

WEEKLY MEAL PLAN



MONDAY

02/02/15

TUESDAY

02/03/15

WEDNESDAY

02/04/15

THURSDAY

02/05/15

FRIDAY

02/06/15

SATURDAY

02/07/15

SUNDAY

02/08/15

snack	0	Banana	1	String Cheese	0	Banana	0	Banana	0	Banana	0	Banana	0	Banana
breakfast	7	Cran Orng Pcn Instnt Otmeal	4	Apple Cinn Oatmeal	4	Pumpkin Pie Oatmeal	5	Canadian Bcn Brkfst Sndwch	5	Canadian Bcn Brkfst Sndwch	6	Spinach/Feta & Mushroom	6	Spinach/Feta & Mushroom
	1	2 Hard Boiled Egg Whites	0	Apple	3	w/ raisins & pecans	0	Tomatoes & Blackberries	0	Tomatoes & Blackberries		Scrmbl'd Eggs	6	Scrmbl'd Eggs
Lunch	3	Garlic Mshrm Lentil Soup	2	Tomato Bisque	3	Garlic Mshrm Lentil Soup	8	Greek Mason	4	Bruschetta Chicken	2	Tomato Bisque	8	Greek Mason
	2	Side Salad	1	Side Salad	4	Side Salad with chicken		Jar Salad	1	Broccoli Slaw 'Pasta'	4	Side Salad with chicken		Jar Salad
snack	1	Apple & String Cheese	0	Banana	1	Apple & String Cheese	1	Apple & String Cheese	1	Apple & String Cheese	1	Apple & String Cheese	1	Apple & String Cheese
Tanya Dinner	8	Smoky Maple Salmon, Couscous, & Asparagus	14	OUT TO EAT Panera	8	Bruschetta Chk, Broccoli Slaw 'Pasta', & Grlc Bread	14	Pancakes (9), Eggs (3), & Bacon (2)	9	Zucchini Pizza & Side Salad	13	Cornflake Chicken (10), Couscous (3), & Broccoli	9	Chicken Philly Sub
Jimi Dinner	18	Popcorn Chicken & Fries	27	OUT TO EAT Panera	19	Ravioli & Garlic Bread	21	Pancakes (15), Eggs (4), & Bacon (2)	19	Homemade Pizza on Boboli	17	Cornflake Chicken (12), Couscous (3), & Corn (2)	22	Steak Um & Bacon Sub & Fries
snack	4	Skim Latte WW Mini Bar	4	Skim Latte Fiber One Bar	4	Skim Latte WW Mini Bar	4	Skim Latte Fiber One Bar	6	Skim Smthie WW Mini Bar	4	Skim Latte Fiber One Bar	4	Skim Latte WW Mini Bar
Points+	26		26		27		32		26		30		28	
weekly	0		0		1		6		0		4		2	