

2-Mar	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
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
Net Carbs	1g	1g	1g	1g	1g	1g
PP	1 point	1 point	1 point	1 point	1 point	1 point
Snack 1						
Net Carbs						
PP						
Lunch	4-oz Ground Beef, 1- oz cheddar, 1/2 Tomato, 1/2 Avocado, 2C Mixed Greens, 1 tbsp Dressing	6-oz Chicken Breast with 1 tbsp Pesto, 2C Mixed Greens, 1/4 tomatos, 1 tbsp Dressing	2-oz Ham on 2C Mixed Greens with Sprouts, Cucumbers, Tomato, Green Pepper, 1 tbsp Oil & Vinegar	6-oz Chicken Breast with 1 tbsp Pesto, 2C Mixed Greens, 1/4 tomatos, 1 tbsp Dressing	2-oz Ham on 2C Mixed Greens with Sprouts, Cucumbers, Tomato, Green Pepper, 1 tbsp Oil	1/2C Cauliflower Soup, 2C Mixed Greens with 1/2 Avocado, 1/2 Tomato, 1 tbsp Dressing, 2 Hard Boiled Eggs
Net Carbs	4g	4g	7g	4g	7g	6.5g
PP	14 points	11 points	5 points	11 points	5 points	12 Points
Snack 2	2 Jalapeno Poppers	Ham Roll Ups	2 Jalapeno Poppers	Bullet Coffee	Bullet Coffee	2 Jalapeno Poppers
Net Carbs	2g	3g	2g	1g	1g	2g
PP	2 points	4 points	2 points	5 points	5 points	2 points
Dinner	Pork Tenderloin w/Mustard Gravy, Cauliflower Muffin, 2C Mixed Greens w/Dressing	4-oz London Broil on Oopsie Bread w/Cucumber, 1/4C Sprouts, 1-oz Avocado, 1/2C Cauliflower Soup	5-oz Ground Beef Patty w/1-oz Cheddar, 2 Tomato Slices, 1/2 Avocado, Coleslaw	4-oz London Broil on Oopsie Bread w/Cucumber, 1/4C Sprouts, 1-oz Avocado, 1/2C Cauliflower Soup	5-oz Ground Beef Patty w/1-oz Cheddar, 2 Tomato Slices, 1/2 Avocado, Coleslaw	Eat Out - Grilled Chicken Salad (4-oz Chicken, 2C Mixed Greens, 3 Cherry Tomatoes, 2 Cucumber Slices, 2 Slices Red Onion
Net Carbs	3g	7.5g	7g	7.5g	7g	7g
PP	11 points	12 points	17 points	12 points	17 points	12 points
TOTAL CARBS	10g	15.5g	17g	13.5g	16g	16g
TOTAL PP	27 points	28 points	27 points	29 points	28 points	27 points
Weekly Allowance Points	0	0	0	1	0	0

Saturday

Coffee (2 Cups), 1
tbsp heavy cream

1g

1 point

3 Egg Omelet w/3-
oz mushrooms, 2
tbsp green
peppers, 1 tbsp
onion, 2 oz cheese,
1/4 c tomato

5g

12 points

1/2 C cucumber
slices w/ ranch
dressing

3g

1 point

6-oz Sirloin Steak,
1C steamed
Broccoli & 3/4C
steamed
Cauliflower
w/Brown Butter
Sauce

4g

11 points

13g

24 points

0