Woodford's Family Service	S
Residential Program	

BS's Plan

Week of: June 26 to July 2

Day	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Raisins	yes no [34] Two Eggs Scrambled W/ Toast & 1/2 Banana Recipe	Raisins	yes no [34] Two Eggs Scrambled W/ Toast & 1/2 Banana Recipe	yes no [33] Cheerios with Raisins	yes no [49] 2 Eggs w/ Cheese jelly toast apple	yes no [33] Cheerios with Raisins
Lunch	1 - 1	on wheat wrap Apple	Cheese Wrap tomato	on wheat wrap Apple	yes no [63] Turkey & Damp; Cheese Wrap tomato carrots	yes no [63] Turkey & Damp; Cheese Wrap tomato carrots	yes no [61] Leftover Pizza
Dinner	yes no [0]		yes no [79] Sloppy Joe /w green pepper and onion /w salad	yes no [19] Spaghetti and Turkey Meatball /w salad	yes no [25] Veggie Omelet		yes no [16] Chicken Cutlets with Broccoli Slaw
Snacks	[#96] Sugar sna	p peas /w Humus [#	89] Raisins [#109] Medium Granny Sm	ith Apple [#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

BS's Plan

Week of: July 3 to July 9

Weekly	Weigh-In:
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Day	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	yes no [8] Omelet	yes no [51] 2 Eggs 1 orange Yogurt	yes no [33] Cheerios with Raisins	yes no [51] 2 Eggs 1 orange Yogurt	yes no [33] Cheerios with Raisins	yes no [51] 2 Eggs 1 orange Yogurt	yes no [33] Cheerios with Raisins
Lunch	yes no [12] Italian Sub in a Wrap	yes no [118] Turkey & Damp; Cheese Wrap cucumbers and humus/dressing	yes no [11] Chicken Caesar Salad	yes no [118] Turkey & Damp; Cheese Wrap cucumbers and humus/dressing	yes no [118] Turkey & Damp; Cheese Wrap cucumbers and humus/dressing	yes no [64] Leftover Pork Roast /w Apple Salad	yes no [121] 1 Grilled Cheese sandwich w/ apple slices
Dinner	yes no [0]	yes no [122] Bean Quesadillas (low acid)		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	[#43]	Triscuits /w Humus [#1	19] Apple Sauce (s	ide/snack) [#92] Cucur	mbers /w Humus [#36]	1 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	

BS's Plan

Week of: July 10 to July 16

Weekly	Weigh-In:	

Day	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	yes no [57] 2 Tortillas /w eggs Cucumbers /w Hummus	yes no [33] Cheerios with Raisins	yes no [57] 2 Tortillas /w eggs Cucumbers /w Hummus	yes no [33] Cheerios with Raisins	yes no [54] 2 Blueberry Pancakes and 2 eggs	yes no [33] Cheerios with Raisins	yes no [51] 2 Eggs 1 orange Yogurt
Lunch	yes no [7] Banh Mi Hot Dog /w peas	yes no [59] Turkey and Cheese on wheat wrap Apple Cucumber		yes no [59] Turkey and Cheese on wheat wrap Apple Cucumber	yes no [71] BLT Turkey Wrap peas	yes no [59] Turkey and Cheese on wheat wrap Apple Cucumber	yes no [74] Turkey Burger small salad
Dinner	yes no [0]	yes no [11] Chicken Caesar Salad	yes no [14] Chicken Burger /w Broccoli	yes no [5] One pot Ground Turkey, Rice and Corn	yes no [16] Chicken Cutlets with Broccoli Slaw	yes no [26] Black Bean Veggie Burgers /w Sweet Potato Fries	yes no [7] Banh Mi Hot Dog/w peas
Snacks	[#107] Frozen F	Fruit/Berry Smoothie	[#96] Sugar snap po	eas /w Humus [#92]	Cucumbers /w H	umus [#36] 1 Banana	ı
Excercise (activity time)	yes no	yes no	yes no	yes no	yes no	yes no	yes no

Woodford's Family Services	S
Residential Program	

BS's Plan

Week of: July 17 to July 23

Day	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	yes no [25] Veggie Omelet	111	yes no [34] Two Eggs Scrambled W/ Toast & 1/2 Banana Recipe	yes no [56] 2 eggs over easy 2 pieces of toast /w jelly	yes no [49] 2 Eggs w/ Cheese jelly toast apple	yes no [56] 2 eggs over easy 2 pieces of toast /w jelly	yes no [25] Veggie Omelet
Lunch	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 [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]	Stir-fry /w Brown Rice /w	yes no [26] Black Bean Veggie Burgers /w Sweet Potato Fries		yes no [6] Chicken Breast With Mixed Vegetables	yes no [17] Roasted Tomato and Artichoke Flatbread Pizza	
Snacks	[#107] Froze [#36] 1 Bana	n Fruit/Berry Smoothiona	e [#92] Cucumbers	/w Humus [#46] Oı	range [#100] (Celery and Ranch Dres	sing
Excercise (activity time)	yes no	yes no	yes no	□ yes □ no	yes no	yes no	yes no

Woodford's Family Services	S
Residential Program	

BS's Plan

Week of: July 24 to July 30

ı	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 [49] 2 Eggs w/ Cheese jelly toast apple	yes no [33] Cheerios with Raisins	yes no [49] 2 Eggs w/ Cheese jelly toast apple	yes no [33] Cheerios with Raisins	yes no [51] 2 Eggs 1 orange Yogurt	
Lunch	yes no [122] Bean Quesadillas (low acid)	1 1		yes no [76] Turkey-Spinach Wraps pretzels	yes no [78] Turkey Burger small salad	yes no [76] Turkey-Spinach Wraps pretzels	yes no [11] Chicken Caesar Salad	
Dinner	yes no [0]				yes no [4] Spinach, Egg and Cheese Breakfast Wrap	yes no [26] Black Bean Veggie Burgers /w Sweet Potato Fries	yes no [17] Roasted Tomato and Artichoke Flatbread Pizza	
Snacks	acks [#101] Salsa /w tortilla chips [#42] Whole Grain Rice Cakes [#107] Frozen Fruit/Berry Smoothie [#36] 1 Banana							
Excercise (activity time)	yes no	yes no	yes no	yes no	yes no	yes no	yes no	