

# Weekly Menu Plan Sheet

**Week of: April 17 to April 23**

## Weekly Weigh-In:

Day	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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 [ 17 ] Roasted Tomato and Artichoke Flatbread Pizza	<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						
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 checked="" type="checkbox"/> no

# 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

**AW's Plan**

**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:

Day	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	<input type="checkbox"/> yes <input type="checkbox"/> no [ 52 ] 2 Pancakes   Yogurt   Banana	<input type="checkbox"/> yes <input type="checkbox"/> <input type="checkbox"/> no [ 113 ] Bran Flakes and Yogurt	<input type="checkbox"/> yes <input type="checkbox"/> no [ 48 ] Egg and Cheese on Wheat English Muffin   Orange Slices   Yogurt	<input type="checkbox"/> yes <input type="checkbox"/> no [ 113 ] Bran Flakes and Yogurt	<input type="checkbox"/> yes <input type="checkbox"/> no [ 50 ] Raisin Bran (1 cup) /w skim milk (1/2 cup)   Wheat English muffin /w peanut butter	<input type="checkbox"/> yes <input type="checkbox"/> no [ 110 ] OPTION: Oatmeal & Decaf Coffee or PURCHASE: Breakfast Sandwich and Decaf Coffee	<input type="checkbox"/> yes <input type="checkbox"/> no [ 51 ] 2 Eggs   1 orange   Yogurt
Lunch	<input type="checkbox"/> yes <input type="checkbox"/> no [ 3 ] Tortillas With Spicy Chicken /w carrots	<input type="checkbox"/> yes <input type="checkbox"/> <input type="checkbox"/> no [ 77 ] Tunafish and relish Wrap   Spinach	<input type="checkbox"/> yes <input type="checkbox"/> no [ 65 ] 1 Grilled Cheese sandwiche 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"/> <input type="checkbox"/> no [ 1 ] BLT Turkey Wrap	<input type="checkbox"/> yes <input type="checkbox"/> no [ 4 ] Spinach, Egg and Cheese Breakfast Wrap	<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 [ 87 ] Fish Chowder /w salad	<input type="checkbox"/> yes <input type="checkbox"/> no [ 102 ] BBQ Pulled Pork /w Brown Rice /w corn	<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    [#103] Apples with PB    [#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

## AW's Grocery Check-list

**Instructions:** Take inventory of what is at the house already before shopping.

### PRODUCE

\_\_\_\_\_ 6.0 oz | **broccoli slaw mix**

\_\_\_\_\_ 9.0 oz | **Hummus**

\_\_\_\_\_ 15.0 cup | **lettuce**

\_\_\_\_\_ 8.5 whole | **Orange**

\_\_\_\_\_ 1.0 1 pear | **pear**

\_\_\_\_\_ 12.0 whole | **apple**

\_\_\_\_\_ 7.8 cups | **spinach**

\_\_\_\_\_ 1.5 whole | **zucchini**

\_\_\_\_\_ 2.0 1 potato | **sweet potato**

\_\_\_\_\_ 3.0 cups | **snap peas**

\_\_\_\_\_ 1.5 oz | **cremini / baby portobello mushroom**

\_\_\_\_\_ 23.5 whole | **Bananas**

\_\_\_\_\_ 2.9 whole | **Bell Pepper**

\_\_\_\_\_ 5.0 whole | **Onion**

\_\_\_\_\_ 0.3 whole avocado | **avocado**

\_\_\_\_\_ 5.8 1 clove | **fresh garlic**

\_\_\_\_\_ 4.1 1 stalk | **celery**

\_\_\_\_\_ 3.7 whole | **Cucumber**

\_\_\_\_\_ 26.7 whole | **Tomato**

\_\_\_\_\_ 12.1 whole | **Carrot**

#### **DELI**

\_\_\_\_\_ 4.0 1 slice | **deli ham**

\_\_\_\_\_ 33.0 slices | **Deli Turkey**

#### **DRY**

\_\_\_\_\_ 3.0 1 cake | **rice cake**

\_\_\_\_\_ 4.5 100 calorie carton | **carton of raisins**

\_\_\_\_\_ 1.0 lbs. | **1 pound whole-wheat spaghetti**

\_\_\_\_\_ 3.0 cups | **trail mix**

\_\_\_\_\_ 1.0 whole | **Pizza Dough/Crust**

\_\_\_\_\_ 2.0 cup | **Krusteaz Blueberry Pancake Mix**

\_\_\_\_\_ 23.0 whole | **7-9 inch Wrap**

\_\_\_\_\_ 1.0 cups | **oatmeal**

\_\_\_\_\_ 5.0 cups | **Raisin Bran**

\_\_\_\_\_ 7.0 whole | **Tortillas**

\_\_\_\_\_ 9.0 1 cup | **Bran Flakes (nothing added)**

\_\_\_\_\_ 3.0 whole | **Naan Flatbread or Lavash**

\_\_\_\_\_ 3.3 cups | **brown rice**

\_\_\_\_\_ 3.0 loaves | **16 oz. French Bread**

\_\_\_\_\_ 9.0 10 pieces | **Mini Pretzels**

\_\_\_\_\_ 5.0 1 muffin | **whole-wheat english muffin**

\_\_\_\_\_ 3.0 servings (7 pieces) | **Tortilla Chips**

\_\_\_\_\_ 3.0 servings (7 pieces) | **Triscuits**

\_\_\_\_\_ 3.0 cups | **cheerios**

\_\_\_\_\_ 43.0 slices | **Sliced Bread**

\_\_\_\_\_ 0.4 | **Hannaford Unsalted Peanuts (16 oz)**

\_\_\_\_\_ 3.0 6 Triscuits | **Nabisco Triscuit Baked Whole Grain Wheat Reduced Fat**

