

MENU 1	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfas	2 egg omelette w/ 1/2C tomato, 1/2C zuchinni, 1-oz cheddar, bacon	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	2 egg omelette with 1/2 tomato & 2 c spinach	2 egg omelette w/ 1/2 C tomatoes & 1/2 avocado	Protein shake w/ 1/4 C frozen strawberries
Net Carbs	6g	4g	6g	1g	2g	5g	4g
PP	8 points	5 points	5 points	5 points	4 points	8 points	5 points
Snack 1	1/2 C cucumber slices w/1 Tbsp ranch dressing (homemade)	Caprese Salad (5 cherry tomatoes, 2 oz mozzarella, basil, 1/2 tbsp olive oil)	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	1 Celery w/2 tbsp cream cheese
Net Carbs	3g	2g	2g	2g	2g	2g	2g
PP	1.5 Points	6 points	5 points	2 points	3 points	2 points	3 points
Lunch	Protein Shake	Burger (no bun) w/ cheese, avocado & tomato salad	Protein shake w/ 1/4 C Frozen strawberries	Tuna with 1/2 avocado, 1/4 cucumber & 1/2 tomato salad	Egg, Avocado & Tomato Salad (1 avocado, 2 hard boiled eggs, 1 C roma tomato, 3 bacon, 1/2 tbsp lemon juice)	Burger on chopped salad (with 2 tbsp oil & vinegar)	Tuna with avocado, cucumber & tomato salad
Net Carbs	1g	5g	4g	6g	5g	5g	6g
PP	5 points	16 points	5 points	8 points	12 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)	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	0 points	6 points	2 points
Dinner	1/4 Chicken (with skin), 1/2 C Brussels sprouts, 2 C baby spinach with oil & vinegar	Sirloin steak (6 oz), 1-1/2 C bok choy, 2C mixed greens with 1/2 diced cucumber, 1 oz red pepper, 1 tbsp oil & vinegar	Salad (6 oz chicken, 2C mixed greens, 1/2C cucumber, 1/2 tbsp red onion, 1/2 roma tomato, 1 boiled egg, bacon, 1 oz cheddar, 1 tbsp oil & vinegar)	Sausage & Sweet Potato Strata	Chicken breast (3 oz), cauliflower mash, 2C mixed greens with 1/4C alfalfa sprouts, 1 tbsp russian dressing (homemade)	Pork tenderloin, sauteed spinach, grilled squash	Sirloin Steak, 6 asparagus spears, 2 C mixed green salad w/oil & vinegar
Net Carbs	6g	5g	6g	8g	6g	6g	7g
PP	10 points	12 points	12 points	13 points	8 points	6 points	9 points
TOTAL CARBS	18g	19g	20g	19g	18g	20g	21g
TOTAL PP	27.5 points	40.5 points	29 points	34 points	27 points	35 points	27 points