

WEEKLY MEAL PLAN



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
03/30/15	03/31/15	04/01/15	04/02/15	04/03/15	04/04/15	04/05/15

snack	0	Banana	1	Apple & String Cheese	0	Banana	0	Banana	0	Banana	0	Banana	0
breakfast	3	Spinach Feta Egg Muffins	8	Ovrnght Oats HB Egg Whites	8	Ovrnght Oats HB Egg Whites	5	Can Bac & EW Eng Muffin	3	Spinach Feta Egg Muffins	7	Slted Crml Overnght Oats	5
	3	Banana Oat Muffin	0	Strawberries & Peaches	0	Strawberries & Peaches	0	Tomatoes & Blackberries	0	Tomatoes & Blackberries	1	HB Egg Whites	0
lunch	7	Meatloaf & Couscous	4	Sloppy Joe Meatloaf	8	Greek Mason Jar Salad	7	Mexican Chicken Soup	8	Greek Mason Jar Salad	7	Meatloaf & Couscous	8
	0	Brussels Sprouts	1	Side Salad	1	Side Salad w/Salsa Ranch	1	Side Salad w/Salsa Ranch	1	Brussels Sprouts	0	Brussels Sprouts	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	4	Bruschetta Chicken	14	OUT TO EAT	7	Cornflake Crusted Chkn	13	Subway Chk Bacon Ranch	18	Pizza	9	Chicken Philly Sub	10
	6	Broc Slaw Psta Garlic Bread		3	Coucouc & Brussels Sprts	2		WW Popped Chips		0		Side Salad	
Jimi Dinner	19	Ravioli & Garlic Bread	24	OUT TO EAT	17	Cornflake Crusted Chk, Couscous, & Corn	20	Mac & Cheese & Cornbread	27	PIZZA	22	Steak & Bacon Sub & Fries	16
snack	6	Donut Cereal	2	WW Mini Bar	3	Kettle Corn	2	Fiber One Bar	6	FF Brownies	6	Donut Cereal	2
	1	1/2 cup milk	0	Decaf Coffee	0	Decaf Coffee	0	Decaf Coffee	0	Decaf Coffee	2	1 cup milk	2
Points+	31		30		30		31		36		33		28
Weekly	5		4		4		5		10		7		2

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