

MENU 1	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Curry Scramble w/Bacon	Denver Omelet	Protein Shake w/ strawberries (1/4 C)	2 Eggs, 1/2 Tomato, 1/2 Avocado	2 Eggs, 1/2 Tomato, 1/2 Avocado	Protein Shake w/ strawberries (1/4 C)	Mixed Berry Muffins (2)
Net Carbs	4g	6g	3g	5g	5g	3g	6g
PP	12 points	12 points	6 points	8 points	8 points	6 points	6 points
Snack 1			1/2 Avocado w/ 1 tbsp ranch dressing (homemade)	6 Bell pepper slices w/1 tbsp russian dressing	1 Celery w/2 tbsp cream cheese	6 Bell pepper slices w/dressing	
Net Carbs			2g	2g	2g	2g	
PP			5 points	2 points	3 points	2 points	
Lunch	Broccoli & Cheddar Soup, Mixed Greens (1C) w/Dressing	Protein Shake w/ strawberries (1/4 C)	Ground Beef Pattie, Mixed Greens (2C) w/sprouts & tomato, 1 tbsp low carb dressing	Protein Shake w/ strawberries (1/4 C)	Ground Beef Pattie, Mixed Greens (2C) w/sprouts & tomato, 1 tbsp low carb dressing	Broccoli & Cheddar Soup, Mixed Greens (1C) w/Dressing	Protein Shake w/ strawberries (1/4 C)
Net Carbs	6g	3g	5g	3g	5g	6g	3g
PP	10 points	6 points	8 points	6 points	8 points	10 points	6 points
Snack 2	1 Celery w/2 tbsp cream cheese	1/2 C cucumber slices w/ ranch dressing (homemade)	6 Bell pepper slices w/2 tbsp russian dressing (home made)	Caprese Salad	1/2 C cucumber slices	Caprese salad	6 Bell pepper slices w/dressing
Net Carbs	2g	3g	2g	2g	3g	2g	2g
PP	3 points	1.5 points	2 points	6 points	1.5 points	6 points	2 points
Dinner	Chicken Breast, Mixed Greens (2C) w/Dressing, Bacon cheddar Mock Potatoes	Mock Mac & Cheese Casserole, Mixed Greens (2C) w/Cucumers (1/4C) & Tomatoes (1/2C), Low Carb Dressing	White Fish w/Lemon, Asparagus (6 spears), Mixed Greens (2C)w/ Cucumbers (1/4C), Tomatoes (1/2C) & Red Peppers (1 tbsp), Dressing	Chicken Breast, Mixed Greens (2C) w/Dressing, Bacon cheddar Mock Potatoes	Mock Mac & Cheese Casserole, Mixed Greens (2C) w/Cucumers (1/4C) & Tomatoes (1/2C), Low Carb Dressing	White Fish w/Lemon, Asparagus (6 spears), Mixed Greens (2C)w/ Cucumbers (1/4C), Tomatoes (1/2C) & Red Peppers (1 tbsp), Dressing	Dinner Out
Net Carbs	5g	7g	6g	5g	7g	6g	9g
PP	10 points	11 points	9 points	10 points	11 points	9 points	18 points
TOTAL CARBS	17g	19g	18g	17g	22g	18g	20g
TOTAL PP	35 points	31 points	30 points	32 points	32 points	33 points	32 points