Meal and Excercise Related Feedback for BS

Please note any (big or small) adjustments, suggestions, ideas relating to the meal and excercise plan. Please note in particular any preferences and interests voiced by the BS

Date	Note					
20160112	Eats cheerios but only dry and as snack					
20160112	Is allergic to ALL nuts all nuts are off limits					
20160112	Does not eat yogurt [we are goin go try smoothies]					
20160202	oes not like brussel sprouts					
20160202	Does not like tomatoes very much.					
20160206	Completed first 5 week rotation of meals on Feb. 6, 2016 and it went generally well.					
20160322	Will Eat snap peas - cucumbers - onions					
20160322	Does not eat yogurt					
20160322	Does not like tuna fish					
2060423	Does not eat spinach for salad. Prefers iceberg or romaine for salad.					
20160317	Does not like tomatoes					

Woodford's Family Services
Residential Program

BS's Plan

Week of: April 17 to April 23

Weekly Weigh-In:	

Day	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Raisins	yes no [34] Two Eggs Scrambled W/ Toast & 1/2 Banana Recipe	yes no [33] Cheerios with Raisins	1 2	yes no [33] Cheerios with Raisins	[49] 2 Eggs w/	yes no [33] Cheerios with Raisins
Lunch	Cheese Wrap		yes no [63] Turkey & Damp; Cheese Wrap tomato carrots	Cheese on wheat wrap	yes no [63] Turkey & Description [63] Turkey & Description [63] Turkey & Description [64] Turkey & Description [65] Turkey & Description [65] Turkey & Description [66] Turkey & Description [67] Turkey & Description [68] Turkey & Description		yes no [61] Leftover Pizza
Dinner	yes no [0]	yes no [22] Spinach Quiche	yes no [79] Sloppy Joe /w green pepper and onion /w salad	yes no [19] Spaghetti and Turkey Meatball /w salad	yes no [25] Veggie Omelet	Pizza with side salad	yes no [16] Chicken Cutlets with Broccoli Slaw
Snacks	[#106] Cottage Cheese [#96] Sugar snap peas /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

Woodford's Family Services
Residential Program

BS's Plan

Week of: April 24 to April 30

Day	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	yes no [8] Omelet	yes no [51] 2 Eggs 1 orange Yogurt	yes no [33] Cheerios with Raisins	yes no [51] 2 Eggs 1 orange Yogurt	Raisins	yes no [51] 2 Eggs 1 orange Yogurt	yes no [33] Cheerios with Raisins
Lunch	yes no [12] Italian Sub in a Wrap	yes no [118] Turkey & Damp; Cheese Wrap cucumbers and humus/dressing	yes no [11] Chicken Caesar Salad	yes no [118] Turkey & Damp; Cheese Wrap cucumbers and humus/dressing	Cheese Wrap cucumbers and humus/dressing	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] Bean Quesadillas	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 [29] Bean Soup With Kale	yes no [12] Italian Sub in a Wrap
Snacks		Triscuits /w Humus 1 Banana	[#119] Apple S	Sauce (side/snack) [#	#92] Cucumbers /w Hu	mus [#106]	Cottage Cheese
Excercise (activity time)	yes no	yes no	yes no	yes no	yes no	yes no	yes no

Woodford's Family Services
Residential Program

BS's Plan

Week of: May 1 to May 7

Weekly Weigh-In:	

Day	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	yes no [57] 2 Tortillas /w eggs Cucumbers /w Hummus	yes no [33] Cheerios with Raisins	yes no [57] 2 Tortillas /w eggs Cucumbers /w Hummus	yes no [33] Cheerios with Raisins	yes no [54] 2 Blueberry Pancakes and 2 eggs	yes no [33] Cheerios with Raisins	yes no [51] 2 Eggs 1 orange Yogurt
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 [16] Chicken Cutlets with Broccoli Slaw	yes no [26] Black Bean Veggie Burgers /w Sweet Potato Fries	yes no [7] Banh Mi Hot Dog/w peas
Snacks	[#107] Frozen	Fruit/Berry Smoothi	e [#96] Sugar s	nap peas /w Humus	[#92] Cucuml	bers /w Humus [#3	6] 1 Banana
Excercise (activity time)	yes no	yes no	yes no	yes no	yes no	yes no	yes no

Woodford's Family Services Residential Program

Weekly Menu Plan Sheet

BS's Plan

Week of: May 8 to May 14

Weekly Weigh-In:	Week	ly W	eigh-	In:
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Day	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Omelet	[56] 2 eggs over easy 2 pieces of toast /w	l l	yes no [56] 2 eggs over easy 2 pieces of toast /w jelly	yes no [49] 2 Eggs w/ Cheese jelly toast apple	yes no [56] 2 eggs over easy 2 pieces of toast /w jelly	yes no [25] Veggie Omelet
Lunch	Egg and Cheese Breakfast Wrap	[75] Turkey and	Cheese Wrap tomato carrots	yes no [75] Turkey and Cheese on Spinach Wrap Banana Pretzels	yes no [76] Turkey- Spinach Wraps pretzels	yes no [75] Turkey and Cheese on Spinach Wrap Banana Pretzels	yes no [65] 1 Grilled Cheese sandwiche w/ tomato apple slices
Dinner		Veggie Stir-fry/w		yes no [21] Ham & Cheese Quiche	yes no [6] Chicken Breast With Mixed Vegetables	yes no [17] Roasted Tomato and Artichoke Flatbread Pizza	yes no [12] Italian Sub in a Wrap
Snacks	[#107] Froz [#36] 1 Bar	zen Fruit/Berry Smo nana	oothie [#92] Cuci	umbers /w Humus	[#46] Orange	[#100] Celery an	d Ranch Dressing
Excercise (activity time)	yes no	yes no	yes no	yes no	yes no	yes no	yes no

Woodford's Family Services
Residential Program

BS's Plan

Week of: May 15 to May 21

Weekly Weigh-In	Weigh-In:
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Day	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
Breakfast	yes no [52]2 Pancakes Yogurt 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 Yogurt		
Lunch	yes no [3] Bean Quesadillas	yes no [76] Turkey- Spinach Wraps pretzels	yes no [65] 1 Grilled Cheese sandwiche w/ tomato apple slices	yes no [76] Turkey-Spinach Wraps pretzels	yes no [78] Turkey Burger small salad	yes no [76] Turkey-Spinach Wraps pretzels	yes no [11] Chicken Caesar Salad		
Dinner	yes no [0]		yes no [85] BBQ Chicken/w Brown Rice/w corn	Stuffed Bell Pepper/w	and Cheese	yes no [26] Black Bean Veggie Burgers /w Sweet Potato Fries	yes no [17] Roasted Tomato and Artichoke Flatbread Pizza		
Snacks	[#101] Yummy Salsa /w tortilla chips [#42] Whole Grain Rice Cakes [#107] Frozen Fruit/Berry Smoothie [#36] 1 Banana								
Excercise (activity time)	yes no	yes no	yes no	yes no	yes no	yes no	yes no		