Weekly Menu Plan Sheet

AW's Plan

Week of: 2-7-16 to 2-13-16

Weekly Wei	igh-In:
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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 [34]Two Eggs Scrambled W/ Toast & 1/2 Banana Recipe	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 with Raisins
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 [60]Turkey & Cheese Wrap peanuts carrots	yes no [61]Leftover Pizza
Dinner	yes no [0]	yes no [1]BLT Turkey Wrap	yes no [108]Subway Meal	yes no [19]Spaghetti and Turkey Meatball /w salad	yes no [79]Sloppy Joe /w green pepper and onion /w salad	yes no [80]Homemade Pizza with side salad	
Snacks	[#43]Triscuits /w	Humus [#89]Rai	sins [#109]Medi	um Granny Smith A	apple [#90]Pre	tzels & 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

AW'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	yes no [63]Turkey & Cheese Wrap tomato carrots	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 [108]Subway Meal	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 [81]Turkey Burger /w sweet potato fries
Snacks		[#91]Carrots /w I	Humus [#92]	Cucumbers /w Hur	nus [#106]Cottage C	heese [#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

AW's Plan

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

Weekly Weigh-I	n
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Day	Sunday	Monday	Tuesday	Wednesday	Thursday 2/25	Friday	Saturday 2/27
Date	2/21	2/22	2/23	2/24	2/25	2/26	2/27
	uges uges uges	yes no	yes no	yes no	yes no	yes no	□ yes □ no
Breakfast	no	[33]Cheerios	[35]English	[33]Cheerios	[35]English	[33]Cheerios with	[51]2 Eggs (over
	[9]PB & B	with Raisins	Muffin /w Peanut	with Raisins	Muffin /w Peanut	Raisins	easy) 1 orange
	Pancakes		Butter /w Banana		Butter /w Banana		Yogurt
	□ yes □	□ yes □ no	yes no	yes no	yes no	□ yes □ no	□ yes □ no
	no	[70]PB&J on	[71]BLT Turkey	[72]PB&J on	[71]BLT Turkey	[73]PB&J on	[74]Turkey Burger
Lunch	[7]Banh	Wheat Bread	Wrap peas	Wheat Bread	Wrap peas	Wheat Wrap	small salad
	Mi Hot	Carrots Orange		Carrots Apple		Pretzels	
	Dog/w peas					Cucumbers	
	ges g	yes no	yes no	yes no	yes no	yes no	yes no
D.	no	[11]Chicken	[14]Chicken	[83]Chef Salad	[5]One pot	[83]Chef Salad	[16]Chicken
Dinner	[0]	Caesar Salad	Burger /w		Ground Turkey,		Cutlets with
			Broccoli		Rice and Corn		Sesame Broccoli Slaw
C 1		[/ DD [//0/16		II [#07]T	:1 M: [#27]1 D	
Snacks		[#95]Crack	ters / w PB [#96] S	Sugar snap peas /w	Humus [#97]Tra	il Mix [#36]1 Bar	ana
	uges uges uges	□ yes □ no	yes no	yes no	yes no	yes no	□ yes □ no
	no						
Excercise							
(activity							
+ time)							

AW's Plan

Weekly Weigh-In:

Weekly Menu Plan Sheet

Week of: 2-28-16 to 3-5-16

Day	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Date	2/28	2/29	3/1	3/2	3/3	3/4	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	1 1	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 and	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

AW's Plan

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

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Day	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Date	3/6	3/7	3/8	3/9	3/10	3/11	3/12
	yes no	yes no	yes no	yes no	yes no	yes no	yes no
Breakfast	[52]2	[33]Cheerios	1	[33]Cheerios		[33]Cheerios	[51]2 Eggs
Dicariasi	pancakes Yogurt	with Raisins	Wheat English Muffin Orange Slices Yogurt	with Raisins	skim milk (1/2 cup) Wheat English muffin /w peanut	with Raisins	over easy) 1 orange
	Banana		Orange Shees Toguit		butter		Yogurt
	yes no	yes no	yes no	ges no	yes no	yes no	yes no
Lunch	[3]Soft Tacos	[77]Tunafish		[77]Tunafish		[77]Tunafish	[11]Chicken
Lunch	With Spicy Chicken /w	and relish Wrap	sandwiche w/ tomato apple slices	and relish Wrap	salad	and relish Wrap	Caesar Salad
	carrots	Spinach	apple snees	Spinach		Spinach	
	yes no	yes no	yes no	yes no	yes no	yes no	yes no
D.	[0]	[1]BLT	[4]Spinach and Egg	[86]Stuffed	[87]Fish Chowder /w salad	[85]BBQ	[88]Tuna
Dinner		Turkey	Breakfast Wrap with	Bell Pepper		Chicken /w Brown Rice	Melt /w 2 hard boiled
		Wrap	Avocado and Pepper Jack Cheese	/w peas /w salad		/w corn	eggs
G 1	Γ#1	01]Strawberry	-Avocado Salsa /w tortilla	chips [#10]	2]Tortilla Chips /w salsa [#4	42]Whole Grai	
Snacks				Apples with P	- ·		
	yes no	ges no	yes no	ges no	yes no	yes no	yes no
Excercise							
(activity + time)							