

15-Feb	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Scambled Eggs (2), 3 oz sausage, 1/2 avocado, 1/2 roma tomato	Stuffed Pepper (3 oz sausage, 1.5 oz mushrooms, 1/2 red pepper)	Crustless Broccoli & Bacon Quiche	Protein Pancakes w/Bacon	Crustless Broccoli & Bacon Quiche	Stuffed Pepper (3 oz sausage, 1.5 oz mushrooms, 1/2 red pepper)	Scrambled Eggs (2), 1/2 Avocado, 1/2 Roma Tomato, Bacon
Net Carbs	4g	2g	3g	2g	3g	2g	4g
PP	11 points	7 points	6 points	5 points	6 points	7 points	9 points
Snack 1	Celery Stalk, 2 tbsp whipped cream cheese	6 Red Bell Pepper Sticks w/1 tbsp ranch dressing	1/2 C cucumber slices w/ ranch dressing	6 Red Bell Pepper Sticks w/1 tbsp ranch dressing	2 Jalapeno Poppers	1/2 C cucumber slices w/ranch dressing	
Net Carbs	2g	2g	3g	2g	2g	3g	
PP	2 points	1 point	1 point	1 point	2 points	1 point	
Lunch	4 oz Grilled Chicken breast, 3C mixed greens, 1 tbsp Oil & Vinegar Dressing	3 Oz Tuna Salad on Oopsie Bread	2 C Veggie Beef Stew	Smokey Joe Burger on Oopsie Bread, Slice Tomato, Homemade Coleslaw	3 Oz Tuna Salad on Oopsie Bread	4 oz Grilled Chicken breast, 3C mixed greens, 1 tbsp Oil & Vinegar Dressing	Grilled Cheese on Oopsie Bread, 1 C Broccoli
Net Carbs	2g	6g	5g	7g	6g	6g	8g
PP	4 points	7 points	9 points	12 points	7 points	8 points	10 points
Snack 2		1/2 C cucumber slices w/ ranch dressing	2 Jalapeno Poppers	Celery Stalk, 2 tbsp whipped cream cheese	1/2 C cucumber slices w/ ranch dressing		
Net Carbs		3g	2g	2g	3g		
PP		1 point	2 points	2 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	2C Veggie Beef Stew	Smokey Joe Burger on Oopsie Bread, Slice Tomato, Homemade Coleslaw	Pork Tenderloin, 1C Cauliflower Mash, 1/2C Broccoli	Split Chicken Breast with Skin, 1C Broccoli w/Brown Butter Sauce, 1C Mixed Greens w/ 1/2 tbsp Oil & Vinegar Dressing	BLTAE (bacon, lettuce, avocado, tomato, egg) on Oopsie Bread w/1 tbsp mayo, 1C Cauliflower Mash	Pork Tenderloin, 1C Cauliflower Mash, 1/2C Broccoli
Net Carbs	8g	5g	7g	6.5g	8g	6g	6.5g
PP	9 Points	9 points	12 points	11 points	9 Points	12 points	11 points
TOTAL CARBS	16g	18g	20g	19.5g	22g	17g	18.5g
TOTAL PP	26 points	25 points	30 points	31 points	25 points	28 points	28 points
Weekly Allowance Points	0	0	2	3	0	0	0

