

	Snack 6 am	Breakfast 7 am	Snack 10 am	Lunch 11:30 am	Dinner 5 pm	Snack 6:30 pm
Sunday	8 oz Coffee 1 tsp sugar	1 1/4 c Kellogg's Red Berries Cereal 3/4 c Milk 8 oz Coffee 1 tsp sugar		2 Kind Breakfast Protein Bars 1 Activia Nonfat Yogurt	1/2 belgian waffle 1 tbsp margarine 2 tbsp pancake syrup 3 scrambled eggs 3 pieces turkey bacon	2 cups popcorn
	4.2 g carb	47.2 g carb		36 g carb	50.3 g carb	9 g carb
Monday	8 oz Coffee 1 tsp sugar	1 1/4 c Kellogg's Red Berries Cereal 3/4 c Milk 8 oz Coffee 1 tsp sugar	1 chocolate chip cookie	1 c cooked elbow macaroni 1/2 c canned whole tomatoes	3 oz shredded beef 1 potato bun 1 dill pickle spear 8 Baked Lays	
	4.2 g carb	47.2 g carb	15 g carb	47 g carb	52.8 g carb	
Tuesday	8 oz Coffee 1 tsp sugar	3 lemon raspberry pancakes 1/4 frozen raspberries, thawed 2 tbsp Cool Whip 8 oz coffee 1 tsp sugar		2 slices Pizza Toast	2 soft whole wheat Tacos 1/4 c Zatarain's Spanish Rice, prepared	
	4.2 g carb	43.2 g carb		52.3 g carb	58.8 g carb	

	Snack 6 am	Breakfast 7 am	Snack 10 am	Lunch 11:30 am	Dinner 5 pm	Snack 6:30 pm
Wednesday	8 oz Coffee 1 tsp sugar	8 oz carrot strawberry smoothie 3 scrambled eggs 3 pieces turkey bacon 8 oz coffee 1 tsp sugar		1 peanut butter & banana sandwich (using only 1 slice sugar free, whole wheat bread and 1/2 banana)	1 omelet with tomato, diced ham, green bell pepper, & Mexican blend cheese 1 whole wheat tortilla	2/3 c Halo Top ice cream
	4.2 g carb	54.4 g carb		38.3 g carb	27.3 g carb	19 g carb
Thursday	8 oz Coffee 1 tsp sugar	16 oz fruit smoothie 3 scrambled eggs 2 Williams Express sausage biscuits 8 oz coffee		Leftover Monday's dinner	Homemade fried chicken & gravy 1/2 c canned green beans 1 serving prepared mashed potatoes 1 Pillsbury Grands Biscuit	
	4.2 g carb	59 g carb		52.8 g carb	56 g carb	

	Snack 6 am	Breakfast 7 am	Snack 10 am	Lunch 11:30 am	Dinner 5 pm	Snack 6:30 pm
Friday	8 oz Coffee 1 tsp sugar	3 scrambled eggs 3 slices turkey bacon 1 Pillsbury Grands Biscuit 8 oz coffee 1 tsp sugar		Leftover Tuesday's dinner	One pot pasta	
	4.2 g carb	30.2 g carb		58.8 g carb	31 g carbs	
Saturday	8 oz Coffee 1 tsp sugar	1 lemon cranberry muffin 2 scrambled eggs 2 slices turkey bacon 8 oz coffee 1 tsp sugar		2 Kind Breakfast Protein Bars 1 Activia Nonfat Yogurt	Leftover Friday's dinner	1 outshine no sugar added fruit popsicle
	4.2 g carb	55.2 g carb		36 g carb	31 g carb	7 g carb