

Week of:

Goal for week: _____

DAY	BREAKFAST	LUNCH	DINNER	SNACK/Dessert OPTIONS
SUNDAY	French Toast (Sprouted bread)	Eat Out After Church	Pot Roast With Radishes	Choco-pudding
	Greek Yogurt with Blueberry Compote.	Salad With Grilled Chicken & Ranch Dressing	Green Fries & Side Salad	FP
MONDAY	2 Scotch Eggs	Fuel Pull Salad with FF Italian dressing & 0% Greek Yogurt with Strawberries	Taco Salad with left over pot roast meat, & Cilantro Lime Dressing	2LR Wasa with LC & Cuc
	Trimachino Rich			FP
TUESDAY	Big Boy Smoothie	Taco Salad with grilled Chicken breast, black beans & Salsa with blue Corn chips	Baked Chicken With Roasted Asparagus & Sautéed Spinach	Cheese Stick W/ 1 SMALL apple
	Coffee With Cream			E
WEDNESDAY	Egg White Oatmeal with Apple cinnamon compote	Lettuce Wraps with Tuna salad (0% GY) & Tomato & Dill Pickles	Speedy Thin Crust Pizza & Side Salad w/ EVOO & Lemon Juice	Choco pudding W/ GGMS
	Black coffee with Stevia	0% GY with Berries		FP
THURSDAY	2 Scotch Eggs	Light Tomato Soup W/ Grilled Cheese BIM sandwich Side Salad w/ Greek Dressing & feta	Turkey Burgers on Josephs Pita Sweet Potato Fries & Side Salad with FF Dressing	1 Boiled egg W/ Singing Canary
	Trimachino Rich			S
FRIDAY	Fat Stripping Frappe	Chef Salad with (Left over) Turkey Patty & Cilantro Lime Dressing	Chipotle: Salad bowl (Carnita's, Black Beans, Peppers, Pico, SC, Guacamole, Lettuce)	Skinny Chocolate
	Egg White Omelet with Part skim Motz & Spinach			S
SATURDAY	Eggs, Bacon , Coffee with Cream	Fat Stripping Frappe & Cucumber Sticks	Cheese burger Pie Salad With GY Ranch Dressing	FP Brownies & PB Whip Frosting
				S
				1 boiled egg & GGMS
				S
				2LR wasa w/ LC & Turkey
				FP
				Skinny Chocolate
				S
				1 Apple & Low Fat Cheese Stick
				E
				Choco-Pudding w/ PB
				FP
				2% GY w/ Berries
				S
				FP Brownie & SF Ice Cream
				FP

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SUNDAY	Cinnamon Roll Scones	Eat Out after church	Fish Tacos w/ cabbage Slaw & Avocado & Side salad with cilantro lime dressing	Chocolate Chip Cookie & Almond milk <input type="checkbox"/> S
	Trimachino Rich <input type="checkbox"/> S	Salad Bar At Jason's Deli & un-sweet tea <input type="checkbox"/> S	<input type="checkbox"/> S	Fat Stripping Frappe <input type="checkbox"/> FP
MONDAY	Egg White & Canadian bacon	Turkey Sandwich with 1 small apple & 0% Greek yogurt with Peanut flour & stevia	Chicken & Veggie Fiesta Soup W/ Sour Cream, Avocado & Cheese <input type="checkbox"/> S	Just Like Wheat thins w/ Spinach dip <input type="checkbox"/> S
	Protein Muffins (2)	<input type="checkbox"/> S	<input type="checkbox"/> E	Skinny Toffee <input type="checkbox"/> S
TUESDAY	Eggs & Cottage cheese w/ peppers & mushroom	Chicken & Veggie Fiesta Soup	Cheesy Chicken Enchilada's	Cottage Berry Whip <input type="checkbox"/> FP
	Coffee with Cream <input type="checkbox"/> S	Blue corn tortilla chips & 0% GY & Brown Rice <input type="checkbox"/> E	Side Salad <input type="checkbox"/> S	Chocolate Chip Cookies <input type="checkbox"/> S
WEDNESDAY	Egg White Oatmeal	Cheesy Chicken Enchilada's	Baked Salmon	2 Cuties with 1 light baby bel <input type="checkbox"/> E
	with Berries & Trimachino Light <input type="checkbox"/> E	(Left Over) Steamed Green Beans with Butter <input type="checkbox"/> S	Brown Rice & Steamed Broccoli <input type="checkbox"/> E	Cucumber spears & Light Baby Bel <input type="checkbox"/> FP
THURSDAY	Cinnamon Roll Scones	Chicken & Veggie Fiesta Soup	Shrimp Scami over Zoodles & Green Fries	Chive & Sour Cream Crackers <input type="checkbox"/> S
	& Trimachino Rich <input type="checkbox"/> S	Sprinkle of PS Motz and 0% GY & Side Salad with Fat Free Dressing. <input type="checkbox"/> FP	<input type="checkbox"/> S	Skinny Toffee & Coffee <input type="checkbox"/> S
FRIDAY	Egg White & Canadian bacon	Salad with grilled Chicken Breast, Feta Cheese & Greek Dressing.	Eat Out	Just Like Wheat thins w/ Spinach dip <input type="checkbox"/> S
	Protein Muffins (2) & Trimachino Light <input type="checkbox"/> FP	1 Chocolate chip cookie <input type="checkbox"/> S	Grilled Meat, Salad & Veggie <input type="checkbox"/> S	Basic Whey Smoothie <input type="checkbox"/> FP
SATURDAY	THM Pancakes with Gwen's	Lettuce wrap with Turkey & cheese	Fooled Ya Pizza	Air Popped Popcorn <input type="checkbox"/> E
	Berry Syrup & Canadian Bacon <input type="checkbox"/> E	Salad with EVOO & vinegar <input type="checkbox"/> S	Salad with Creamy Dressing <input type="checkbox"/> S	Carrot sticks W/ Spinach Dip <input type="checkbox"/> FP

