

# WEEKLY MEAL PLAN



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
03/16/15	03/17/15	03/18/15	03/19/15	03/20/15	03/21/15	03/22/15

snack	0	Banana	1	Apple & String Cheese	0	Banana	0	Banana	0	Banana	0	Banana	0	Banana
breakfast	4	Pumpkin Pie Oatmeal Pecans & Raisins	5	Can Bcn EB Eng Muffin Tomatoes & Strawberries	7	Crnbry Orng Pecan Otml Lt Grk Yogurt	5	Can Bcn EB Eng Muffin Tomatoes & Strawberries	4	Pumpkin Pie Oatmeal Tomatoes & Fruit	4	Pumpkin Pie Oatmeal Tomatoes & Fruit	2	Scrambled Egg Beaters Veggies & Feta
	3		0		2		0		0		0		2	
lunch	8	Four Cheese Lasagna Salad with FF Italian	4	Mexican Meatloaf Salad w/ Salsa Ranch	6	White Veggie Lasagna Caesar Salad	4	Bruschetta Chicken Broccoli Slaw 'Pasta'	20	DAVE & BUSTER'S	20	OUT TO EAT	7	Chili
	0		1		1		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	Apple & String Cheese
Tanya Dinner	6	Chicken Stir Fry Soy Sauce Crackers	14	Panera Soba Noodle Bowl w/Edamame & Whl Grn RI	4	Bruschetta Chicken Broccoli Slaw 'Pasta'	20	OUT TO EAT	20	OUT TO EAT	25	JOE'S CRAB SHACK	10	Taco Salad
	3				0									
Jimi Dinner	22	Teriyaki Chicken & Rice	24	Panera Chk Caesar Sld, Fntina Grl Chs Frch Baguette	19	Ravioli & Garlic Bread	40	OUT TO EAT	40	OUT TO EAT	40	JOE'S CRAB SHACK	23	Beef & Rice Burritos
snack	2	Skim Latte WW Mini Bar	2	Skim Latte	2	Skim Latte Vita Top	0	Banana	2	Carrots & Laughing Cow	2	Skim Latte WW Mini Bar	2	Skim Latte WW Mini Bar
	2				3						2		2	

Points+	29	27	26	30	47	54	26
Weekly	3	1	0	4	21	28	0
							53