Woodford's Family Services
Residential Program

AW's Plan

Week of: 3-13-16 to 3-19-16

Weekly Weigh-In:	

Day Date	Sunday 3/13	Monday 3/14	Tuesday 3/15	Wednesday 3/16	Thursday 3/17	Friday 3/18	Saturday 3/19
	yes no [4] Spinach, Egg and Cheese Breakfast Wrap	yes no [113] Bran Flakes and Yogurt	yes no [34] Two Eggs Scrambled W/ Toast & 1/2 Banana Recipe	yes no [113] Bran Flakes and Yogurt		yes no [113] Bran Flakes and Yogurt	yes no [113] Bran Flakes and Yogurt
Lunch	yes no [58] Tunafish Sandwich Mixed Berry & Yogurt Parfait	yes no [59] Turkey and Cheese on wheat wrap Apple Cucumber	yes no [60] Turkey & Cheese Wrap peanuts carrots	yes no [59] Turkey and Cheese on wheat wrap Apple Cucumber		yes no [60] Turkey & Cheese Wrap peanuts carrots	yes no [61] Leftover Pizza
Dinner	yes no [0]	yes no [1] BLT Turkey Wrap	yes no [108] Subway Meal	yes no [19] Spaghetti and Turkey Meatball /w salad	green pepper and	yes no [80] Homemade Pizza with side salad	yes no [7] Banh Mi Hot Dog /w peas
Snacks	[#43] Triscuits /	w Humus [#89] Ra	aisins [#109] Medi	um Granny Smith Ap	pple [#90] Pretze	els & PB [#36]	1 Banana
Excercise (activity time)	yes no	yes no	yes no	yes no	yes no	yes no	yes no

Woodford's Family Services
Residential Program

AW's Plan

Week of: 3-20-16 to 3-26-16

Weekly Weigh-In:	

Day Date	Sunday 3/20	Monday 3/21	Tuesday 3/22	Wednesday 3/23	Thursday 3/24	Friday 3/25	Saturday 3/26
Breakfast	1 20	yes no [113] Bran Flakes and Yogurt	yes no [54] 2 Blueberry Pancakes and 2 eggs	yes no [113] Bran Flakes and Yogurt	yes no [48] Egg and Cheese on Wheat English Muffin Orange Slices Yogurt	yes no [113] Bran Flakes and Yogurt	yes no [56] 2 eggs over easy 2 pieces of toast /w jelly
Lunch	1 2	yes no [63] Turkey & Damp; Cheese Wrap tomato carrots	yes no [11] Chicken Caesar Salad	yes no [63] Turkey & Damp; Cheese Wrap tomato carrots	yes no [63] Turkey & Damp; Cheese Wrap tomato carrots	[64] Leftover Pork Roast /w	yes no [65] 1 Grilled Cheese sandwiche w/ tomato apple slices
Dinner	yes no [0]	yes no [3] Soft Tacos With Spicy Chicken/w carrots	yes no [108] Subway Meal	yes no [20] Garlic Chicken and Zucchini	yes no [82] Pork Roast /w Apple Salad	[80] Homemade	yes no [81] Turkey Burger /w sweet potato fries
Snacks	[#91] Carrots	/w Humus [#92	[] Cucumbers	/w Humus [#106	6] Cottage Cheese [#36] 1 Banana	
Excercise (activity time)	yes no	yes no	yes no	yes no	yes no	yes no	yes no

Woodford's Family Services
Residential Program

AW's Plan

Week of: 3-27-16 to 4-2-16

Weekly Weigh-In:	

Day Date	Sunday 3/27	Monday 3/28	Tuesday 3/29	Wednesday 3/30	Thursday 3/31	Friday 4/1	Saturday 4/2
Breakfast	yes no [9] Krusteaz Blueberry Pancakes	yes no [33] Cheerios with Raisins	yes no [35] English Muffin /w Peanut Butter/w Banana	yes no [33] Cheerios with Raisins	yes no [35] English Muffin /w Peanut Butter/w Banana	yes no [33] Cheerios with Raisins	yes no [51] 2 Eggs 1 orange Cottage Cheese
Lunch	yes no [7] Banh Mi Hot Dog/w peas	yes no [70] PB&J on Wheat Bread Carrots Orange	yes no [71] BLT Turkey Wrap peas	L	Wrap peas	yes no [73] PB&J on Wheat Bread Pretzels Cucumbers	yes no [74] Turkey Burger small salad
Dinner	yes no [0]	yes no [11] Chicken Caesar Salad	yes no [14] Chicken Burger /w Broccoli	yes no [83] Chef Salad	yes no [5] One pot Ground Turkey, Rice and Corn		yes no [16] Chicken Cutlets with Sesame Broccoli Slaw
Snacks	[#95] Cra	ckers /w PB [#9	6] Sugar snap peas	/w Humus [#97	7] Trail Mix [#36] 1 Banana	
Excercise (activity time)	yes no	yes no	yes no	yes no	yes no	yes no	yes no

