

Week 11

Monday

Breakfast: 1 1/2 cups Special K Red Berries (165) + 1 cup 1% milk (110) = 265

Lunch: 8 ounces fried haddock (~400) + “about 10 French fries” (200) = 600

Snack: 1 two-inch square of penuche fudge (~250)

Dinner: 1 hot dog (~180) + 2 teaspoons yellow mustard (10) + 1 tablespoon sweet pickle relish (20) + 1/2 cup homemade potato salad (250) = 460

Dessert: Edy’s Outshine Fruit Bar (70)

Total: 1645

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Tuesday

Breakfast: 1 1/2 cups Special K Red Berries (165) + 1 cup 1% milk (110) = 265

Lunch: 8 ounces broiled (breaded and buttered) haddock (~400) + 1/2 cup coleslaw (~200) = 600

Dinner: 1 1/2 cups penne pasta (300) + 1 1/2 cups homemade bolognese sauce (made by my aunt; ~300) = 600

Dessert: Edy’s Outshine Fruit Bar (70)

Total: 1535

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Wednesday

Out to a late brunch at a diner: 1 fried egg (70 for the egg alone + ~30 to account for 1 teaspoon of oil/butter used to pan-fry it = 100) + 1 slice multigrain toast, dry (100) + 1 five-inch pancake, lightly buttered (~200) + 2 tablespoons maple syrup (100) + “a few home fries” (? ~150) = 650

Snack on the drive home: 2 cups red grapes (120)

Dinner back at home: 4 ounce 85% lean ground beef bunless cheeseburger (240 for beef patty + 100 for cheese = 340) + 2 tablespoons ketchup (40) + 2 cups mixed salad (20) + 1 tablespoon Ken’s Light Options Balsamic Vinaigrette (30) = 430

Dessert: Skinny Cow Cookies ‘n’ Cream Ice Cream Sandwich (150)

Total: 1350

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Thursday

Breakfast: 1 1/2 cups Cascadian Farm Honey Nut O’s (165) + 1 banana (100) + 3/4 cup 1% milk (~85) = 350

Lunch: None

*Andie note: Imagine the frown lines forming on my face. Now imagine that, every time Mom misses a meal, the grooves deepen.

Dinner: 2 grilled hot dogs (180 each = 360) + 2 teaspoons yellow mustard (10) + 1 tablespoon sweet pickle relish (20) + 1/2 cup Bush’s Boston Recipe baked beans (150) = 540

Dessert: Skinny Cow Cookies n' Cream Ice Cream Sandwich (150)

Total: 1040

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Friday

Breakfast: Ezekiel Sprouted Grain Cinnamon Raisin English Muffin (160) + 1 tablespoon peanut butter (100) + 1 banana (100) = 360

Out to lunch: 1/2 of an egg salad sandwich (1 slice rye bread (100) + 1/2 cup egg salad (~250) = 350)

Snack: 1 slice bakery-bought cinnamon babka bread (200)

Dinner: 1 four-ounce breaded chicken cutlet (250) + 2 of PJ's famous meatballs with 3/4 cup marinara sauce (320) = 570

Dessert: Skinny Cow Cookies n' Cream Ice Cream Sandwich (150)

Total: 1630

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Saturday

Breakfast: 1 1/2 cups Cascadian Farm Honey Nut O's (165) + 1 banana (100) + 3/4 cup 1% milk (~85) = 350

Out to lunch: 8 ounce ground beef burger (assuming 85% lean, which is fairly standard, would mean 60 calories per ounce = 480) + 1 ounce cheddar cheese (100) + 2 tablespoons ketchup (40) + 1 1/2 cups steamed baby carrots (75) = 695

Dinner: I really don't know what she had, or where she was for that matter. If she told me, I'm

blanking. Sorry, friends.

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Sunday

Breakfast: 1 1/2 cups Cascadian Farm Honey Nut O's (165) + 3/4 cup 1% milk (~85) = 250

Out to lunch: 8 ounce ground beef bunless burger (assuming 85% lean, which is fairly standard, would mean 60 calories per ounce = 480) + 1 ounce cheddar cheese (100) + 2 tablespoons ketchup (40) + lettuce and tomato (~15) = 635

Out to dinner: 1/2 of a large Asian Chicken Salad (from a small deli/restaurant; ~350)

Dessert: 1 slice bakery-bought cinnamon babka bread (200)

Total: 1435