Woodford's Family Services
Residential Program

#### AW's Plan

Week of: April 17 to April 23

Weekly Weigh-In:	

Day	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	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	-	115 3 66	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 [ 60 ] Turkey & Cheese Wrap   peanuts   carrots	* ' * * '	Cheese Wrap	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 onion /w salad	yes no [ 17 ] Roasted Tomato and Artichoke Flatbread Pizza	yes no [7] Banh Mi Hot Dog /w peas
Snacks	[#43] Triscuits /	w Humus [#89] R	aisins [#109] Med	lium Granny Smith A	pple [#90] Pret	zels & 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: April 24 to April 30

Weekly Weigh-In:

Day	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast		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		Cheese Wrap	yes no [11] Chicken Caesar Salad		yes no [ 63 ] Turkey & Description   Cheese Wrap   tomato   carrots	Pork Roast /w	yes no [ 65 ] 1 Grilled Cheese sandwiche w/ tomato   apple slices
Dinner		[ 3 ] Tortillas With Spicy Chicken/w	yes no [ 108 ] Subway Meal		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: May 1 to May 7

Weekly Weigh-In:	

Day	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	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   Yogurt
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	yes no [ 72 ] PB&J on Wheat Bread   Carrots   Apple	yes no [71] BLT Turkey 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 [ 18 ] BBQ Chicken Pizza	yes no [ 16 ] Chicken Cutlets with Broccoli Slaw
Snacks	[#95] Cra	ckers /w PB [#96	6] Sugar snap peas /	w Humus [#97]	Trail Mix [#36]	l 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: May 8 to May 14

Weekly	Weigh-In:
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Day	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	[ 25 ] Veggie	cup) with skim milk	cup) with skim milk				yes no [ 56 ] 2 eggs over easy   2 pieces of toast /w jelly
Lunch		Cheese on Spinach Wrap   Banana		yes no [ 75 ] Turkey and Cheese on Spinach Wrap   Banana   Pretzels	yes no [ 75 ] Turkey and Cheese on Spinach Wrap   Banana   Pretzels	Spinach Wrap   Banana   Pretzels	yes no [112] LEFTOVERS: Roasted Tomato and Artichoke Flatbread Pizza
Dinner	[0]	Veggie Stir-fry/w	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	Artichoke Flatbread Pizza	yes no [65] 1 Grilled Cheese sandwiche w/ tomato   apple slices
Snacks	[#99] Pea	anuts [#46] Ora	nge [#100] Cel	lery and Ranch D	ressing [#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: May 15 to May 21

Weekly Weigh-In:	

Day	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	D 1	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 [ 50 ] Raisin Bran (1 cup) /w skim milk (1/2 cup)   Wheat English muffin /w peanut butter	yes no [110] OPTION: Oatmeal & Decaf Coffee or PURCHASE: Breakfast Sandwich and Decaf Coffee	yes no [51]2 Eggs 1 orange   Yogurt
Lunch	yes no [ 3 ] Tortillas With Spicy Chicken /w carrots	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 [0]	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 [ 88 ] Tuna Melt /w 2 hard boiled eggs
Snacks	[#101] Yo	ummy Salsa	/w tortilla chips [#	442] Whole Grain	Rice Cakes [#103] App	oles with PB [#36] 1 Bana	na
Excercise (activity time)		yes no	yes no	yes no	yes no	yes no	yes 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 $_{ m oz}$  Hummus
15.0 cup  lettuce
$_{}$ $8.5$ whole  Orange
$1.0_{1 \text{ pear }   \mathbf{pear} }$
12.0 $_{ m whole}$   apple
$7.8_{\text{cups}}$ spinach
$1.5$ whole  zucchini
2.0 1 potato  sweet potato
$3.0_{ m cups}$  snap peas
$1.5$ oz  cremini / baby portobello mushroom
23.5 $_{\mathrm{whole}}$  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 <sub>1 slice   deli ham</sub>	
$33.0$ slices  Deli Turkey	
	DRY
$3.0$ 1 cake  rice cake	
4.5 100 calorie carton   carton of raisins	
$1.0_{ m \ lbs.}$ $_{ m lbs.}$ $_{ m l}$ pound whole-wheat spaghetti	
$3.0$ cups  trail mix	
1.0 whole  Pizza Dough/Crust	
$2.0$ $_{ m cup}$  Krusteaz Blueberry Pancake Mix	
23.0 $_{ m whole}$  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 $_{10~\mathrm{pieces}}$   Mini Pretzels
$5.0$ 1 muffin   whole-wheat english muffin
3.0 servings (7 pieces)  Tortilla Chips
3.0 servings (7 pieces)   Triscuits
$_{\rm cups}$   cheerios
43.0 slices  Sliced Bread
O.4  Hannaford Unsalted Peanuts (16 oz)
$3.0$ 6 Triscuits   Nabisco Triscuit Baked Whole Grain Wheat Reduced Fat
CAN
$1.0_{\ 1\ \mathrm{can}\  \mathrm{canned\ chipotle\ chiles\ in\ adobo\ sauce}}$
$1.0_{\mathrm{can}(14\mathrm{oz.}) \mathrm{artichoke}\mathrm{hearts}}$
$_{}4.0$ can   tuna fish
$0.5_{ m tbsp}$   chili sauce
$1.0_{\ 15\ \mathrm{oz\ can}\  \mathbf{black\ beans}}$

$1.0_{\text{ cans } \text{Fish Chowder}}$
$0.5$  Hannaford Pizza Sauce (14 Oz.)
$1.0~{ m jars}$  Spaghetti Sauce Can or Jar ( 24 Oz. )
CONDIMENT/SEASON
$0.5_{ m tbsp}$   chili powder
0.5 cups   beef broth
$17.0$ sprays  cooking spray (753 sprays per can)
11.3 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 $_{ m oz}$  Salad Dressing
$3.0$ servings  hot sauce
$3.0$ tablespoon   relish
$\phantom{aaaaaaaaaaaaaaaaaaaaaaaaaaaaaaaaaaa$
$0.3$ cups  chicken broth

4.3 teaspoons  salt	
20.7 $_{ m tbsp}$  cooking oil	
2.0 teaspoon   ketchup	
20.0 $_{ m oz}$  salsa	
2.0 teaspoons  garlic powder	
4.0 $_{ m tbsp}$  lime or lemon juice	
2.0 $_{1 \text{ leaf}}$   bay leaf	
$3.0$ servings  Barbeque Sauce	
6.0 $_{ m tbsp}$  jelly	
$1.5$ tbsp  lower sodium soy sauce	
1.6 cups  vinaigrette	
29.0 $_{ m tbsp}$   creamy peanut butter (no salt added)	
1.5 teaspoons   oregano	
1.3 cups  Vinegar	
$0.3$ tbsp  powdered ginger	
$2.0_{\text{ teaspoons }   \text{corn starch}}$	
	MEAT
$_{}$ 1.9 lbs.  Ground Turkey	

$18.0$ slices  turkey bacon
2.0 $_{1 \text{ hotdog   Turkey/Chicken Hot Dog}}$
$12.0$ 4-ounce  skinless, boneless chicken breast
$1.0$ pounds  Liver
$1.0_{ m lbs.\  Pork\ Chops}$
$12.0$ oz  pork roast
0.3 package  Turkey Pepperoni
DAIRY
$17.8$ oz  shredded cheese
3.0 container  5.3 ounce container of cottage cheese
$_{}34.0_{\mathrm{\ whole\  eggs}}$
20.0 slices   sliced cheese
18.0 60z 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	
$2.0$ <sub> eating out</sub>	