WEEKLY MEAL PLANNING WORKSHEET

Meal	*Day 1*	*Day 2*	*Day 3*	*Day 4*	*Day 5*	*Day 6*	*Day 7*
Breakfast	Food Supplement	Food Supplement	Food Supplement	Food Supplement	Food Supplement	Food Supplement	Food Supplement
Snack Optional **Snacks not required on program.**	Hard Boiled Egg	3 Tbsp, of Sunflower Seeds	Pickle	½ Cup Plain, Fat-Free Yogurt	Steamed Vegetables w/ 1 Tbsp. Of Parmesan	Raw Veg. W/ Low-Fat Ranch	Salad Greens w/ Low-Fat Salad Dressing
Lunch	Rolled Boars Head Turkey W/ Raw Veg. And Low-Fat Ranch	Grilled Swordfish Salad	Veg. Omelet w/ Ramona and Sliced Tomatoes	2 Turkey Hotdogs w/ Sauerkraut and Mustard	Tuna Salad Stuffed Tomato	Tyson Chicken Strips Over Baby Spinach w/ Raspberry Vinaigrette	Shrimp Salad over Lettuce w/ Tomato Wedges
Snack	Food Supplement	Food Supplement	Food Supplement	Food Supplement	Food Supplement	Food Supplement	Food Supplement
Dinner	Grilled Swordfish Steak w/ Large Salad	Greek Chicken w/ Zucchini and Squash	Stir-Fry Pork and Stir-Fry Veg.	Spaghetti Squash w/ Turkey Meat balls	Cubed Steak w/ Mushroom and Onions And Green Beans	Boiled Shrimp w/ Large Salad	Grilled Pork Loin w/ Cabbage and Stewed Tomato
Snack			Sugar –Free Jell-O, Pudding or Popsicle				
Daily Water	**2 Quarts**	**2 Quarts**	**2 Quarts**	**2 Quarts**	**2 Quarts**	**2 Quarts**	**2 Quarts**