Woodford's Family Services
Residential Program

JH's Plan

Week of: June 26 to July 2

Weekly Weigh-In:	

Day	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	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	Toast & 1/2 Banana Recipe	yes no [47] Raisin Bran (1 cup) with skim milk (1/2 cup) Yogurt		cup) with skim milk	yes no [47] Raisin Bran (1 cup) with skim milk (1/2 cup) Yogurt
Lunch	Berry & Yogurt	yes no [59] Turkey and Cheese on wheat wrap Apple Cucumber	Wrap cucumber carrots	yes no [59] Turkey and Cheese on wheat wrap Apple Cucumber	yes no [124] Turkey & Description of the second of the s	yes no [124] Turkey & Damp; Cheese Wrap cucumber carrots	yes no [61] Leftover Pizza
Dinner	yes no [0]	yes no [22] Spinach Quiche	Sauce) /w green pepper and onion /w salad (LOW ACID)	yes no [114] Spaghetti (white sauce) and Turkey Meatball /w salad (low acid)	I .		yes no [7] Banh Mi Hot Dog /w peas
Snacks	[#106] Cottage	Cheese [#43] T	riscuits /w Humus [#89]] Raisins [#109] Me	dium Granny Smi	th Apple [#36]	l Banana
Excercise (activity time)	yes no	yes no	yes no	yes no	yes no	yes no	yes no

Woodford's Family Service	S
Residential Program	

JH's Plan

Week of: July 3 to July 9

Weel	kly	Weig	h-In:
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Day	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	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	yes no [35] English Muffin /w Peanut Butter /w Banana	with skim milk (1/2 cup)	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	yes no [123] Turkey-Bacon, Lettuce, Avocado Wrap	yes no [118] Turkey & Description of the see Wrap cucumbers and humus/dressing	yes no [11] Chicken Caesar Salad	yes no [118] Turkey & Description of the see 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 [0]	yes no [122] Bean Quesadillas (low acid)	yes no [125] Turkey Burger /w sweet potato fries	yes no [20] Garlic Chicken and Zucchini	yes no [82] Pork Roast /w Apple Salad	yes no [22] Spinach Quiche	yes no [123] Turkey-Bacon, Lettuce, Avocado 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	yes no	yes no	yes no	yes no

Woodford's Family Services
Residential Program

JH's Plan

Week of: July 10 to July 16

Weel	kly	Weig	gh-In

Day	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	with skim milk (1/2 cup)		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 [54] 2 Blueberry Pancakes and 2 eggs		yes no [47] Raisin Bran (1 cup) with skim milk (1/2 cup) Yogurt
Lunch	yes no [7] Banh Mi Hot Dog/w peas	Wheat Bread	yes no [126] Turkey-Bacon, Lettuce, Avocado Wrap peas	yes no [72] PB&J on Wheat Bread Carrots Apple	yes no [126] Turkey-Bacon, Lettuce, Avocado Wrap peas	yes no [73] PB&J on Wheat Bread Pretzels Cucumbers	yes no [127] Turkey Burger small salad (low acid)
Dinner	yes no [0]	yes no [11] Chicken Caesar Salad	yes no [128] Chicken Burger /w Broccoli (low acid)	yes no [5] One pot Ground Turkey, Rice and Corn	yes no [16] Chicken Cutlets with Broccoli Slaw	II	yes no [7] Banh Mi Hot Dog/w peas
Snacks	[#95] Crackers /w	PB [#96] Suga	r snap peas /w Humu	s [#97] Trail Mi	x [#36] 1 Banana	a [#107] Frozen F	ruit/Berry Smoothie
Excercise (activity time)	yes no	yes no	yes no	yes no	yes no	yes no	yes no

Woodford's Family Services	S
Residential Program	

JH's Plan

Week of: July 17 to July 23

Weekly	Weigh-In
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Day	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	1/	yes no [35] English Muffin /w Peanut Butter /w Banana	1 /		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	Wrap	yes no [75] Turkey and Cheese on Spinach Wrap Banana Pretzels	yes no [60] Turkey & Cheese Wrap peanuts carrots		yes no [76] Turkey-Spinach Wraps pretzels	yes no [75] Turkey and Cheese on Spinach Wrap Banana Pretzels	yes no [121] 1 Grilled Cheese sandwich w/ 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 Mixed Vegetables	yes no [26] Black Bean Veggie Burgers /w Sweet Potato Fries	yes no [84] Liver and Onion /w Chopped Spinach
Snacks	[#107] Frozen F	Fruit/Berry Smoothie	[#100] Celery an	d Ranch Dressing	[#36] 1 Banana [#89] Raisins [#103	3] Apples with PB
Excercise (activity time)	yes no	yes no	yes no	yes no	yes no	yes no	yes no

Woodford's Family Service	S
Residential Program	

JH's Plan

Week of: July 24 to July 30

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Day	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Breakfast	yes no [52] 2 Pancakes Yogurt Banana	[33] Cheerios with	yes no [49] 2 Eggs w/ Cheese jelly toast apple		yes no [49] 2 Eggs w/ Cheese jelly toast apple		yes no [51] 2 Eggs 1 orange Yogurt	
Lunch	yes no [122] Bean Quesadillas (low acid)	yes no [77] Tunafish and relish Wrap Spinach	yes no [121] 1 Grilled Cheese sandwich w/ 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 no [0]	[123] Turkey-Bacon,	yes no [85] BBQ Chicken /w Brown Rice /w corn	Bell Pepper/w peas/w	Cheese Breakfast	yes no [26] Black Bean Veggie Burgers /w Sweet Potato Fries	yes no [88] Tuna Melt /w 2 hard boiled eggs	
Snacks	[#120] Hummus /w tortilla chips [#103] Apples with PB [#36] 1 Banana [#107] Frozen Fruit/Berry Smoothie [#89] Raisins							
Excercise (activity time)	yes no	yes no	yes no	yes no	yes no	yes no	yes no	