

Meal and Exercise Related Feedback for BS

Please note any (big or small) adjustments, suggestions, ideas relating to the meal and exercise plan. Please note in particular any preferences and interests voiced by the BS

Date	Note
20160112	Eats cheerios but only dry and as snack
20160112	Is allergic to ALL nuts .. all nuts are off limits
20160112	Does not eat yogurt [we are goin go try smoothies]
20160202	Does not like brussel sprouts
20160202	Does not like tomatoes very much.
20160206	Completed first 5 week rotation of meals on Feb. 6, 2016 and it went generally well.
20160322	Will Eat snap peas - cucumbers - onions
20160322	Does not eat yogurt
20160322	Does not like tuna fish
2060423	Does not eat spinach for salad. Prefers iceberg or romaine for salad.
20160317	Does not like tomatoes

Weekly Menu Plan Sheet

BS's Plan

Week of: April 17 to April 23

Weekly Weigh-In:

[illegible]

Weekly Menu Plan Sheet

Week of: April 24 to April 30

Weekly Weigh-In:

[illegible]

Weekly Menu Plan Sheet

Week of: May 1 to May 7

Weekly Weigh-In:

[illegible]

Weekly Menu Plan Sheet

Week of: May 8 to May 14

Weekly Weigh-In:

[illegible]

Weekly Menu Plan Sheet

Week of: May 15 to May 21

Weekly Weigh-In:

[illegible]