# **Weekly Menu Plan Sheet**

# JH's Plan

Week of: 1-3-16 to 1-9-16

Day	Sunday	Monday	Tuesday	Wednesday   Thursday   Friday   Saturday			
Date	1/3	1/4	1/5	1/6	1/7	1/8	1/9
Breakfast	yes no [1]Spinach and Egg Breakfast Wrap with Avocado and Pepper Jack Cheese	yes no [5]Cheerios with Raisins	yes no [6]Two Eggs Scrambled w/ Toast & 1/2 Banana	yes no [5]Cheerios with Raisins	yes no [10]2 Eggs w/ Cheese jelly toast apple	yes no [5]Cheerios with Raisins	yes no [14]Leftover Pizza (2 slices) Yogurt
Lunch	yes no [24]Tunafish Sandwich Mixed Berry & Yogurt Parfait	yes no [15]Turkey and Provolone cheese on wheat wrap Apple Cucumber	yes no [8]Turkey & Cheese Wrap peanuts carrots	yes no [15]Turkey and Provolone cheese on wheat wrap Apple Cucumber	yes no [8]Turkey & Cheese Wrap peanuts carrots	yes no [11]Leftover Pizza	yes no [25]Pork /w Pasta Salad and Beans
Dinner	yes no [66]Shepherd's Pie green beans	yes no [2]Grilled Pork Fajita mixed veggies	yes no [67]Sloppy Joe /w green pepper and onion salad	yes no [18]Spaghetti and Turkey Meatball salad	yes no [36]Homemade Pizza with side salad	yes no [21]Crustless Spinach Quiche	yes no [7]Banh Mi Hot Dog peas
Snacks	[#12]Triscuit Who	ole Wheat Crackers /	w humus [#1]Rais	ins [#6]Apple [#	<sup>‡</sup> 20]Pretzels & Pl	B [#10]Bana	ına
Excercise (activity + time)	yes no	yes no	yes no	yes no	yes no	yes no	yes no

**Weekly Menu Plan Sheet** 

# JH's Plan

Week of: 1-10-16 to 1-16-16

Day Date	Sunday 1/10	Monday 1/11	Tuesday 1/12	Wednesday 1/13	Thursday 1/14	Friday 1/15	Saturday 1/16
Breakfast	yes no [2]Classic French Omelet	yes no [8]Raisin Bran (1 cup) with skim milk (1/2 cup) Yogurt	yes no [15]2 Blueberry Pancakes and 2 eggs	yes no [8]Raisin Bran (1 cup) with skim milk (1/2 cup) Yogurt	yes no [9]Egg and Cheese on Wheat English Muffin Orange Slices Yogurt	yes no [8]Raisin Bran (1 cup) with skim milk (1/2 cup) Yogurt	yes no [17]2 eggs over easy 2 pieces of toast /w jelly
Lunch	□ yes □ no [5]Italian Sub	yes no [9]Ham and Cheese on Wheat Wrap pretzels cucumbers	yes no [12]Chicken Caesar Salad	yes no [9]Ham and Cheese on Wheat Wrap pretzels cucumbers	yes no [14]Leftover Beef Stew	yes no [9]Ham and Cheese on Wheat Wrap pretzels cucumbers	yes no [10]1 Grilled Cheese sandwiche w/ tomato apple slices
Dinner	yes no [9]Black Pepper and Molasses Pulled Chicken Sandwiches	yes no [3]2 Soft Tacos With Spicy Chicken carrots	yes no [12]Turkey Burger sweet potato fries	yes no [19]Garlic Chicken and Zucchini	yes no [37]Beef Stew salad	yes no [28]Healthy Bean Soup With Kale	yes no [11]Italian Sub
Snacks	[#16]Healthy Honey Oatmeal Cookies [#8]Carrots /w Humus [#17]Cucumbers /w Humus [#5]Yogurt [#10]E						
Excercise (activity + time)	yes no	yes no	yes no	yes no	yes no	yes no	yes no

Weekly Menu Plan Sheet

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JH's Plan

Week of: 1-17-16 to 1-23-16

Day	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Date	1/17	1/18	1/19	1/20	1/21 1/22		1/23
Breakfast	no [3]PB & B Pancakes	yes no [5]Cheerios with Raisins	yes no [18]2 Soft Tacos /w eggs Cucumbers /w Hummus	yes no [5]Cheerios with Raisins	yes no [7]English Muffin with PB milk yogurt /w berries or fruit	yes no [5]Cheerios with Raisins	yes no [12]2 Eggs (over easy)  1 orange  Yogurt
Lunch	yes no [4]Banh Mi Hot Dog	yes no [19]PB&J on Wheat Wrap Carrots Orange	yes no [1]BLT Turkey Wrap peas	yes no [17]PB&J on Wheat Wrap Carrots Apple	yes no [1]BLT Turkey Wrap peas	yes no [18]PB&J on Wheat Wrap Pretzels Cucumbers	yes no [21]Turkey Burger small salad
Dinner	yes no [32]Pot Roast	yes no [10]Chicken Caesar Salad	yes no [13]Chicken Burger broccoli	yes no [45]Chef's Salad	yes no [5]One Pot Ground Beef, Corn and Brown Rice	yes no [45]Chef's Salad	yes no [15]Chicken Cutlets with Sesame Broccoli Slaw
Snacks	[#21	]Mini Blueberry	Muffins [#9]	Crackers /w PB	[#18]Sugar snap peas /w ]	Humus [#24]7	Trail Mix [#10]Banana
Excercise (activity + time)	yes no	yes no	yes no	yes no	yes no	yes no	yes no

