

25-Jan	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Maple Pecan Drop Scones w/Buttercream Frosting	Paleo Bacon Egg McMuffin	Maple Pecan Drop Scones w/Buttercream Frosting	Crustless Broccoli & Bacon Quiche	Maple Pecan Drop Scones w/Buttercream Frosting	Crustless Broccoli & Bacon Quiche	Protein Pancakes w/Bacon
Net Carbs	3g	5g	3g	3g	3g	3g	2g
PP	7.5 points	6 points*	7.5 points	6 points	7.5 points	6 points	5 points
Snack 1		6 Red Bell Pepper Sticks	1/2 C cucumber slices w/ ranch dressing		6 Red Bell Pepper Sticks w/ranch dressing	1/2 C cucumber slices w/ranch dressing	
Net Carbs		2g	3g		2g	3g	
PP		0 points	1 point		1 points	1 point	
Lunch	6 oz Grilled chicken breast, 2C mixed greens, 1 tbsp russian dressing	2 C Veggie Beef Stew	2 C Veggie Beef Stew	Smokey Joe Burger (no bun) w/1 C Mock Potato Soup	2 C Veggie Beef Stew	Chicken Quarter (3 oz), 2C Mixed Greens, 1 tbsp 'Honey' Mustard Dressing	Grilled Cheese, 1 C Broccoli
Net Carbs	6g	5g	5g	6.5g	5g	3g	8g
PP	8 points	9 points	9 points	12 points	9 points	8 points	10 points
Snack 2	6 Red Bell Pepper Sticks w/ranch dressing	1/2 C cucumber slices w/ ranch dressing	2 Jalapeno Poppers	2 Jalapeno Poppers	1/2 C cucumber slices w/ ranch dressing	2 Jalapeno Poppers	2 Jalapeno Poppers
Net Carbs	2g	3g	2g	2g	3g	2g	2g
PP	1 points	1 point	2 points	2 points	1 point	2 points	2 points
Dinner	Dine Out	6 oz Pork Tenderloin, 1/2 Roasted Zucchini w/Lemon Butter Sauce, 1C Mixed Greens, 1 tbsp 'Honey' Mustard	Smokey Joe Burger on Oopsie Bread, Slice Tomato, Homemade Coleslaw	Lemon Pepper White Fish, 1C Cauliflower Mash, 1/2C Broccoli	Chicken Quarter (3 oz), 1/2 C Mock Potato Soup, 2 C Mixed Greens, 1 tbsp Ranch Dressing	BLTAE (bacon, lettuce, avocado, tomato, egg) on Oopsie Bread w/1 tbsp mayo, 1C Cauliflower Mash	4 oz Sirloin Tip Roast, 2 C Mixed Greens w/1 tbsp. 'Honey Mustard Dressing, 1/2 C Mock Potato Soup
Net Carbs	9g	4.5g	7g	6.5g	5g	6g	7g
PP	12 points	10 points	12 points	6 points	10 points	12 points	11 points
TOTAL CARBS	20g	19.5g	20g	18g	18g	17g	19g
TOTAL PP	28 points	26 points	31 points	24 points	29 points	29 points	26 points
Weekly Allowance Points	0	0	3	0	1	1	0

*If recipe followed, then point value is closer to 13 points.

