (S)</b>	<b>Tuna fish salad with low carb crackers (E)</b>
		<b>leftovers</b>					
Snack	<b>Cheese and crackers</b>	<b>Almonds</b>	<b>Maple bacon crack</b>	<b>Chocolate chip cookies</b>	<b>Chocolate Chips Cookies</b>	<b>almonds</b>	<b>Cheese and crackers</b>
Dinner	<b>Hot dogs in crescents (s)</b>	<b>Leftover tacos E</b>	<b>Curry chicken S</b>	Instapot Crack Chicken s	<b>Pizza</b>	<b>Strawberry pancakes and strawberry syrup</b>	<b>Glazed ham</b>
	<b>PIN-Instapot</b>	<b>In freezer</b>		<b>PIN-Instapot</b>		<b>website</b>	<b>Instapot and PIN</b>
Water							
Work outs	<b>Sweatflix</b>	<b>Sweafilx</b>	<b>Sweatflix</b>	<b>Sweatflix</b>	<b>Sweatflix</b>	<b>t-tap</b>	<b>Rest</b>

# **Weekly Menu**