

MENU 1	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	2 Eggs, 1/2 Tomato, 1/2 Avocado	Protein Shake w/ 1/4C strawberries	Hot Pork Sausage Pattie, 1 Roma Tomato, 1 ounce fresh mozzarella	Protein Shake w/ 1/4C strawberries	2 Eggs, 1/2 Tomato, 1/2 Avocado	Protein Shake w/ 1/4C strawberries	Hot Pork Sausage Pattie, 1 Roma Tomato, 1 ounce fresh mozzarella
Net Carbs	5g	3g	5g	3g	5g	3g	5g
PP	8 points	6 points	10 points	6 points	8 points	6 points	10 points
Snack 1	1/2 C cucumber slices w/ ranch dressing	1 Celery w/2 tbsp cream cheese	1/2 Avocado w/ 1 tbsp ranch dressing	Blackberry, Mozzarella & Basil Salad	1 Celery w/2 tbsp cream cheese	6 Bell pepper slices w/dressing	Blackberry, Mozzarella & Basil Salad
Net Carbs	3g	2g	2g	1.5g	2g	2g	1.5g
PP	1 point	3 points	5 points	2 points	3 points	2 points	2 points
Lunch	6 oz Grilled chicken breast, 2C mixed greens, 1/4C alfalfa sprouts, 2 tbsp russian dressing	Ground Beef Pattie, 2C Mixed Greens, 1/4C sprouts, 1 tbsp oil & vinegar	6 oz Grilled chicken breast, 2C mixed greens, 1/4C alfalfa sprouts, 2 tbsp russian dressing	3 oz Pulled Pork, 2 slices Oopsie Bread, low carb BBQ sauce, coleslaw	Ground Beef Pattie, 2C Mixed Greens w/sprouts, 1 tbsp oil & vinegar	3 oz Pulled Pork, 2 slices Oopsie Bread, low carb BBQ sauce, coleslaw	6 oz Grilled chicken breast, 2C mixed greens, 1/4C alfalfa sprouts, 2 tbsp russian dressing
Net Carbs	6g	5g	6g	7g	5g	7g	6g
PP	7 points	8 points	7 points	16 points	8 points	16 points	7 points
Snack 2	1 Celery w/2 tbsp cream cheese	1/2 C cucumber slices w/ ranch dressing		1 oz Pecans	1/2 C cucumber slices		
Net Carbs	2g	3g		1g	3g		
PP	3 points	1 point		6 points	1 point		
Dinner	Scallop Stir-Fry	6 oz Pork Tenderloin, Broccoli & Basil Soup, 2 C Mixed Greens w/Oil & Vinegar	6 oz sirloin steak, 1 1/2C broccoli, 3/4 C cauliflower, 1C mixed greens, 1/4C cucumbers, brown butter sauce, 1 tbsp ranch	Chicken Quarter (with skin & bone) Broccoli & Basil Soup, 2 C Mixed Greens w/Oil & Vinegar	Bangers & Sweet Potato Mash, 1C mixed greens w/1 tsp oil & vinegar	6 oz Peacan-Pesto Crusted Tilapia, Broccoli & Basil Soup, 1 C Mixed Greens w/Oil & Vinegar	Chicken Quarter (with skin & bone) Broccoli & Basil Soup, 2 C Mixed Greens w/Oil & Vinegar
Net Carbs	6g	5.5g	7g	5.5g	10g	6g	5.5g
PP	6 points	10 points	12 points	9 points	14 points	9 points	9 points
TOTAL CARBS	22g	18.5g	20g	18g	25g	18g	18g
TOTAL PP	26 points	28 points	34 points	39 points	34 points	33 points	28 points
Weekly Allowance Points	0 points	0 points	6 points	11 points	6 points	5 points	0 points