

# WEEKLY MEAL PLAN



	MONDAY 03/23/15	TUESDAY 03/24/15	WEDNESDAY 03/25/15	THURSDAY 03/26/15	FRIDAY 03/27/15	SATURDAY 03/28/15	SUNDAY 03/29/15
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snack	2	Light Greek Yogurt	1	Apple & String Cheese	3	Energy Loaf Apple Crumb	0	Banana	0	Banana	0	Banana	0	Banana
breakfast	5 0	Can Bcn EB Eng Muffin Strawberries & Mango	4 3	Pumpkin Pie Oatmeal Pecans & Raisins	0 4	Banana Vita Egg Veg Sausage	4 3	Pumpkin Pie Oatmeal Pecans & Raisins	4 0	Vita Egg Veg Sausage Tomatoes & Blackberries	6	Tropical Green Smoothie	7	Greek Egg Muffins (new recipe)
lunch	7 0	Mexican Chicken Soup Pears	7 0	Lean Cuisine Thai Noodles Pears	6 1	Turkey Sandwich Carrots & Laughing Cow	7 1	Trky Tomato Bisque Caesar Salad	3 2	Pmpkn Butrnt Soup Salad with Rasp Drsng	9 0	Four Cheese Wntn Lsgna Salad with FF Italian	4 3	Lean Cuisine Tomato Soup
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	Portabella Pizza	20	OUT TO EAT	9 3	Bacon Grilled Cheese Tomato Soup	6 3	Chicken Stir Fry Soy Sauce Crackers	14	Pancakes (9), Eggs (3), & Bacon (2)	4 3	Orange Cod Couscous & Asparagus	10 3	Cornflake Crusted Chkn Couscous & Brussels Sprts
Jimi Dinner	19	Homemade Pizza on Boboli	40	OUT TO EAT	22	Bacon Grilled Cheese & Chicken Caesar	22	Teriyaki Chicken & Rice	21	Pancakes (15), Eggs (4), & Bacon (2)	20	Mac & Cheese & Cornbread	17	Cornflake Crusted Chk, Couscous, & Corn
snack	2 0	WW Mini Bar Decaf Coffee	2 0	WW Mini Bar Decaf Coffee	3 0	Lgt Kettle Crn Tea/Coffee	3 0	Crumb Bar Decaf Coffee	2 0	WW Mini Bar Decaf Coffee	3 2	Lgt Kettle Crn WW Mini Bar	2 0	Fiber One Bar Decaf Coffee

points+	25	37	30	28	26	28	30
weekly	-1	11	4	2	0	2	4