


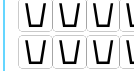

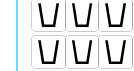



Weekly Menu

	Monday June 5	Tuesday June 6	Wednesday June 7	Thursday June 8	Friday June 9	Saturday June 10	Sunday June 11
Breakfast	Egg White Burrito (E)	Oatmeal with strawberry sauce (E)	Fried eggs with n. yeast (S)	Egg white and salsa in a low carb tortilla (E)	Oatmeal (E)	Fried Eggs (S)	Eggs with Cheese (S)
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)	leftover soup (S)	Leftover soup (S)	Leftover gazpacho (E)	Leftover taco soup (S)	Leftover pizza soup (S)	Leftover cucumber and avocado soup (S)
Snack	Chocolate Chip Shake (S)	Strawberry cheesecake Shake (S)	Strawberry Big Boy (FP)	German Chocolate shake (S)	Surprise cupcakes S	Cookie Dough Dip	Cookie Dough Dip
	PIN	Page 412	Page 414	Page 413	PIN	PIN	Leftovers
Dinner	Chilled strawberry soup with THM biscuits (S)	Cream of mushroom soup (S)	Gazpacho (E)	Taco Soup (S)	Pizza Soup (S)	Chilled Cucumber and avocado soup with mango salsa (C/O)	Chicken and bacon chowder (S)
	PIN	PIN	PIN	PIN	PIN	PIN	PIN
Water							
Work outs	Sweatflix	TAPT	Sweatflix	TPAP	Sweatflix	t-tap	Rest

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