

8-Mar	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Coffee (2 Cups), 1 tbsp heavy cream	Coffee (2 Cups), 1 tbsp heavy cream	Water Only (lab fast)	Coffee (2 Cups), 1 tbsp heavy cream	Coffee (2 Cups), 1 tbsp heavy cream	Coffee (2 Cups), 1 tbsp heavy cream	Coffee (2 Cups), 1 tbsp heavy cream
Net Carbs	1g	1g		1g	1g	1g	1g
PP	1 point	1 point		1 point	1 point	1 point	1 point
Snack 1	Celery, 2 tbsp Cream Cheese, Hard-Boiled Egg		Deviled Eggs (2 halves)	Celery, 2 tbsp Cream Cheese, Hard-Boiled Egg	Deviled Eggs (2 halves)		
Net Carbs	3g		0g	3g	0g		
PP	5 points		3 points	5 points	3 points		
Lunch	4-oz London Broil on Oopsie Bread (1/4 C Cucumber, 1/4C Sprouts, 1-oz Avocado), 1C Mixed Greens w/1 tbsp dressing	4-oz London Broil on Oopsie Bread (1/4 C Cucumber, 1/4C Sprouts, 1-oz Avocado), 1C Mixed Greens w/1 tbsp dressing	Chicken Salad on Oopsie Bread, 2C Mixed Greens, 1 tbsp Oil & Vinegar	3-Egg Cheese Omelet, 2C Spinach w/1 tbsp Oil & Vinegar	3 Poached Eggs over 3C Mixed Greens	Ground Beef Pattie w/1-oz Cheddar, 2C Mixed Greens w/1 tbsp Oil & Vinegar	3 Egg Omelet w/3-oz mushrooms, 2 tbsp green peppers, 1 tbsp onion, 2 oz cheese, 1/4 c tomato
Net Carbs	6g	6g	3g	2g	2g	2g	5g
PP	10 points	10 points	12 points	14 points	3 points	15 points	12 points
Snack 2		1/2 C cucumber slices w/ ranch dressing			1/2 C cucumber slices w/ ranch dressing	Celery, 2 tbsp Cream Cheese	Celery, 2 tbsp Cream Cheese
Net Carbs		3g			3g	2g	2g
PP		1 point			1 point	3 points	3 points
Dinner	Sirloin Steak, 2C Mixed Greens, 1 Broiled Roma Tomato w/Olive Oil	6-oz White Fish w/Brown Butter Sauce, 3/4C Cauliflower, 1C Broccoli	Blackened Pork Chops, 1C Collard Greens, 1-1/2 C Yellow Squash & Zucchini Mix	5-oz Chicken Breast, 2C Mixed Greens w/1/4C tomato, 1/4C Cucumber, 1/4C Sprouts, 1/2 Avocado, Bacon, 1 tbsp Oil & Vinegar	1.5C Turkey (light & dark meat with skin), 1C Cauliflower Mash, 1C Collard Greens	Turkey On Oopsie Bread (1/2 tomato, 1/2C cucumber, 1C Spinach, 1 tbsp mayo with olive oil), 1C Mixed Greens & 1/4C Clover Sprouts, tbsp Oil & Vinegar	Date Nite
Net Carbs	5g	6g	5g	6g	4g	6g	5g
PP	15 points	16 points	13 points	10 points	13 points	13 points	12 points
TOTAL CARBS	15g	16g	11g	12g	10g	11g	13g
TOTAL PP	26 points	28 points	28 points	30 points	21 points	32 points	28 points
WAP				2 points		4 points	

