Meal and Excercise Related Feedback for AW

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 AW

Date	Note
201601017	

Woodford's Family Services
Residential Program

AW's Plan

Week of: April 17 to April 23

Weekly Weigh-In:	

Day	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	yes no [4] Spinach, Egg and Cheese Breakfast Wrap	yes no [113] Bran Flakes and Yogurt	yes no [34] Two Eggs Scrambled W/ Toast & 1/2 Banana Recipe	yes no [113] Bran Flakes and Yogurt		yes no [110] OPTION: Oatmeal & Decaf Coffee or PURCHASE: Breakfast Sandwich and Decaf Coffee	yes no [113] Bran Flakes and Yogurt
	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	1	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 [17] Roasted Tomato and Artichoke Flatbread Pizza	yes no [7] Banh Mi Hot Dog /w peas
Snacks	[#43] Triscuits	/w Humus [#89]	Raisins [#109]	Medium Granny Sn	nith Apple [#9	0] Pretzels & PB [#36] 1 Ban	ana
Excercise (activity time)	yes no	yes no	yes no	yes no	yes no	yes no	yes no

Woodford's Family Services
Residential Program

AW's Plan

Week of: April 24 to April 30

Weekly Weigh-In:

Day	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	yes no [56] 2 eggs over easy 2 pieces of toast /w jelly	yes no [113] Bran Flakes and Yogurt	yes no [54] 2 Blueberry Pancakes and 2 eggs	yes no [113] Bran Flakes and Yogurt	Wheat English Muffin	yes no [110] OPTION: Oatmeal & Decaf Coffee or PURCHASE: Breakfast Sandwich and Decaf Coffee	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 & Description of the see Wrap tomato carrots	yes no [11] Chicken Caesar Salad			yes no [64] Leftover Pork Roast /w Apple Salad	yes no [65] 1 Grilled Cheese sandwiche w/ tomato apple slices
Dinner	yes no no [0]	yes no [3] Bean Quesadillas	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] Carro	ts /w Humus [7	#92] Cucuml	pers /w Humus	[#106] Cottage Cheese	e [#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

AW's Plan

Week of: May 1 to May 7

We	ekly Weig	gh-In:		

Day	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	yes no [9] Krusteaz Blueberry Pancakes	yes no [33] Cheerios with Raisins		Raisins	/w Peanut Butter /w	yes no [110] OPTION: Oatmeal & Decaf Coffee or PURCHASE: Breakfast Sandwich and Decaf Coffee	yes no [51] 2 Eggs 1 orange Yogurt
Lunch	yes no [7] Banh Mi Hot Dog/w peas		yes no [71] BLT Turkey Wrap peas			yes no [73] PB&J on Wheat Bread Pretzels Cucumbers	yes no [74] Turkey Burger small salad
Dinner	yes no [0]	yes no [11] Chicken Caesar Salad	yes no [108] Subway Meal	yes no [14] Chicken Burger /w Broccoli	yes no [5] One pot Ground Turkey, Rice and Corn	yes no [18] BBQ Chicken Pizza	yes no [16] Chicken Cutlets with Broccoli Slaw
Snacks	[#95] Cra	ackers /w PB [7	#96] Sugar snap pe	eas /w Humus	[#97] Trail Mix	[#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

AW's Plan

Week of: May 8 to May 14

Weekly Weigh-In:	

Day	Sunday Monday		Tuesday	Wednesday	Thursday	Friday	Saturday		
Breakfast	yes no [25] Veggie Omelet	yes no [47] Raisin Bran (1 cup) with skim milk (1/2 cup) Yogurt	yes no [47] Raisin Bran (1 cup) with skim milk (1/2 cup) Yogurt	yes no [47] Raisin Bran (1 cup) with skim milk (1/2 cup) Yogurt	1/	yes no [110] OPTION: Oatmeal & Decaf Coffee or PURCHASE: Breakfast Sandwich and Decaf Coffee	yes no [56] 2 eggs over easy 2 pieces of toast /w jelly		
	yes no [4] Spinach, Egg and Cheese Breakfast Wrap	yes no [75] Turkey and Cheese on Spinach Wrap Banana Pretzels	yes no [75] Turkey and Cheese on Spinach Wrap Banana Pretzels	yes no [75] Turkey and Cheese on Spinach Wrap Banana Pretzels	yes no [75] Turkey and Cheese on Spinach Wrap Banana Pretzels	yes no [75] Turkey and Cheese on Spinach Wrap Banana Pretzels	yes no [112] LEFTOVERS: Roasted Tomato and Artichoke Flatbread Pizza		
Dinner	yes no [0]	yes no [15] Chicken-and- Veggie Stir-fry/w Brown Rice/w Salad	yes no [108] Subway Meal	yes no [6] Chicken Breast With Mixed Vegetables	yes no [84] Liver and Onion /w Chopped Spinach	yes no [17] Roasted Tomato and Artichoke Flatbread Pizza	yes no [26] Black Bean Veggie Burgers /w Sweet Potato Fries		
Snacks	Snacks [#99] Peanuts [#46] Orange [#100] Celery and Ranch Dressing [#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

AW's Plan

Week of: May 15 to May 21

Weekly Weigh-In:

Day	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
Breakfast	yes no [52] 2 Pancakes Yogurt Banana	yes no [113] Bran Flakes and Yogurt	yes no [48] Egg and Cheese on Wheat English Muffin Orange Slices Yogurt	yes no [113] Bran Flakes and Yogurt	yes no [50] Raisin Bran (1 cup) /w skim milk (1/2 cup) Wheat English muffin /w peanut butter	yes no [110] OPTION: Oatmeal & Decaf Coffee or PURCHASE: Breakfast Sandwich and Decaf Coffee	yes no [51] 2 Eggs 1 orange Yogurt		
Lunch	yes no [3] Bean Quesadillas	yes no [77] Tunafish and relish Wrap Spinach	yes no [65] 1 Grilled Cheese sandwiche w/ tomato apple slices	yes no [77] Tunafish and relish Wrap Spinach	yes no [78] Turkey Burger small salad	yes no [77] Tunafish and relish Wrap Spinach	yes no [11] Chicken Caesar Salad		
Dinner	yes no [0]	yes no [1] BLT Turkey Wrap	yes no [108] Subway Meal	yes no [86] Turkey Burger Stuffed Bell Pepper /w peas /w salad	yes no [87] Fish Chowder/w salad	yes no [102] BBQ Pulled Pork /w Brown Rice /w corn	yes no [4] Spinach, Egg and Cheese Breakfast Wrap		
Snacks	[#101]	[101] Salsa /w tortilla chips [#42] Whole Grain Rice Cakes [#103] Apples with PB [#36] 1 Banana							
Excercise (activity time)	yes no	yes no	yes no	yes no	yes no	yes no	yes no		