Woodford's Family Services
Residential Program

AW's Plan

Week of: 4-3-16 to 4-9-16

Weekly Weigh-In:	

Day Date	Sunday 4/3	Monday 4/4	Tuesday 4/5	Wednesday 4/6	Thursday 4/7	Friday 4/8	Saturday 4/9
Breakfast	yes no [25] Veggie Omelet			yes no [110] OPTION: Oatmeal & Decaf Coffee or PURCHASE OUT	yes no [110] OPTION: Oatmeal & Decaf Coffee or PURCHASE OUT	yes no [110] OPTION: Oatmeal & Decaf Coffee or PURCHASE OUT	yes no [56] 2 eggs over easy 2 pieces of toast /w jelly
	yes no [4] Spinach, Egg and Cheese Breakfast Wrap		yes no [75] Turkey and Cheese on Spinach Wrap Banana Pretzels	yes no [75] Turkey and Cheese on Spinach Wrap Banana Pretzels	yes no [75] Turkey and Cheese on Spinach Wrap Banana Pretzels	yes no [75] Turkey and Cheese on Spinach Wrap Banana Pretzels	yes no [112] LEFTOVERS: Roasted Tomato and Artichoke Flatbread Pizza
Dinner	yes no [0]	yes no [15] Chicken-and- Veggie Stir-fry /w Brown Rice /w Salad	yes no [26] Black Bean Veggie Burgers /w Sweet Potato Fries	yes no [6] Chicken Breast With Mixed Vegetables	yes no [84] Liver and Onion /w Chopped Spinach	yes no [17] Roasted Tomato and Artichoke Flatbread Pizza	yes no [65] 1 Grilled Cheese sandwiche w/ tomato apple slices
Snacks	[#99] Pear		ge [#100] Celery	and Ranch Dressin	g [#36] 1 Banana	a	
Excercise (activity time)	yes no	yes no	yes no	yes no	yes no	yes no	yes no

Woodford's Family Services
Residential Program

AW's Plan

Week of: 4-10-16 to 4-16-16

Weekly Weigh-I	n:	

Day Date	Sunday 4/10	Monday 4/11	Tuesday 4/12	Wednesday 4/13	Thursday 4/14	Friday 4/15	Saturday 4/16	
Breakfast	Cottage Cheese	yes no [33] Cheerios with Raisins	yes no [48] Egg and Cheese on Wheat English Muffin Orange Slices Yogurt		yes no [50] Raisin Bran (1 cup) /w skim milk (1/2 cup) Wheat English muffin /w peanut butter	yes no [33] Cheerios with Raisins	yes no [51] 2 Eggs 1 orange Cottage Cheese	
Lunch	With Spicy	yes no [77] Tunafish and relish Wrap Spinach	yes no [65] 1 Grilled Cheese sandwiche w/ tomato apple slices	yes no [77] Tunafish and relish Wrap Spinach	yes no [78] Turkey Burger small salad	yes no [77] Tunafish and relish Wrap Spinach	yes no [11] Chicken Caesar Salad	
Dinner	yes no	yes no [1] BLT Turkey Wrap	yes no [4] Spinach, Egg and Cheese Breakfast Wrap	yes no [86] Turkey Burger Stuffed Bell Pepper /w peas /w salad	yes no [87] Fish Chowder /w salad	yes no [85] BBQ Chicken /w Brown Rice /w corn	yes no [88] Tuna Melt /w 2 hard boiled eggs	
Snacks	acks [#101] Yummy Salsa /w tortilla chips [#42] Whole Grain Rice Cakes [#103] Apples with PB [#36] 1 Banana							
Excercise (activity time)	yes no	yes no	yes no	yes no	yes no	yes no	yes no	