

Weekly Menu Plan Sheet

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

Weekly Weigh-In:

[illegible]

Weekly Menu Plan Sheet

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

Weekly Weigh-In:

[illegible]

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: 4-10-16 to 4-16-16

Day Date	Sunday 4/10	Monday 4/11	Tuesday 4/12	Wednesday 4/13	Thursday 4/14	Friday 4/15	Saturday 4/16
Breakfast	<input type="checkbox"/> yes <input type="checkbox"/> no [52] 2 Pancakes Cottage Cheese Banana	<input type="checkbox"/> yes <input type="checkbox"/> no [33] Cheerios with Raisins	<input type="checkbox"/> yes <input type="checkbox"/> no [49] 2 Eggs w/ Cheese jelly toast apple	<input type="checkbox"/> yes <input type="checkbox"/> no [33] Cheerios with Raisins	<input type="checkbox"/> yes <input type="checkbox"/> no [49] 2 Eggs w/ Cheese jelly toast apple	<input type="checkbox"/> yes <input type="checkbox"/> no [33] Cheerios with Raisins	<input type="checkbox"/> yes <input type="checkbox"/> no [51] 2 Eggs 1 orange Cottage Cheese
Lunch	<input type="checkbox"/> yes <input type="checkbox"/> no [3] Soft Tacos With Spicy Chicken /w carrots	<input type="checkbox"/> yes <input type="checkbox"/> no [77] Tunafish and relish Wrap Spinach	<input type="checkbox"/> yes <input type="checkbox"/> no [65] 1 Grilled Cheese sandwich w/ tomato apple slices	<input type="checkbox"/> yes <input type="checkbox"/> no [77] Tunafish and relish Wrap Spinach	<input type="checkbox"/> yes <input type="checkbox"/> no [78] Turkey Burger small salad	<input type="checkbox"/> yes <input type="checkbox"/> no [77] Tunafish and relish Wrap Spinach	<input type="checkbox"/> yes <input type="checkbox"/> no [11] Chicken Caesar Salad
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 [85] BBQ Chicken /w Brown Rice /w corn	<input type="checkbox"/> yes <input type="checkbox"/> no [86] Turkey Burger Stuffed Bell Pepper /w peas /w salad	<input type="checkbox"/> yes <input type="checkbox"/> no [4] Spinach, Egg and Cheese Breakfast Wrap	<input type="checkbox"/> yes <input type="checkbox"/> no [26] Black Bean Veggie Burgers /w Sweet Potato Fries	<input type="checkbox"/> yes <input type="checkbox"/> no [88] Tuna Melt /w 2 hard boiled eggs
Snacks	[#101] Yummy Salsa /w tortilla chips [#42] Whole Grain Rice Cakes [#107] Frozen Fruit/Berry Smoothie [#36] 1 Banana						
Exercise (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 type="checkbox"/> no