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SUNDAY	Eggs, Bacon & Coffee with Creamer <input type="checkbox"/> S	Eat out After Church Steak, Brocoli & Side Salad with Ranch <input type="checkbox"/> S	Meat Roma Pie Side Salad with EVOO & Lemon juice <input type="checkbox"/> S	Apple Crisp For One <input type="checkbox"/> E
				Boiled Egg & GGMS <input type="checkbox"/> S
MONDAY	Egg White & Canadian bacon Sprouted English Muffin Trimachino Light <input type="checkbox"/> E	Grilled Chicken Salad with EVOO & Vinegar <input type="checkbox"/> S	Baked Lemon pepper Salmon With green Fries and Sautéed Greens <input type="checkbox"/> S	1 LR WASA w/1 LLC & Turkey <input type="checkbox"/> FP
				Basic Whey Smoothie <input type="checkbox"/> FP
TUESDAY	1 cup 0% Greek Yogurt with Berries Fat Stripping Frappe <input type="checkbox"/> FP	Meat Roma Pie Left Overs <input type="checkbox"/> S	Roasted Cabbage & Chicken Sausage with Green Salad And Sweet & tangy Vinaigrette <input type="checkbox"/> S	Chocolate Chip Cookies (2) <input type="checkbox"/> S
				PB 0% GY Whip (Peanut Flour) <input type="checkbox"/> FP
WEDNESDAY	Chocolate MIM with Berry Syrup Coffee with cream <input type="checkbox"/> S	Roasted Cabbage & Chicken Sausage with Green Salad And Sweet & tangy Vinaigrette <input type="checkbox"/> S	Baked Chicken fingers with Sweet Potato Fries & Side Salad with Fat Free Dressing. <input type="checkbox"/> E	Skinny Chocolate & Singing Canary <input type="checkbox"/> S
				1 LR WASA w/1 LLC & Turkey <input type="checkbox"/> FP
THURSDAY	Strawberry Big Boy Smoothie & Trimachino light <input type="checkbox"/> FP	Baked Chicken fingers with a green salad and ranch dressing <input type="checkbox"/> S	Cheeseburger pie with green beans & Salad toppings <input type="checkbox"/> S	1 Boiled Egg & Cheese Stick <input type="checkbox"/> S
				Fat Stripping Frappe <input type="checkbox"/> FP
FRIDAY	Baked blueberry oatmeal 0% GY Topping Trimachino Light <input type="checkbox"/> E	Lettuce wraps with Tuna Salad & 0% Greek Yogurt with Berries <input type="checkbox"/> FP	Eat Out Steak, Salad & Steamed Veggie <input type="checkbox"/> S	Celerey & Natural PB <input type="checkbox"/> S
				Almonds & GGMS <input type="checkbox"/> S
SATURDAY	French toast in a Bowl Coffee with cream <input type="checkbox"/> S	Fuel Pull Salad with Grilled Chicken <input type="checkbox"/> FP	Speedy Thin crust Pizza & Salad with Ranch <input type="checkbox"/> S	Fat Stripping Frappe <input type="checkbox"/> FP
				GY & Berries <input type="checkbox"/> FP