Woodford's Family Services
Residential Program

## CT's Plan

Week of: June 26 to July 2

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	Cheese   jelly toast	yes no [ 110 ] OPTION: Oatmeal & Decaf Coffee or PURCHASE: Breakfast Sandwich and Decaf Coffee	yes no [ 113 ] Bran Flakes and Yogurt
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 [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] I	Raisins [#109] Me	edium Granny Smith	Apple [#90] Pr	retzels & PB [#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

## CT's Plan

Week of: July 3 to July 9

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 [ 113 ] Bran Flakes and Yogurt	yes no [ 48 ] Egg and Cheese on Wheat English Muffin   Orange Slices   Yogurt	Coffee or PURCHASE: Breakfast	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   [ 63 ] Turkey & Description   [ 63 ] Turkey & Description   [ 64 ] Turkey & Description   [ 65 ] Turkey & Description   [ 65 ] Turkey & Description   [ 66 ] Turkey & Description   [ 67 ] Turkey & Description   [ 68 ] Turkey & Description	[ 11 ] Chicken	yes no [63] Turkey & Damp; Cheese Wrap   tomato   carrots	yes no [ 63 ] Turkey & Damp; 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 ] Bean Quesadillas	[ 108 ] Subway	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 tomato & sweet potato fries
Snacks	[#91] Carrot	s/w Humus [#9	[2] Cucumber	rs /w Humus [#	106] Cottage Cheese	[#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

## CT's Plan

Week of: July 10 to July 16

Weekly	Weigh-In:
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Day	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	yes no [9] Krusteaz Blueberry Pancakes	yes no [ 33 ] Cheerios with Raisins	yes no [ 35 ] English Muffin /w Peanut Butter /w Banana	yes no [ 33 ] Cheerios with Raisins	yes no [ 35 ] English Muffin /w Peanut Butter /w Banana	yes no [ 110 ] OPTION: Oatmeal & Decaf Coffee or PURCHASE: Breakfast Sandwich and Decaf Coffee	
Lunch		yes no [ 70 ] PB&J on Wheat Bread   Carrots   Orange	yes no [ 71 ] BLT Turkey Wrap   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 [ 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	ickers /w PB [#	96] Sugar snap pea	s/w Humus [#9	97] Trail Mix [#3	6] 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

## CT's Plan

Week of: July 17 to July 23

Day	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	[ 25 ] Veggie		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	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 [4] Spinach, Egg and Cheese Breakfast Wrap	Wrap   Banana	yes no [ 75 ] Turkey and Cheese on Spinach Wrap   Banana   Pretzels	Cheese on Spinach Wrap   Banana	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 [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 [ 17 ] Roasted Tomato and Artichoke Flatbread Pizza	yes no [ 26 ] Black Bean Veggie Burgers /w Sweet Potato Fries
Snacks	[#99] Pear	nuts [#46] Orange	e [#100] Celery	and Ranch Dressin	g [#36] 1 Banana	n .	
Excercise (activity time)	yes no	yes no	yes no	yes no	yes no	yes no	yes no

Woodford's Family Services
Residential Program

## CT's Plan

Week of: July 24 to July 30

Weekly	Weigh-In:
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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	(s [#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