

### Meal and Exercise Related Feedback for NS

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 NS

Date	Note
20160322	NS may become defensive if staff *press* the plan too much. But, he will respond well generally to *suggestions* from staff.

## Weekly Menu Plan Sheet

**Week of: April 17 to April 23**

### Weekly Weigh-In:

[illegible]

## Weekly Menu Plan Sheet

## NS's Plan

**Week of: April 24 to April 30**

### Weekly Weigh-In:

[illegible]

## Weekly Menu Plan Sheet

**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]

Woodford's Family Services  
Residential Program

Weekly Menu Plan Sheet

NS's Plan

Week of: May 15 to May 21

Weekly Weigh-In:

Day	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	<input type="checkbox"/> yes <input type="checkbox"/> no [ 52 ] 2 Pancakes   Yogurt   Banana	<input type="checkbox"/> yes <input type="checkbox"/> no no [ 33 ] Cheerios with Raisins	<input type="checkbox"/> yes <input type="checkbox"/> no [ 48 ] Egg and Cheese on Wheat English Muffin   Orange Slices   Yogurt	<input type="checkbox"/> yes <input type="checkbox"/> no [ 33 ] Cheerios with Raisins	<input type="checkbox"/> yes <input type="checkbox"/> no [ 50 ] Raisin Bran (1 cup) /w skim milk (1/2 cup)   Wheat English muffin /w peanut butter	<input type="checkbox"/> yes <input type="checkbox"/> no [ 33 ] Cheerios with Raisins	<input type="checkbox"/> yes <input type="checkbox"/> no no [ 51 ] 2 Eggs   1 orange   Yogurt
Lunch	<input type="checkbox"/> yes <input type="checkbox"/> no [ 3 ] Bean Quesadillas	<input type="checkbox"/> yes <input type="checkbox"/> no no [ 77 ] Tunafish and relish Wrap   Spinach	<input type="checkbox"/> yes <input type="checkbox"/> no [ 65 ] 1 Grilled Cheese sandwiche w/ tomato   apple slices	<input type="checkbox"/> yes <input type="checkbox"/> no [ 77 ] Tunafish and relish Wrap   Spinach	<input type="checkbox"/> yes <input type="checkbox"/> no [ 78 ] Turkey Burger   small salad	<input type="checkbox"/> yes <input type="checkbox"/> no [ 77 ] Tunafish and relish Wrap   Spinach	<input type="checkbox"/> yes <input type="checkbox"/> no no [ 11 ] Chicken Caesar Salad
Dinner	<input type="checkbox"/> yes <input type="checkbox"/> no [ 0 ]	<input type="checkbox"/> yes <input type="checkbox"/> no no [ 1 ] BLT Turkey Wrap	<input type="checkbox"/> yes <input type="checkbox"/> no [ 4 ] Spinach, Egg and Cheese Breakfast Wrap	<input type="checkbox"/> yes <input type="checkbox"/> no [ 86 ] Turkey Burger Stuffed Bell Pepper /w peas /w salad	<input type="checkbox"/> yes <input type="checkbox"/> no [ 26 ] Black Bean Veggie Burgers /w Sweet Potato Fries	<input type="checkbox"/> yes <input type="checkbox"/> no [ 102 ] BBQ Pulled Pork /w Brown Rice /w corn	<input type="checkbox"/> yes <input type="checkbox"/> no no [ 88 ] Tuna Melt /w 2 hard boiled eggs
Snacks	[#101] Yummy Salsa /w tortilla chips    [#42] Whole Grain Rice Cakes    [#103] Apples with PB    [#36] 1 Banana [#94] Tea with Honey						
Excercise (activity time)	<input type="checkbox"/> yes <input type="checkbox"/> no no	<input type="checkbox"/> yes <input type="checkbox"/> no	<input type="checkbox"/> yes <input type="checkbox"/> no	<input type="checkbox"/> yes <input type="checkbox"/> no	<input type="checkbox"/> yes <input type="checkbox"/> no	<input type="checkbox"/> yes <input type="checkbox"/> no	<input type="checkbox"/> yes <input type="checkbox"/> no no