

# Weekly Menu

	<b>Monday May 22</b>	<b>Tuesday May 23</b>	<b>Wednesday May 24</b>	<b>Thursday May 25</b>	<b>Friday May 26</b>	<b>Saturday May 27</b>	<b>Sunday May 28</b>
Breakfast	<b>Breakky Fry UP (s)</b>	<b>Egg White Burrito (E)</b>	<b>Fried eggs with n. yeast (S)</b>	<b>Eggs and salsa (S)</b>	<b>Oatmeal with blackberry sauce (E)</b>	<b>Fried Eggs (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>Leftover tenderloin (S)</b>	<b>Leftover armadillo eggs (S)</b>	<b>Leftover Ham (S)</b>	<b>leftover chicken soup (S)</b>	<b>Any leftovers</b>	<b>Salad with Kale and fresh berries (FP)</b>	<b>Tuna fish with greens (FP)</b>
Snack	<b>Sticky rolls</b>	<b>Coconut Macaroons</b>	<b>Cheese Chips (S)</b>	<b>Kale Chips (FP)</b>	<b>Almonds (FP)</b>	<b>Cheese and wasa crackers (S)</b>	<b>Trail Mix (S)</b>
	<b>PIN</b>	<b>PIN</b>	<b>Page 332</b>				
Dinner	<b>Armadillo eggs (S)</b>	<b>Luau Ham (S)</b>	InstaPot Chicken Tortilla Soup & Red Lobster Biscuits (S)	<b>Nachos with Blue Chips and Beans (E)</b>	Low Carb Pizza (S)	<b>Hot dogs or hamburgers (S)</b>	Basic tacos with low-fat cheese and beans (E)
	<b>PIN</b>	<b>PIN</b>	<b>PIN</b>		<b>PIN</b>		
Water	<div style="display: flex; flex-wrap: wrap; gap: 5px;"> <div style="border: 1px solid black; padding: 2px;">V</div> <div style="border: 1px solid black; padding: 2px;">V</div> <div style="border: 1px solid black; padding: 2px;">V</div> <div style="border: 1px solid black; padding: 2px;">V</div> <div style="border: 1px solid black; padding: 2px;">V</div> <div style="border: 1px solid black; padding: 2px;">V</div> </div>	<div style="display: flex; flex-wrap: wrap; gap: 5px;"> <div style="border: 1px solid black; padding: 2px;">V</div> <div style="border: 1px solid black; padding: 2px;">V</div> <div style="border: 1px solid black; padding: 2px;">V</div> <div style="border: 1px solid black; padding: 2px;">V</div> <div style="border: 1px solid black; padding: 2px;">V</div> <div style="border: 1px solid black; padding: 2px;">V</div> </div>	<div style="display: flex; flex-wrap: wrap; gap: 5px;"> <div style="border: 1px solid black; padding: 2px;">V</div> <div style="border: 1px solid black; padding: 2px;">V</div> <div style="border: 1px solid black; padding: 2px;">V</div> <div style="border: 1px solid black; padding: 2px;">V</div> <div style="border: 1px solid black; padding: 2px;">V</div> <div style="border: 1px solid black; padding: 2px;">V</div> </div>	<div style="display: flex; flex-wrap: wrap; gap: 5px;"> <div style="border: 1px solid black; padding: 2px;">V</div> <div style="border: 1px solid black; padding: 2px;">V</div> <div style="border: 1px solid black; padding: 2px;">V</div> <div style="border: 1px solid black; padding: 2px;">V</div> <div style="border: 1px solid black; padding: 2px;">V</div> <div style="border: 1px solid black; padding: 2px;">V</div> </div>	<div style="display: flex; flex-wrap: wrap; gap: 5px;"> <div style="border: 1px solid black; padding: 2px;">V</div> <div style="border: 1px solid black; padding: 2px;">V</div> <div style="border: 1px solid black; padding: 2px;">V</div> <div style="border: 1px solid black; padding: 2px;">V</div> <div style="border: 1px solid black; padding: 2px;">V</div> <div style="border: 1px solid black; padding: 2px;">V</div> </div>	<div style="display: flex; flex-wrap: wrap; gap: 5px;"> <div style="border: 1px solid black; padding: 2px;">V</div> <div style="border: 1px solid black; padding: 2px;">V</div> <div style="border: 1px solid black; padding: 2px;">V</div> <div style="border: 1px solid black; padding: 2px;">V</div> <div style="border: 1px solid black; padding: 2px;">V</div> <div style="border: 1px solid black; padding: 2px;">V</div> </div>	
Workouts	<b>Sweatflix</b>	<b>TAPT</b>	<b>Sweatflix</b>	<b>TPAP</b>	<b>Sweatflix</b>	<b>t-tap</b>	<b>Rest</b>

# **Weekly Menu**