

MENU 1	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	2 egg omelette w/ 1/2 tomatoe & 1/2 avocado	Protein shake w/ 1/4 C frozen strawberries	2 scrambled eggs, 2 slices bacon, 1/2 C sauteed spinach, 1/2 C tomatoes	Protein shake w/ 1/4 C frozen strawberries	3 oz Sausage topped w/ 1 oz mozzarella & 1 tomato	2 egg omelette w/ 1/2 C tomatoes & 1/2 avocado	Protein shake w/ 1/4 C frozen strawberries
Net Carbs	5g	4g	6g	4g	5g	5g	4g
PP	8 points	5 points	5 points	5 points	10 points	8 points	5 points
Snack 1	1/2 C cucumber slices w/1 Tbsp ranch dressing (homemade)	6 Cherry Tomatoes w/1 Tbsp ranch dressing	1/2 C cucumber slices w/ 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	1 Celery w/2 tbsp cream cheese
Net Carbs	3g	3g	3g	2g	2g	2g	2g
PP	1.5 Points	1.5 points	1.5 points	2 points	3 points	2 points	3 points
Lunch	chicken quarter w/skin, 2C lettuce & 1 small tomato (roma)	Burger (no bun) w/ cheese, avocado & tomato salad	Protein shake w/ 1/4 C Frozen strawberries & 1/4 small banana	Tuna with 1/2 avocado, 1/4 cucumber & 1/2 tomato salad	Bibb lettuce wrapped chicken breast, 1/4C fresh guacamole & 1 tbsp salsa	Burger on chopped salad (with 2 tbsp oil & vinegar)	Tuna with avocado, cucumber & tomato salad
Net Carbs	3.3g	5g	9g	6g	5g	5g	6g
PP	10 Points	16 points	5 points	8 points	8 points	13 points	8 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)	6 Cherry Tomatoes w/1 Tbsp ranch dressing (homemade)	1/2 C cucumber slices w/ ranch dressing (homemade)	6 Cherry Tomatoes w/1 Tbsp ranch dressing (homemade)	6 Bell pepper slices w/dressing
Net Carbs	2g	3g	2g	3g	3g	3g	2g
PP	3 Points	1.5 points	2 points	1.5 points	1.5 points	1.5 points	2 points
Dinner	Pork tenderloin, sauteed spinach, grilled squash	Sirloin steak, 1 C sauteed bok choy, 2 C mixed greens & 1/4 C alfalfa sprouts (oil & vinegar)	Chicken breast (w/skin), steamed broccoli (w/butter), chopped spinach salad (oil & vinegar)	Grilled burger w/ cheddar, 1/4 avocado, 2 slices tomato, mixed greens w/oil & vinegar	Chicken breast, steamed 1.5C broccoli & 3/4C cauliflower, 1 tbsp brown butter sauce, 1C mixed greens w/oil & vinegar	Pork tenderloin, sauteed spinach, grilled squash	Sirloin Steak, 6 asparagus spears, 2 C mixed green salad w/oil & vinegar
Net Carbs	6g	5g	7.5g	8g	6g	6g	7g
PP	6 Points	9 points	13 points	12 points	14 points	6 points	9 points
TOTAL CARBS	19g	20g	27.5g	23g	21g	19g	21g
TOTAL PP	28.5 Points	33 points	26.5 points	28.5 points	36.5 points	30.5 points	27 points