

11-Jan	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Maple Silver Dollar Pancakes w/Whipped Cream	Paleo Bacon Egg McMuffin	Turkey Cauliflower Hash (4.5g)	Paleo Bacon Egg McMuffin (5g)	Turkey Cauliflower Hash	Paleo Bacon Egg McMuffin (5g)	Cinnamon Bun Minute Muffin <i>(if with buttercream cheese frosting add additional 1g carbs & 5 points)</i>
Net Carbs	3g	5g	4.5g	5g	4.5g	5g	4g
PP	5 points	6 points*	7 points	6 points	7 points	6 points	9 points
Snack 1	6 Bell pepper slices w/dressing	1 Celery w/2 tbsp cream cheese	1/2 C cucumber slices w/ ranch dressing		1 Celery w/2 tbsp cream cheese	1/2 C cucumber slices	
Net Carbs	2g	2g	3g		2g	3g	
PP	2 points	3 points	1 point		3 points	1 point	
Lunch	6 oz Grilled chicken breast, 1C mixed greens, 1/4C alfalfa sprouts, 1 tbsp russian dressing	Mock Mac & Cheese Casserole	Cheesy Turkey Burger, 1C Mixed Greens, 1/2 Tomato, 1 tbsp oil & vinegar	Mock Mac & Cheese Casserole	Cheesy Turkey Burger, 1C Mixed Greens, 1/2 Tomatoe, 1 tbsp oil & vinegar	Mock Mac & Cheese Casserole	6 oz Grilled chicken breast, 2C mixed greens, 1/4C alfalfa sprouts, 1 tbsp russian dressing
Net Carbs	6g	3g	3g	3g	3g	3g	6g
PP	8 points	9 points	8 points	9 points	8 points	9 points	7 points
Snack 2	1 Celery w/2 tbsp cream cheese	1/2 C cucumber slices w/ ranch dressing	1 Celery w/2 tbsp cream cheese	1/2 C cucumber slices w/ ranch dressing	1/2 C cucumber slices	1 Celery w/2 tbsp cream cheese	
Net Carbs	2g	3g	2g	3g	3g	2g	
PP	3 points	1 point	3 points	1 point	1 point	3 points	
Dinner	4 oz Sirloin Steak, 1/2 C Cauliflower Rice, 1C Mixed Greens, 1/2 Plum Tomato, 1 tbsp Oil & Vinegar	6 oz Chicken Breast, 2C Mixed Greens, 1/4C Cucumbers, 1 oz Avocado, 1 tbsp Oil & Vinegar	Herb Roasted Chicken, Green Beans w/Pesto & Walnuts <i>(to lower points, remove skin from chicken)</i>	Wasabi Salmon, Cauliflower Rice, 1C mixed greens, 1tbsp Oil & Vinegar	Herb Roasted Chicken, Green Beans w/Pesto & Walnuts <i>(to lower points, remove skin from chicken)</i>	4-oz Pork Tenderloin, Poached Asparagus w/Wasabi Butter, 1C Mixed Greens, 1 tbsp Oil & Vinegar	Dine Out
Net Carbs	5g	5g	5g	8.5g	5g	7g	8g
PP	12 points	8 points	11 points	12 Points	11 points	9 points	12 points
TOTAL CARBS	18g	18g	18g	20g	18g	20g	20g
TOTAL PP	28 points	28 points	30 points	28 points	30 points	28 points	28 points
Weekly Allowance Points	0 points	0 points	2 points	0 points	2 points	0 points	0 points