# JH's Plan

Week of: 1-24-16 to 1-30-16

Weekly Weigh-In:

Weekly Menu Plan Sheet

Day	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Date	1/24	1/25	1/26	1/27	1/28	1/29	1/30
	yes no	yes no	yes no	yes no	yes no	yes no	yes no
	[4]Western Omelet	[8]Raisin Bran (1	[6]Two Eggs Scrambled w/ Toast & 1/2	[8]Raisin Bran (1	[10]2 Eggs w/	[8]Raisin Bran (1	[17]2 eggs over
Breakfast	english muffin	cup) with skim milk (1/2 cup)		cup) with skim milk (1/2 cup)	Cheese	cup) with skim milk (1/2 cup)	easy
			Banana	<b>1</b>	jelly toast	•	2 pieces of toast
		Yogurt	Bullullu	Yogurt	apple	Yogurt	/w jelly
	yes no	yes no	yes no	yes no	yes no	yes no	yes no
	[3]Spinach and Egg	[16]Turkey and	[8]Turkey &	[16]Turkey and	[6]Turkey-	[16]Turkey and	[10]1 Grilled
Lunch	Breakfast Wrap with	Provolone cheese	Cheese Wrap	Provolone cheese	Spinach Wraps		Cheese sandwiche
	Avocado and Pepper Jack Cheese	on wheat wrap	peanuts	on wheat wrap	pretzels	on wheat wrap	w/ tomato
	Cheese	Banana	carrots	Banana		Banana	apple slices
		Pretzel		Pretzel		Pretzel	
	yes no	yes no	yes no	yes no	yes no	yes no	yes no
	[33]Chicken Pot Pie	[14]Chicken-	[25]Black Bean	[20]Ham &	[6]Chicken	[59]Liver with	[16]Roasted
Dinner	salad	and-Veggie Stir	Veggie Burgers	Cheese Quiche	Breast With	onion	Tomato and
		Fry	sweet potato		Shaved Brussels Sprouts	chopped spinach	Artichoke Flatbread Pizza
		Brown Rice	fries		Sprouts		
		Salad					
Snacks	[#23]	ts [#7]Orange	[#22]Celery and I	Dip [#10]Banana			
	yes no	yes no	yes no	yes no	yes no	□ yes □ no	yes no
Excercise							
(activity							
+ time)							
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# JH's Plan

Week of: 1-31-16 to 2-6-16

1	<b>Weekly Menu Plan</b>	Sheet	Week	Week of: 1-31-16 to 2-6-16					
Day Date	Sunday 1/31	Monday 2/1	Tuesday 2/2	Wednesday 2/3	Thursday 2/4	Friday 2/5	Saturday 2/6		
Date									
Breakfast	yes no [13]2 pancakes Yogurt Banana	yes no [5]Cheerios with Raisins	yes no  [9]Egg and Cheese on Wheat English Muffin Orange Slices Yogurt	yes no [5]Cheerios with Raisins	yes no [11]Raisin Bran (1 cup) /w skim milk (1/2 cup)  Wheat English muffin /w peanut butter	yes no [5]Cheerios with Raisins	yes no [12]2 Eggs (over easy)  1 orange Yogurt		
Lunch	yes no [2]Soft Tacos With Spicy Chicken	yes no [20]Tunafish and relish Wrap Spinach	yes no [10]1 Grilled Cheese sandwiche w/ tomato apple slices		nafish [22]Garden Pita Pocket elish ap		yes no [12]Chicken Caesar Salad		
Dinner	yes no [80]Turkey Lasagna /w mixed veggies	yes no [1]BLT Turkey Wrap	yes no [47]BBQ Chicken Brown Rice corn	yes no [46]Stuffed Bell Pepper peas salad	yes no [4]Spinach and Egg Breakfast Wrap with Avocado and Pepper Jack Cheese	yes no [82]Fish Chowder salad	yes no [70]Tuna Melt 2 hard boiled eggs		
Snacks	[#25]Strawberry-Avocado Salso /w tortilla chips [#14]Tortilla Chips /w salsa [#4]Whole Grain Rice Cakes [#15]Apples with PB [#10]Banana								
Excercise (activity + time)	yes no	yes no	yes no	yes no	yes no	yes no	yes no		