

Weekly Meal Planner

	Breakfast	Lunch	Dinner	Snack
Sunday	OATMEAL WITH BLUEBERRIES; SKIM MILK; OJ	MIXED GARDEN SALAD WITH BOILED EGGS; WHEAT THIN CRACKERS; UNSWEETENED TEA OR WATER; YOGURT	CROCK POT CHICKEN SEASONED WITH "SEASON ALL"; NEW POTATOES; GREEN BEANS; UNSWEETENED TEA OR WATER; NO SUGAR ADDED BUTTER PECAN ICE CREAM	PEANUT BUTTER ON CELERY;BOILED EGG;LOW CARB PROTEIN BAR; LAUGHING COW CHEESE;1/4 CUP WALNUTS OR ALMONDS;(CHOOSE ONE 2 x /DAY) 64 OZ OF WATER/DAY
Monday	2 SLICES BACON; 1 EGG AND LAUGHING COW CHEESE; GLASS OF V8 JUICE	MIXED GARDEN SALAD WITH CHICKEN LEFT OVER FROM LAST NIGHT; WHEAT THIN CRACKERS; UNSWEETENED TEA OR WATER; YOGURT	SLOW COOKER POT ROAST WITH CARROTS ONIONS AND CAULIFLOWER; WHOLE WHEAT ROLL; UNSWEETENED TEA OR WATER; SAME ICE CREAM	PEANUT BUTTER ON CELERY; BOILED EGG; LOW CARB PROTEIN BAR; LAUGHING COW CHEESE;1/4 CUP WALNUTS OR ALMONDS; (CHOOSE ONE 2 x /DAY)64 OZ WATER/DAY
Tuesday	LOW CARB PROTEIN BAR; YOGURT WITH FIBER; SKIM MILK OR OJ	NO BUN GRILLED HAMBURGER WITH LETTUCE, TOMATOE, ONION, SWEET POTATOE FRIES (BAKED); UNSWEETENED TEA OR WATER	MIXED SALAD WITH GRILLED SALMON; UNSWEETENED TEA OR WATER; SAME ICE CREAM	PEANUT BUTTER ON CELERY; BOILED EGG; LOW CARB PROTEIN BAR; LAUGHING COW CHEESE;1/4 CUP WALNUTS OR ALMONDS; (CHOOSE ONE 2 x /DAY)64 OZ WATER/DAY
Wednesday	TOASTED SLICE OF WHOLE WHEAT BREAD WITH 1 TBSP PEANUT BUTTER, 1/2 ORANGE, SKIM MILK	EGG SALAD ON A BED OF ROMAINE LETTUCE WITH 1/2 SMALL TOMATO OR ON A TOASTED SLICE OF WHOLE WHEAT BREAD; V8 JUICE; UNSWEETENED TEA OR WATER	CROCK POT BBQ CHICKEN; BROWN RICE;BAKED BEANS; SLAW; WHOLE WHEAT ROLL; UNSWEETENED TEA OR WATER; SAME ICE CREAM	PEANUT BUTTER ON CELERY; BOILED EGG; LOW CARB PROTEIN BAR; LAUGHING COW CHEESE;1/4 CUP WALNUTS OR ALMONDS; (CHOOSE ONE 2 x /DAY)64 OZ WATER/DAY
Thursday	2 SLICES BACON; 1 EGG AND LAUGHING COW CHEESE; GLASS OF V8 JUICE	MIXED GARDEN SALAD; FETA CHEESE; WALNUTS; OLIVES;ONIONS IF YOU LIKE; UNSWEETENED TEA OR WATER	LAYER GRILLED PORTABELLA MUSHROOM HALVES BELLE-PEPPERS ONIONS, TOMATOES, FETA CHEESE, AND BLACK OLIVES. MELT LOW FAT MOZZARELLA CHEESE ON TOP	PEANUT BUTTER ON CELERY; BOILED EGG; LOW CARB PROTEIN BAR; LAUGHING COW CHEESE;1/4 CUP WALNUTS OR ALMONDS; (CHOOSE ONE 2 x /DAY)64 OZ WATER/DAY
Friday	FRUIT YOGURT SMOOTHIE WITH ADDED PROTEIN	COOL MIXED GREENS AND CHICKEN ON WHOLE WHEAT WRAP; ADD TOMATOES, ONIONS, FETA CHEESE, BELL PEPPER;	GRILLED STEAK WITH MIXED SALAD; BAKED SWEET POTATO; UNSWEETENED TEA OR WATER; SAME ICE CREAM	PEANUT BUTTER ON CELERY; BOILED EGG; LOW CARB PROTEIN BAR; LAUGHING COW CHEESE;1/4 CUP WALNUTS OR ALMONDS; (CHOOSE ONE 2 x /DAY)64 OZ WATER/DAY
Saturday	WHOLE WHEAT PANCAKES; SUGAR FREE SYRUP; AND BLUEBERRIES	AFTER THE BIG BREAKFAST- JUST HAVE A GOOD YOGURT AND FRUIT VARIETY. :)	SLOW COOKED PINTO BEANS, BROWN RICE; BAKED ALL BEEF HOT DOGS; AND SLAW; UNSWEETENED TEA OR WATER; SAME ICE CREAM	PEANUT BUTTER ON CELERY; BOILED EGG; LOW CARB PROTEIN BAR; LAUGHING COW CHEESE; 1/4 CUP WALNUTS OR ALMONDS; (CHOOSE ONE 2 x /DAY)64 OZ WATER/DAY