AW's Plan

Weekly Weigh-In:

Weekly Menu Plan Sheet

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 Whole Wheat Crackers /w humus [#1]Raisins [#6]Apple [#20]Pretzels & PB [#10]Banan						
Excercise (activity + time)	yes no	yes no	yes no	yes no	yes no	yes no	yes no

AW's Plan

Weekly Weigh-In:

Weekly Menu Plan Sheet

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]Banana
Excercise (activity + time)	yes no	yes no	yes no	yes no	yes no	yes no	yes no

AW's Plan

Weekly Weigh-In:

Weekly Menu Plan Sheet

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

Day Date	Sunday 1/17	Monday 1/18	Tuesday 1/19	Wednesday 1/20	Thursday 1/21	Friday 1/22	Saturday 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	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	
Excercise (activity + time)	yes no	Mini Blueberry yes no	yes no	Crackers /w PB	[#18]Sugar snap peas /w] yes no	yes no	rail Mix [#10]Banana yes □ no	

Weekly Menu Plan Sheet

AW's Plan

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

Weekly Weigh-In:

Day Date	Sunday 1/24	Monday 1/25	Tuesday 1/26	Wednesday 1/27	Thursday 1/28	Friday 1/29	Saturday 1/30
Breakfast	yes no [4]Western Omelet english muffin	yes no [8]Raisin Bran (1 cup) with skim milk (1/2 cup) Yogurt	yes no [6]Two Eggs Scrambled w/ Toast & 1/2 Banana	yes no [8]Raisin Bran (1 cup) with skim milk (1/2 cup) Yogurt	yes no [10]2 Eggs w/ Cheese jelly toast apple	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 [3]Spinach and Egg Breakfast Wrap with Avocado and Pepper Jack Cheese	yes no [16]Turkey and Provolone cheese on wheat wrap Banana Pretzel	yes no [8]Turkey & Cheese Wrap peanuts carrots	yes no [16]Turkey and Provolone cheese on wheat wrap Banana Pretzel	yes no [6]Turkey- Spinach Wraps pretzels	yes no [16]Turkey and Provolone cheese on wheat wrap Banana Pretzel	yes no [10]1 Grilled Cheese sandwiche w/ tomato apple slices
Dinner	yes no [33]Chicken Pot Pie salad	yes no [14]Chicken- and-Veggie Stir Fry Brown Rice Salad	yes no [25]Black Bean Veggie Burgers sweet potato fries	yes no [20]Ham & Cheese Quiche	yes no [6]Chicken Breast With Shaved Brussels Sprouts	yes no [59]Liver with onion chopped spinach	yes no [16]Roasted Tomato and Artichoke Flatbread Pizza
Snacks	[#23]PB & Banana Spirals [#19]Peanuts [#7]Orange [#22]Celery and Dip [#10]Banana						
Excercise (activity + time)	yes no	yes no	yes no	yes no	yes no	yes no	yes no

AW's Plan

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

Weekly Weigh-In:

Weekly Menu Plan Sheet			w eek	01. 1-31-10 10				
Day Date	Sunday 1/31	Monday 2/1	Tuesday 2/2	Wednesday 2/3	Thursday 2/4	Friday 2/5	Saturday 2/6	
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	1 = 2 1 =	yes no [10]1 Grilled Cheese sandwiche w/ tomato apple slices	1	yes no [22]Garden Pita Pocket	yes no [20]Tunafish and relish Wrap Spinach	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	