

Meal and Exercise Related Feedback for JH

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 JH

Date	Note
20160202	Does not like brussel sprouts
20160202	Does not like tomatoes very much.
20160312	Requested Veggie Lasagna
20160317	Requesed Apple sauce for a snack
20160317	Requested Turkey meatball sub on plan.
20160317	Does not like tomatoes.
20160423	Does eat tomatoes or drink Orange Juice or other highly acidtent juices due to acid reflux.

Weekly Menu Plan Sheet

Week of: April 17 to April 23

Weekly Weigh-In:

[illegible]

Weekly Menu Plan Sheet

Week of: April 24 to April 30

Weekly Weigh-In:

[illegible]

Weekly Menu Plan Sheet

JH's Plan

Week of: May 1 to May 7

Weekly Weigh-In:

[illegible]

Weekly Menu Plan Sheet

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:

[illegible]