




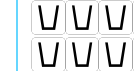



Weekly Menu

	Monday June 12	Tuesday June 13	Wednesday June 14	Thursday June 15	Friday June 16	Saturday June 17	Sunday June 18
Breakfast	Egg White Burrito (E)	Fried Eggs with N. Yeast (S)	Eggs with Cheese (S)	Eggs with low carb tortilla (S)	Oatmeal with blueberries (E)	Traveling choose (S/E)	Traveling Choose (S or E)
Snack	Good Girl Moonshine	Good Girl Moonshine	Good Girl Moonshine	Good Girl Moonshine	Good Girl Moonshine	Good Girl Moonshine	Good Girl Moonshine
Lunch	Salad with eggs and nuts (S)	Out to Lunch with Friends (S)	Leftover Tacos (S)	Leftover Spaghetti (E)	Leftover Chili (E)	Traveling Choose (S)	Traveling Choose (S or E)
Snack	Leftover blueberry Pie (E)	berry bars (S)	Sugar-free ice cream (E)	Sugar-free Ice Cream (E)	Trail Mix with a variety of nuts S	Cheese and low carb Crackers (S)	Trail mix with variety of nut (S)
	Mine						
Dinner	Pan Seared Chicken with Mango Salsa (E)	Taco Tuesday (S)	Spaghetti with dream field Pasta (E)	Bean Chili (E)	Traveling Choose (S)	Traveling Choose S or E (C/O)	Pizza Night Low Carb (S)
				PIN			
Water							
Workouts	Sweatflix	TAPT	Sweatflix	TPAP	Sweatflix	t-tap	Rest

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