## Meal and Excercise Related Feedback for JH

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 JH

Date	Note						
20160202	Does not like brussel sprouts						
20160202	Does not like tomatoes very much.						
	Requested Veggie Lasagna						
20160317	Requesed Apple sauce for a snack						
20160317	Requested Turkey meatball sub on plan.						
20160317	Does not like tomatoes.						

Woodford's Family Services	
Residential Program	

## **Weekly Menu Plan Sheet**

## JH's Plan

Week of: 3-20-16 to 3-26-16

Weekly Weigh-In:

Day	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
Date	3/20	3/21	3/22	3/23	3/24	3/25	3/26		
	cup) with skim	□ yes □ no [35]English Muffin /w Peanut Butter /w Banana	` `	/w Peanut Butter /w	yes no [47]Raisin Bran (1 cup) with skim milk (1/2 cup)   Yogurt	□ yes □ no [35]English Muffin /w Peanut Butter /w Banana	yes no [47]Raisin Bran (1 cup) with skim milk (1/2 cup)   Yogurt		
Lunch	a Wrap	yes no [118]Turkey & Cheese Wrap   cucumbers and humus/dressing	□ yes □ no [11]Chicken Caesar Salad	Cheese Wrap   cucumbers and	yes no [118]Turkey & Cheese Wrap   cucumbers and humus/dressing	□yes□no [64]Leftover Pork Roast /w Apple Salad	yes □ no [116]1 Grilled Cheese sandwich   apple slices (low acid)		
Dinner		yes no [3]Soft Tacos With Spicy Chicken/w carrots	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	[#107]Frozen Fruit/Berry Smoothie [#92]Cucumbers /w Humus [#117]Granola Bar (healthy) [#93]Low Fat/Low Sugar Yogurt [#36]1 Banana								
Excercise (activity + time)	□ yes □ no	□ yes □ no	□ yes □ no	ges no	yes no	□yes□no	□ yes □ no		