

WEEKLY MEAL PLAN



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
02/16/15	02/17/15	02/18/15	02/19/15	02/20/15	02/21/15	02/22/15

snack	0	Banana	1	Apple & String Cheese	0	Banana	0	Banana	0	Banana	0	Banana	0
breakfast	7	Pumpkin Pie Otml & mix ins	5	Can Bcn EB English Muffin Tomatoes & Blackberries	7	Apple Cinn Otml & mix ins	5	Can Bcn EB English Muffin Tomatoes & Blackberries	7	Pumpkin Pie Otml & mix ins	14	Pancakes (9), Eggs (3), & Bacon (2)	5
	2	2 tsp oil	0		2	2 tsp oil	0		2	2 tsp oil	0		0
Lunch	4	Bruschetta Chicken	4	Mexican Meatloaf	3	Apple Gouda Chk Sausage	4	Turkey Meatloaf	6	White Veggie Lasagna	7	Trky Tom Bisque	7
	2	Broccoli Slaw Pasta w/parm	3	Salad 2 tsp oil & Slsa Rnch	2	Broccoli Slaw Pasta w/parm	2	Brussels Sprt w/ 2 tsp oil	1	Caesar Side Salad	2	Side Salad Tom-oil drsng	0
snack	1	Apple & String Cheese	0	Banana	1	Apple & String Cheese	1	Apple & String Cheese	1	Apple & String Cheese	1	Apple & String Cheese	1
Tanya Dinner	3	Gorton's Smpl Bk Haddock	20	OUT TO EAT	10	BBQ Bacon Burger	14	CHIPOTLE	8	Mac & Cheese w/broccoli	9	Bacon Grilled Cheese	8
	3	Couscous & Asparagus		0	Broccoli	4		Steak Strips	0	Broccoli	6	Caesar Salad & Garlic Brd	
Jimi Dinner	18	Popcorn Chicken & Fries	40	OUT TO EAT	21	BBQ Bacon Burger & Fries	20	CHIPOTLE	20	Mac & Cheese w/cornbread	22	Bacon Grilled Cheese & Caesar Salad w/ chicken	24
	2	Skim Latte	2	Skim Latte	2	Skim Latte	2	Skim Latte	2	Skim Latte	2	Skim Latte	2
snack	2	WW Mini Bar	2	Fiber One Bar	2	WW Mini Bar	2	Fiber One Bar	2	WW Mini Bar	2	Fiber One Bar	2
snack	2	WW Mini Bar	2	WW Mini Bar	2	WW Mini Bar	2	WW Mini Bar	2	WW Mini Bar	2	WW Mini Bar	2

Points+	26	37	29	30	33	37	31
Weekly	0	11	3	4	7	11	5