

### Meal and Exercise Related Feedback for NS

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 NS

Date	Note
20160322	NS may become defensive if staff *press* the plan too much. But, he will respond well generally to *suggestions* from staff.

Woodford's Family Services Residential Program			NS's Plan			Weekly Weigh-In:	
Weekly Menu Plan Sheet			Week of: 3-20-16 to 3-26-16				
Day Date	Sunday 3/20	Monday 3/21	Tuesday 3/22	Wednesday 3/23	Thursday 3/24	Friday 3/25	Saturday 3/26
Breakfast	<input type="checkbox"/> yes <input type="checkbox"/> no [56]2 eggs over easy   2 pieces of toast /w jelly	<input type="checkbox"/> yes <input type="checkbox"/> no [113]Bran Flakes and Yogurt	<input type="checkbox"/> yes <input type="checkbox"/> no [54]2 Blueberry Pancakes and 2 eggs	<input type="checkbox"/> yes <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 [56]2 eggs over easy   2 pieces of toast /w jelly
	<input type="checkbox"/> yes <input type="checkbox"/> no [12]Italian Sub in a Wrap	<input type="checkbox"/> yes <input type="checkbox"/> no [63]Turkey & Cheese Wrap   tomato   carrots	<input type="checkbox"/> yes <input type="checkbox"/> no [11]Chicken Caesar Salad	<input type="checkbox"/> yes <input type="checkbox"/> no [63]Turkey & Cheese Wrap   tomato   carrots	<input type="checkbox"/> yes <input type="checkbox"/> no [63]Turkey & Cheese Wrap   tomato   carrots	<input type="checkbox"/> yes <input type="checkbox"/> no [64]Leftover Pork Roast /w Apple Salad	<input type="checkbox"/> yes <input type="checkbox"/> no [65]1 Grilled Cheese sandwich w/ tomato   apple slices
Dinner	<input type="checkbox"/> yes <input type="checkbox"/> no [0]	<input type="checkbox"/> yes <input type="checkbox"/> no [3]Soft Tacos With Spicy Chicken /w carrots	<input type="checkbox"/> yes <input type="checkbox"/> no [81]Turkey Burger /w sweet potato fries	<input type="checkbox"/> yes <input type="checkbox"/> no [20]Garlic Chicken and Zucchini	<input type="checkbox"/> yes <input type="checkbox"/> no [82]Pork Roast /w Apple Salad	<input type="checkbox"/> yes <input type="checkbox"/> no [80]Homemade Pizza with side salad	<input type="checkbox"/> yes <input type="checkbox"/> no [12]Italian Sub in a Wrap
	Snacks						
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 type="checkbox"/> no
	[#91]Carrots /w Humus [#92]Cucumbers /w Humus [#106]Cottage Cheese [#36]1 Banana						