

Day Of Week

Monday

B: Eggs, Bacon, Broc  
L: Tuna & lettuce wraps  
D: Stir Fry (chicken)

Tuesday  
B: Oatmeal / Scramble eggs  
L: left over Stir Fry  
D: Taco Bowl

Wednesday

B: eggs, bacon, Broc  
L: leftover Grill & Rice  
D: Lamb Burgers, Guinness Salad

Thursday

B: Oatmeal  
L: Cafe Xuma  
D: left overs & Salad

Friday

B: Bacon, Eggs, Broccoli  
L: Tuna, Bacon, quac on sprouted bread  
D: Steak, sweet potatoes, Brussel sprouts

Saturday

B: Omelette  
L: SANDWICH  
D: Burgers on Grill, Salad, Sweet Potato over fries

Sunday

B: omelets  
L: sushi  
D: Big Grill

Shopping List

Eggs, Bacon, Broccoli, Canned tuna, onion, celery, lettuce, Chicken, Broccoli, Carrots, Celery, Onions, Rice, oatmeal, ground beef, Tomato ~~sauce~~ juice, Cheddar Cheese, Tomato, Jalapeno, Chicken, Bell Peppers, Mushrooms, Onions, Zucchini, Salmon, Lamb, Quinoa, Bell Pepper, yogurt, Cucumber, garlic, Lunch Meat, sprouted bread, Sweet Potatoes, Brussel Sprouts, ground Beef, lettuce, carrots, cucumber