

Weekly Menu Plan Sheet

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
Breakfast	<input type="checkbox"/> yes <input type="checkbox"/> no [4] Spinach, Egg and Cheese Breakfast Wrap	<input type="checkbox"/> yes <input type="checkbox"/> no [113] Bran Flakes and Yogurt	<input type="checkbox"/> yes <input type="checkbox"/> no [34] Two Eggs Scrambled W/ Toast & 1/2 Banana Recipe	<input type="checkbox"/> yes <input type="checkbox"/> no [113] Bran Flakes and Yogurt	<input type="checkbox"/> yes <input type="checkbox"/> no [49] 2 Eggs w/ Cheese jelly toast apple	<input type="checkbox"/> yes <input type="checkbox"/> no [113] Bran Flakes and Yogurt	<input type="checkbox"/> yes <input checked="" type="checkbox"/> no [113] Bran Flakes and Yogurt
Lunch	<input type="checkbox"/> yes <input type="checkbox"/> no [58] Tunafish Sandwich Mixed Berry & Yogurt Parfait	<input type="checkbox"/> yes <input type="checkbox"/> no [59] Turkey and Cheese on wheat wrap Apple Cucumber	<input type="checkbox"/> yes <input type="checkbox"/> no [60] Turkey & Cheese Wrap peanuts carrots	<input type="checkbox"/> yes <input type="checkbox"/> no [59] Turkey and Cheese on wheat wrap Apple Cucumber	<input type="checkbox"/> yes <input type="checkbox"/> no [60] Turkey & Cheese Wrap peanuts carrots	<input type="checkbox"/> yes <input type="checkbox"/> no [60] Turkey & Cheese Wrap peanuts carrots	<input type="checkbox"/> yes <input checked="" type="checkbox"/> no [61] Leftover Pizza
Dinner	<input type="checkbox"/> yes <input type="checkbox"/> no [0]	<input type="checkbox"/> yes <input type="checkbox"/> no [1] BLT Turkey Wrap	<input type="checkbox"/> yes <input type="checkbox"/> no [108] Subway Meal	<input type="checkbox"/> yes <input type="checkbox"/> no [19] Spaghetti and Turkey Meatball /w salad	<input type="checkbox"/> yes <input type="checkbox"/> no [79] Sloppy Joe /w green pepper and onion /w salad	<input type="checkbox"/> yes <input type="checkbox"/> no [80] Homemade Pizza with side salad	<input type="checkbox"/> yes <input checked="" type="checkbox"/> no [7] Banh Mi Hot Dog /w peas
Snacks	[#43] Triscuits /w Humus [#89] Raisins [#109] Medium Granny Smith Apple [#90] Pretzels & PB [#36] 1 Banana						
Excercise (activity time)	<input type="checkbox"/> yes <input type="checkbox"/> no	<input type="checkbox"/> yes <input type="checkbox"/> no	<input type="checkbox"/> yes <input type="checkbox"/> no	<input type="checkbox"/> yes <input type="checkbox"/> no	<input type="checkbox"/> yes <input type="checkbox"/> no	<input type="checkbox"/> yes <input type="checkbox"/> no	<input type="checkbox"/> yes <input checked="" type="checkbox"/> no

Weekly Menu Plan Sheet

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

Weekly Weigh-In:

[illegible]

Weekly Menu Plan Sheet

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

Weekly Weigh-In:

[illegible]

Weekly Menu Plan Sheet

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

Weekly Weigh-In:

[illegible]

Weekly Menu Plan Sheet

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

Weekly Weigh-In:

[illegible]