Weekly Menu Plan Sheet

NS'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 [4]Spinach and Egg Breakfast Wrap with Avocado and Pepper Jack Cheese	yes no [33]Cheerios with Raisins	yes no	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
Lunch	☐ yes ☐ no [58]Tunafish Sandwich Mixed Berry & Yogurt Parfait	yes no [59]Turkey and Cheese on wheat wrap Apple Cucumber	yes no [60]Turkey & Cheese Wrap peanuts carrots	yes no [59]Turkey and Cheese on wheat wrap Apple Cucumber	☐ yes ☐ no [60]Turkey & Cheese Wrap peanuts carrots	yes no [61]Leftover Pizza	yes no [60]Turkey & Cheese Wrap peanuts carrots
Dinner	yes no [0]	yes no [1]BLT Turkey Wrap	yes no [79]Sloppy Joe /w green pepper and onion /w salad	yes no [19]Spaghetti and Turkey Meatball /w salad	yes no [80]Homemade Pizza with side salad	yes no [22]Crustless Spinach Quiche	yes no [7]Banh Mi Hot Dog /w peas
Snacks	[#43]Triscuits /w H	Iumus [#89]Raisi	ns [#109]Mediun	n Granny Smith App	ole [#90]Pretze	els & PB [#3	6]1 Banana
Excercise (activity + time)	yes no	yes no	yes no	yes no	□ yes □ no	yes no	yes no

Weekly Menu Plan Sheet

NS's Plan

Week of: 2-14-16 to 1-20-16

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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 [56]2 eggs over easy 2 pieces of toast /w jelly	yes no [47]Raisin Bran (1 cup) with skim milk (1/2 cup) Yogurt	yes no [54]2 Blueberry Pancakes and 2 eggs	yes no [47]Raisin Bran (1 cup) with skim milk (1/2 cup) Yogurt	yes no [48]Egg and Cheese on Wheat English Muffin Orange Slices Yogurt	yes no [47]Raisin Bran (1 cup) with skim milk (1/2 cup) Yogurt	yes no [56]2 eggs over easy 2 pieces of toast /w jelly
Lunch	yes no [12]Italian Sub in a Wrap	1 1	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 [81]Turkey Burger /w sweet potato fries	yes no [20]Garlic Chicken and Zucchini	yes no [82]Pork Roast /w Apple Salad	yes no [80]Homemade Pizza with side salad	yes no [12]Italian Sub in a Wrap
Snacks		[#91]Carrots /w I	Humus [#92	2]Cucumbers /w Hu	mus [#106]Cottage (Cheese [#36]1 Ba	nana
Excercise (activity + time)	yes no	yes no	yes no	yes no	yes no	yes no	yes no

Weekly Menu Plan Sheet

NS's Plan

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

Weekly Weigh-In:

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 [9]PB & B 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 (over easy) 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 Wrap 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 [5]One pot Ground Turkey, Rice and Corn	yes no [80]Homemade Pizza with side salad	yes no [16]Chicken Cutlets with Sesame Broccoli Slaw
Snacks		[#95]Crack	ers /w PB [#96]S	ugar snap peas /w	Humus [#97]Tra	il Mix [#36]1 Bar	ana
Excercise (activity + time)	yes no	yes no	yes no	yes no	yes no	yes no	yes no

NS'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 [47]Raisin Bran (1 cup) with skim milk (1/2 cup) Yogurt	yes no [34]Two Eggs Scrambled W/ Toast & 1/2 Banana Recipe	yes no [47]Raisin Bran (1 cup) with skim milk (1/2 cup) Yogurt	yes no [49]2 Eggs w/ Cheese jelly toast apple	yes no [47]Raisin Bran (1 cup) with skim milk (1/2 cup) Yogurt	yes no [56]2 eggs over easy 2 pieces of toast /w jelly
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 [60]Turkey & Cheese Wrap peanuts 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 [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	yes no [21]Ham & Cheese Quiche
Snacks		[#99]Peanu	ts [#46]Orange	[#100]Celery an	d 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

NS's Plan

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

Weekly Weigh-In:

Day Date	Sunday 3/6	Monday 3/7	Tuesday 3/8	Wednesday 3/9	Thursday 3/10	Friday 3/11	Saturday 3/12
Breakfast	yes no [52]2 pancakes Yogurt Banana	yes no [33]Cheerios with Raisins	yes no [48]Egg and Cheese on Wheat English Muffin Orange Slices Yogurt	yes no [33]Cheerios with Raisins	\ \ x /	yes no [33]Cheerios with Raisins	yes no [51]2 Eggs (over easy) 1 orange Yogurt
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 [4]Spinach and Egg Breakfast Wrap with Avocado and Pepper Jack Cheese	yes no [86]Stuffed Bell Pepper /w peas /w salad	yes no [87]Fish Chowder /w salad	yes no [85]BBQ Chicken /w Brown Rice /w corn	yes no [88]Tuna Melt /w 2 hard boiled eggs
Snacks	[#1	01]Strawberry	-Avocado Salsa /w tortilla Cakes [#103]	a chips [#102 Apples with P		42]Whole Grai	n Rice
Excercise (activity + time)	yes no	yes no	yes no	yes no	yes no	yes no	yes no