### Weekly Menu Plan Sheet

### BS's Plan

Week of: 2-7-16 to 2-13-16

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Day Date	Sunday 2/7	Monday 2/8	Tuesday 2/9	Wednesday 2/10	Thursday 2/11	Friday 2/12	Saturday 2/13		
Breakfast	yes no [34]Two Eggs Scrambled W/ Toast & 1/2 Banana Recipe	yes no [33]Cheerios with Raisins	yes no [34]Two Eggs Scrambled W/ Toast & 1/2 Banana Recipe	yes no [33]Cheerios with Raisins	yes no [49]2 Eggs w/ Cheese   jelly toast   apple	yes no [33]Cheerios with Raisins	yes no [33]Cheerios with Raisins		
Lunch	yes no [58]Tunafish Sandwich   Mixed Berry & Yogurt Parfait	yes no [59]Turkey and Cheese on wheat wrap   Apple   Cucumber	yes no [63]Turkey & Cheese Wrap   tomato   carrots	yes no [59]Turkey and Cheese on wheat wrap   Apple   Cucumber	yes no [63]Turkey & Cheese Wrap   tomato   carrots	yes no [63]Turkey & Cheese Wrap   tomato   carrots	yes no [61]Leftover Pizza		
Dinner	yes no [0]	yes no [2]Grilled Pork Fajita	yes no [79]Sloppy Joe /w green pepper and onion /w salad	yes no [19]Spaghetti and Turkey Meatball /w salad	yes no [22]Crustless Spinach Quiche	yes no [80]Homemade Pizza with side salad			
Snacks	ks [#106]Cottage Cheese [#43]Triscuits /w Humus [#89]Raisins [#109]Medium Granny Smith Apple [#36]1 Banana								
Excercise (activity + time)	yes no	□ yes □ no	□ yes □ no	□ yes □ no	□ yes □ no	□ yes □ no	yes no		

### **Weekly Menu Plan Sheet**

### BS's Plan

Week of: 2-14-16 to 2-20-16

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Day Date	Sunday 2/14	Monday 2/15	Tuesday 2/16	Wednesday 2/17	Thursday 2/18	Friday 2/19	Saturday 2/20
Breakfast	yes no [8]Omelet	yes no [51]2 Eggs   1 orange   Cottage Cheese	yes no [54]2 Blueberry Pancakes and 2 eggs	yes no [51]2 Eggs   1 orange   Cottage Cheese	yes no [48]Egg and Cheese on Wheat English Muffin   Orange Slices   Yogurt	yes no [51]2 Eggs   1 orange   Cottage Cheese	yes no [56]2 eggs over easy   2 pieces of toast /w   jelly
Lunch	no [12]Italian Sub in a Wrap	yes no [63]Turkey & Cheese Wrap   tomato   carrots	yes no [11]Chicken Caesar Salad	yes no [63]Turkey & Cheese Wrap   tomato   carrots	yes no [63]Turkey & Cheese Wrap   tomato   carrots	yes no [64]Leftover Pork Roast/w Apple Salad	yes no [65]1 Grilled Cheese sandwiche w/ tomato   apple slices
Dinner	yes no [0]	yes no [3]Soft Tacos With Spicy Chicken/w carrots	yes no [29]Bean Soup With Kale	yes no [20]Garlic Chicken and Zucchini	□ yes □ no [82]Pork Roast /w Apple Salad	yes no [81]Turkey Burger /w sweet potato fries	yes no [12]Italian Sub in a Wrap
Snacks	[#43	]Triscuits /w Hun	nus [#91]Car		[#92]Cucumbers /w Humus Banana	[#106]Cottag	e Cheese [#36]1
Excercise (activity + time)	yes no	yes no	yes no	yes no	yes no	yes no	yes no

