

# Weekly Menu

	<b>Monday May 29</b>	<b>Tuesday May 30</b>	<b>Wednesday May 31</b>	<b>Thursday June 1</b>	<b>Friday June 2</b>	<b>Saturday June 3</b>	<b>Sunday June 4</b>
Breakfast	<b>Fried Eggs with greens (s)</b>	<b>Egg White Burrito (E)</b>	<b>Fried eggs with n. yeast (S)</b>	<b>Eggs and salsa in a low carb tortilla (S)</b>	<b>Oatmeal with strawberry sauce (E)</b>	<b>Fried Eggs with bacon (S)</b>	<b>Eggs with Cheese (S)</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>Salad with eggs and nuts (S)</b>	<b>leftover soup (E)</b>	<b>Leftover chicken</b>	<b>leftover Alfredo (S)</b>	<b>Tuna fish with salad (E)</b>	<b>Leftover pizza casserole</b>	<b>Big Taste Salad with hard boiled eggs (S)</b>
Snack	<b>Oatmeal raisin cookies (S)</b>	<b>Cheese with Crackers</b>	<b>Coconut Treat Squares S</b>	<b>Leftover Treats</b>	<b>Surprise cupcakes S</b>	<b>Leftover treats</b>	<b>Cookie Dough Dip</b>
	<b>PIN</b>		<b>PIN</b>				
Dinner	<b>Butternut Squash Soup (E)</b>	<b>Bacon Wrapped Chicken</b>	<b>Chicken Alfredo Spaghetti Squash (S)</b>	<b>Breaded fish (E)</b>	<b>Pizza Casserole</b>	<b>Breakfast for Dinner: Stuffed French Toast (E)</b>	<b>Hot Dogs with Zuc Fries (S)</b>
	<b>PIN</b>	<b>Page 50 of N Foods</b>	<b>PIN</b>	<b>Page 178 of THM Cookbook</b>	<b>PIN</b>	<b>My recipe</b>	
Water	<div style="display: flex; flex-wrap: wrap; gap: 5px;"> <div style="border: 1px solid black; width: 20px; height: 20px; margin: 2px;"></div> <div style="border: 1px solid black; width: 20px; height: 20px; margin: 2px;"></div> <div style="border: 1px solid black; width: 20px; height: 20px; margin: 2px;"></div> <div style="border: 1px solid black; width: 20px; height: 20px; margin: 2px;"></div> <div style="border: 1px solid black; width: 20px; height: 20px; margin: 2px;"></div> <div style="border: 1px solid black; width: 20px; height: 20px; margin: 2px;"></div> </div>	<div style="display: flex; flex-wrap: wrap; gap: 5px;"> <div style="border: 1px solid black; width: 20px; height: 20px; margin: 2px;"></div> <div style="border: 1px solid black; width: 20px; height: 20px; margin: 2px;"></div> <div style="border: 1px solid black; width: 20px; height: 20px; margin: 2px;"></div> <div style="border: 1px solid black; width: 20px; height: 20px; margin: 2px;"></div> <div style="border: 1px solid black; width: 20px; height: 20px; margin: 2px;"></div> <div style="border: 1px solid black; width: 20px; height: 20px; margin: 2px;"></div> </div>	<div style="display: flex; flex-wrap: wrap; gap: 5px;"> <div style="border: 1px solid black; width: 20px; height: 20px; margin: 2px;"></div> <div style="border: 1px solid black; width: 20px; height: 20px; margin: 2px;"></div> <div style="border: 1px solid black; width: 20px; height: 20px; margin: 2px;"></div> <div style="border: 1px solid black; width: 20px; height: 20px; margin: 2px;"></div> <div style="border: 1px solid black; width: 20px; height: 20px; margin: 2px;"></div> <div style="border: 1px solid black; width: 20px; height: 20px; margin: 2px;"></div> </div>	<div style="display: flex; flex-wrap: wrap; gap: 5px;"> <div style="border: 1px solid black; width: 20px; height: 20px; margin: 2px;"></div> <div style="border: 1px solid black; width: 20px; height: 20px; margin: 2px;"></div> <div style="border: 1px solid black; width: 20px; height: 20px; margin: 2px;"></div> <div style="border: 1px solid black; width: 20px; height: 20px; margin: 2px;"></div> <div style="border: 1px solid black; width: 20px; height: 20px; margin: 2px;"></div> <div style="border: 1px solid black; width: 20px; height: 20px; margin: 2px;"></div> </div>	<div style="display: flex; flex-wrap: wrap; gap: 5px;"> <div style="border: 1px solid black; width: 20px; height: 20px; margin: 2px;"></div> <div style="border: 1px solid black; width: 20px; height: 20px; margin: 2px;"></div> <div style="border: 1px solid black; width: 20px; height: 20px; margin: 2px;"></div> <div style="border: 1px solid black; width: 20px; height: 20px; margin: 2px;"></div> <div style="border: 1px solid black; width: 20px; height: 20px; margin: 2px;"></div> <div style="border: 1px solid black; width: 20px; height: 20px; margin: 2px;"></div> </div>	<div style="display: flex; flex-wrap: wrap; gap: 5px;"> <div style="border: 1px solid black; width: 20px; height: 20px; margin: 2px;"></div> <div style="border: 1px solid black; width: 20px; height: 20px; margin: 2px;"></div> <div style="border: 1px solid black; width: 20px; height: 20px; margin: 2px;"></div> <div style="border: 1px solid black; width: 20px; height: 20px; margin: 2px;"></div> <div style="border: 1px solid black; width: 20px; height: 20px; margin: 2px;"></div> <div style="border: 1px solid black; width: 20px; height: 20px; margin: 2px;"></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>

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