

# WEEKLY MEAL PLAN



MONDAY

03/02/15

TUESDAY

03/03/15

WEDNESDAY

03/04/15

THURSDAY

03/05/15

FRIDAY

03/06/15

SATURDAY

03/07/15

SUNDAY

03/08/15

snack	0	Banana	1	Apple & String Cheese	0	Banana	0	Banana	0	Banana	0	Banana	0	Banana
Breakfast	5	Can Bcn EB English Muffin	4	Apple Cinn Oatmeal	5	Can Bcn EB English Muffin	4	Pumpkin Pie Oatmeal	7	Crnbry Almnd Oatmeal	6	Smoothie Pancakes	4	Pumpkin Pie Oatmeal
	2	Chobani 100 Greek Yogurt	3	Walnuts & Craisins	0	Tomatoes & Blackberries			2	Chobani 100 Greek Yogurt	2	Bacon	3	Pecans & Raisins
Lunch	5	Gouda Bisque w/ Chicken	7	Lean Cuisine	7	Chili	18	FREE PIZZA @ WORK	4	Bruschetta Chicken	7	Lean Cuisine	5	Tuna Slaw on Flat Out
	1	Side Salad	1	Side Salad			1	Side Salad	0	Broccoli Slaw 'Pasta'	1	Side Salad	3	Veggie Chips
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	5	Smoky Maple Salmon	6	Bacon Ranch Chicken	10	BBQ Bacon Cheeseburger	4	Bruschetta Chicken	16	Homemade Pizza	10	Cornflake Chicken	8	Four Cheese Lasagna
	3	Couscous & Broccoli	3	Couscous & Brusl Sprts	3	Side Salad & Veggie Straws	0	Broccoli Slaw 'Pasta'				3	Couscous & Broccoli	6
Jimi Dinner	18	Popcorn Chicken & Fries	18	Bacon Ranch Chicken, Couscous, & Corn	21	BBQ Bacon Cheeseburger & Fries	19	Ravioli & Garlic Bread	19	Homemade Pizza	17	Cornflake Chicken, Couscous, & Corn	24	Four Cheese Lasagna, Caesar Salad, & Garlic Bread
snack	2	Skim Latte	2	Skim Latte	2	Skim Latte	2	Skim Latte	2	Skim Latte	2	Skim Latte	2	Skim Latte
	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	WW Mini Bar
Points+	26		29		30		32		34		34		34	
Weekly	0		3		4		6		8		8		8	34