








# Weekly Menu

	<b>Monday May 15</b>	<b>Tuesday May 16</b>	<b>Wednesday May 17</b>	<b>Thursday May 18</b>	<b>Friday May 19</b>	<b>Saturday May 20</b>	<b>Sunday May 21</b>
Breakfast	<b>Breakky Fry UP (s)</b>	<b>Oatmeal with Berries (E)</b>	<b>Eggs with Cheese (S)</b>	<b>Fried Eggs with n. Yeast (Deep S)</b>	<b>Breakfast Burrito (E)</b>	<b>Eggs and Bacon (S)</b>	<b>Eggs with Cheese (S)</b>
		<b>Page 243</b>			<b>Page 253</b>	<b>Page 414</b>	
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>Tuna salad on greens (deep S)</b>	<b>Salad with eggs (S)</b>	<b>Leftover Hot Dog (S)</b>	<b>Leftover Taco Pie(S)</b>	<b>Leftover spaghetti (E)</b>	<b>Leftover pizza (S)</b>	<b>Armadillo Eggs (E)</b>
Snack	<b>Leftover Cheesecake (S)</b>	<b>York Peppermint Candies</b>	<b>Crackers with Cheese (S)</b>	<b>Leftover cheesecake (S)</b>	<b>Candies (S)</b>	<b>Almonds (FP)</b>	<b>Berry smoothie (S)</b>
		<b>Website or book</b>	<b>Page 332</b>				
Dinner	<b>Fish with sweet potatoes (E)</b>	<b>Hot Dogs (S)</b>	Taco Pie (S)	<b>Spaghetti with zoodles (E)</b>	Perfect Pizza made with crescent rolls as crust (S)	<b>Armadillo Eggs (S)</b>	Blackberry Pancakes (E)
	<b>INSTAPOT</b>		<b>page 78</b>		<b>Fling with Food</b>	<b>PIN</b>	
Water							
Work outs	<b>Sweatflix</b>	<b>TAPT</b>	<b>Sweatflix</b>	<b>TPAP</b>	<b>Sweatflix</b>	<b>t-tap</b>	<b>Rest</b>

# **Weekly Menu**