#### **CAN**

\_\_\_\_\_ 1.0 1 can | **canned chipotle chiles in adobo sauce**

\_\_\_\_\_ 1.0 can (14 oz.) | **artichoke hearts**

\_\_\_\_\_ 4.0 can | **tuna fish**

\_\_\_\_\_ 0.5 tbsp | **chili sauce**

\_\_\_\_\_ 1.0 15 oz can | **black beans**



\_\_\_\_\_ 1.0 cans | **Fish Chowder**  
\_\_\_\_\_ 0.5 | **Hannaford Pizza Sauce (14 Oz.)**  
\_\_\_\_\_ 1.0 jars | **Spaghetti Sauce Can or Jar ( 24 Oz. )**

**CONDIMENT/SEASON**

\_\_\_\_\_ 0.5 tbsp | **chili powder**  
\_\_\_\_\_ 0.5 cups | **beef broth**  
\_\_\_\_\_ 1 7.0 sprays | **cooking spray (753 sprays per can)**  
\_\_\_\_\_ 1 1.3 tbsp | **Mayonnaise**  
\_\_\_\_\_ 0.3 teaspoons | **white sugar**  
\_\_\_\_\_ 9.0 teaspoons | **black pepper**  
\_\_\_\_\_ 0.5 cups | **bread crumbs**  
\_\_\_\_\_ 1.5 teaspoons | **minced garlic**  
\_\_\_\_\_ 3.5 teaspoon | **mustard**  
\_\_\_\_\_ 9.0 oz | **Salad Dressing**  
\_\_\_\_\_ 3.0 servings | **hot sauce**  
\_\_\_\_\_ 3.0 tablespoon | **relish**  
\_\_\_\_\_ 4.0 tbsp | **jelly**  
\_\_\_\_\_ 0.3 cups | **chicken broth**

\_\_\_\_\_ 4.3 teaspoons | **salt**

\_\_\_\_\_ 20.7 tbsp | **cooking oil**

\_\_\_\_\_ 2.0 teaspoon | **ketchup**

\_\_\_\_\_ 20.0 oz | **salsa**

\_\_\_\_\_ 2.0 teaspoons | **garlic powder**

\_\_\_\_\_ 4.0 tbsp | **lime or lemon juice**

\_\_\_\_\_ 2.0 1 leaf | **bay leaf**

\_\_\_\_\_ 3.0 servings | **Barbeque Sauce**

\_\_\_\_\_ 6.0 tbsp | **jelly**

\_\_\_\_\_ 1.5 tbsp | **lower sodium soy sauce**

\_\_\_\_\_ 1.6 cups | **vinaigrette**

\_\_\_\_\_ 29.0 tbsp | **creamy peanut butter (no salt added)**

\_\_\_\_\_ 1.5 teaspoons | **oregano**

\_\_\_\_\_ 1.3 cups | **Vinegar**

\_\_\_\_\_ 0.3 tbsp | **powdered ginger**

\_\_\_\_\_ 2.0 teaspoons | **corn starch**

## **MEAT**

\_\_\_\_\_ 1.9 lbs. | **Ground Turkey**

\_\_\_\_\_ 18.0 slices | **turkey bacon**

\_\_\_\_\_ 2.0 1 hotdog | **Turkey/Chicken Hot Dog**

\_\_\_\_\_ 12.0 4-ounce | **skinless, boneless chicken breast**

\_\_\_\_\_ 1.0 pounds | **Liver**

\_\_\_\_\_ 1.0 lbs. | **Pork Chops**

\_\_\_\_\_ 12.0 oz | **pork roast**

\_\_\_\_\_ 0.3 package | **Turkey Pepperoni**

#### **DAIRY**

\_\_\_\_\_ 17.8 oz | **shredded cheese**

\_\_\_\_\_ 3.0 container | **5.3 ounce container of cottage cheese**

\_\_\_\_\_ 34.0 whole | **eggs**

\_\_\_\_\_ 20.0 slices | **sliced cheese**

\_\_\_\_\_ 18.0 6oz container | **Flavored Yogurt**

\_\_\_\_\_ 1.8 cup | **Parmesan**

\_\_\_\_\_ 20.0 1/2 cup | **1% Lowfat Milk**

#### **FREEZER**

\_\_\_\_\_ 1.0 cup | **Mixed Frozen Vegetables**

\_\_\_\_\_ 1.5 cups | **frozen corn**

\_\_\_\_\_ **4.0** cups | **frozen peas**

\_\_\_\_\_ **2.3** cups | **frozen broccoli**

## **PREPARED**

\_\_\_\_\_ **1.0** servings | **left over food**

\_\_\_\_\_ **2.0** | **eating out**