### **Weekly Menu Plan Sheet**

### BS's Plan

Week of: 2-21-16 to 2-27-16

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Day Date	Sunday 2/21	Monday 2/22	Tuesday 2/23	Wednesday 2/24	Thursday 2/25	Friday 2/26	Saturday 2/27
Breakfast	yes no [57]2 Soft Tacos /w eggs   Cucumbers /w Hummus	yes no [33]Cheerios with Raisins	yes no [57]2 Soft Tacos /w eggs   Cucumbers /w Hummus	yes no [33]Cheerios with Raisins	yes no [51]2 Eggs   1 orange   Cottage Cheese	yes no [33]Cheerios with Raisins	yes no [51]2 Eggs   1 orange   Cottage Cheese
Lunch	yes no [7]Banh Mi Hot Dog /w peas	yes no [59]Turkey and Cheese on wheat wrap   Apple   Cucumber	yes no [71]BLT Turkey Wrap   peas	yes no [59]Turkey and Cheese on wheat wrap   Apple   Cucumber	yes no [71]BLT Turkey Wrap   peas	yes no [59]Turkey and Cheese on wheat wrap   Apple   Cucumber	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 [5]One pot Ground Turkey, Rice and Corn	yes no [83]Chef Salad	yes no [5]One pot Ground Turkey, Rice and Corn	yes no [16]Chicken Cutlets with Sesame Broccoli Slaw
Snacks			06]Sugar snap peas		Cucumbers /w		
Excercise (activity + time)	yes no	yes no	yes no	yes 🗆 no	yes no	yes no	yes 🗆 no

### BS's Plan

# Weekly Weigh-In:

**Weekly Menu Plan Sheet** 

Week of: 2-28-16 to 3-5-16

Day Date	Sunday 2/28	Monday 2/29	Tuesday 3/1	Wednesday 3/2	Thursday 3/3	Friday 3/4	Saturday 3/5
Breakfast	yes no [25]Western Omelet	yes no [56]2 eggs over easy   2 pieces of toast /w jelly	yes no [34]Two Eggs Scrambled W/ Toast & 1/2 Banana Recipe	yes no [56]2 eggs over easy   2 pieces of toast /w jelly		yes no [56]2 eggs over easy   2 pieces of toast /w jelly	yes no [25]Western Omelet
Lunch	yes no [4]Spinach and Egg Breakfast Wrap with Avocado and Pepper Jack Cheese	yes no [75]Turkey and Cheese on wheat wrap   Banana   Pretzel	yes no [63]Turkey & Cheese Wrap   tomato   carrots	yes no [75]Turkey and Cheese on wheat wrap   Banana   Pretzel	yes no [76]Turkey- Spinach Wraps   pretzels	yes no [75]Turkey and Cheese on wheat wrap   Banana   Pretzel	yes no [65]1 Grilled Cheese sandwiche w/ tomato   apple slices
Dinner	yes no [0]	yes no [15]Chicken- and-Veggie Stir- fry /w Brown Rice /w Salad	yes no [26]Black Bean Veggie Burgers /w Sweet Potato Fries	yes no [21]Ham & Cheese Quiche	yes no [6]Chicken Breast With Shaved Brussels Sprouts	yes no [84]Liver and Onion /w Chopped Spinach	yes no [17]Roasted Tomato and Artichoke Flatbread Pizza
Snacks	[#107]Sm	oothie [#92]Cuc	cumbers /w Humu	s [#46]Orange	[#100]Celery	and Dip [#36]1	Banana
Excercise (activity + time)	yes no	yes no	yes no	yes no	yes no	yes no	yes no

## **Weekly Menu Plan Sheet**

### BS's Plan

Week of: 3-6-16 to 3-12-16

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Day Date	Sunday 3/5	Monday 3/7	Tuesday 3/8	Wednesday 3/9	Thursday 3/10	Friday 3/11	Saturday 3/12		
Breakfast	yes no [52]2 Pancakes   Cottage   Cheese     Banana	yes no [33]Cheerios with Raisins	yes no [49]2 Eggs w/ Cheese   jelly toast   apple	yes no [33]Cheerios with Raisins	yes no [49]2 Eggs w/ Cheese   jelly toast   apple	yes no [33]Cheerios with Raisins	yes no [51]2 Eggs   1 orange   Cottage Cheese		
Lunch	yes no [3]Soft Tacos 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 [85]BBQ Chicken /w Brown Rice /w corn	yes no [86]Stuffed Bell Pepper /w peas /w salad	yes no  [4]Spinach and Egg Breakfast Wrap with Avocado and Pepper Jack Cheese	yes no [87]Fish Chowder /w salad	yes no [88]Tuna Melt /w 2 hard boiled eggs		
Snacks	[#101]Strawberry-Avocado Salsa /w tortilla chips [#102]Tortilla Chips /w salsa [#42]Whole Grain Rice Cakes [#107]Smoothie [#36]1 Banana								
Excercise (activity + time)	yes no	yes no	yes no	yes no	yes no	yes no	yes no		