

Fasting	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	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	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	1g
PP	1 point	1 point	1 point	1 point	1 point	1 point	1 point
Snack 1							
Net Carbs							
PP							
Lunch	3 Eggs, 1 Plum Tomato, 1/2 Avocado, Bacon	3 Egg Omelet w/3-oz mushrooms, 2 tbsp green peppers, 1 tbsp onion, 2 oz cheese, 1/4 c tomato	Stuffed Pepper (3 oz sausage, 1.5 oz mushrooms, 1/2 red pepper), 2 Eggs	6-oz Chicken Salad on Oopsie Bread, 2C mixed greens w/dressing	Stuffed Pepper (3 oz sausage, 1.5 oz mushrooms, 1/2 red pepper), 2 Eggs	6-oz Chicken Salad on Oopsie Bread, 2C mixed greens w/dressing	2 C Veggie Beef Stew, 1C Mixed Greens w/dressing
Net Carbs	5g	5g	3g	3g	3g	3g	6g
PP	11 Points	12 points	11 points	12 points	11 points	12 points	11 points
Snack 2	1-oz Pecans	1/2 C cucumber slices w/ ranch dressing	Celery & 2 tbsp cream cheese	1-oz Pecans	1/2 C cucumber slices w/ ranch dressing	Celery & 2 tbsp cream cheese	1/2 C cucumber slices w/ ranch dressing
Net Carbs	1g	3g	2g	1g	3g	2g	3g
PP	5 points	1 point	3 points	5 points	1 point	3 points	1 point
Dinner	Split Chicken Breast with Skin, 1C Broccoli w/Brown Butter Sauce, 1C Mixed Greens w/ 1/2 tbsp Oil & Vinegar Dressing	Pepper Steak Stir-Fry, Sesame & Spice Broccoli	Pot Roast Au Jus, Cauliflower Muffins, 1C Roasted Zucchini & Yellow Squash	Split Chicken Breast w/Cauliflower Muffins, 2C Sautéed Spinach	Pot Roast Au Jus, Cauliflower Muffins, 1C Roasted Zucchini & Yellow Squash	Mixed Greens (3 C) w/3 Poached Eggs & Roasted Asparagus	Pork Tenderloin w/Mustard Gravy, Cauliflower Muffin, 2C Mixed Greens w/Dressing
Net Carbs	8g	7g	5g	7g	5g	4g	3g
PP	9 points	11 points	15 points	15 points	15 points	8 Points	11 points
TOTAL CARBS	15g	14g	11g	12g	12g	10g	13g
TOTAL PP	26 points	25 points	30 points	33 points	28 points	24 points	24 points
Weekly Allowance Points	0	0	2	5	0	0	0

