

Week 14

Monday

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

Lunch: 1 Joseph's Flax, Oat Bran, and Whole Wheat Lavash Bread (100) + 3 ounces Dietz & Watson maple-glazed ham (90) + 1 ounce Hoffman's sliced cheddar cheese (110) + 2 teaspoons yellow mustard (10) + lettuce and tomato (15) = 325
+ 1 cup red grapes (60) = 385

Snack: 1/2 ounce walnuts (about 12 = 100) + 1 ounce Pink Lady apple (100) = 200

Dinner: BLT

2 slices whole grain bakery bread (200) + 1 tablespoon mayonnaise (90) + 4 slices hickory-smoked bacon (140) + lettuce and tomato (15) = 445

Dessert: Skinny Cow Ice Cream Sandwich (150)

Total: 1540

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Tuesday

same B, L as Monday

Snack: Pink Lady apple (100)

Dinner: 4 ounces Slow Cooker New England Pot Roast (~60 calories per ounce (240) + ~60 for sauce = 300) + 1 1/2 cups potatoes and carrots, cooked with the pot roast in the slow cooker (~250) + 1/2 cup steamed green peas (60) = 610

Dessert: Skinny Cow Salted Caramel Pretzel Frozen Candy Bar (160)

Total: 1615

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Wednesday

same B, L, S as Monday

Dinner: Bunless cheeseburger (4 ounces cooked 85% lean ground beef (60 calories per ounce = 240 total) + 1/2 ounce Cheddar cheese (50) = 290) + 1 Parker House roll (120) + 1 1/2 cups zucchini, summer squash, and cherry tomatoes (~30) sauteed with garlic in 1 teaspoon olive oil (30) + 1 ear corn on the cob (~100) = 570

Total: 1515

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Thursday

same B, L as Monday

No snack

Out to dinner: Bunless cheeseburger (8 ounces of 85% lean ground beef = 480 + 100 calories for 1 ounce of cheese = 580) + 2 tablespoons ketchup (40) + side salad (~100 including dressing) = 720

Total: 1465

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Friday

Breakfast: 1 1/2 cups Special K Red Berries (165) + 1 cup 1% milk (110) = 275

Out to lunch: Grilled chicken wrap with lettuce, tomato, and yellow mustard (500)

Dinner: 1 serving Butter Crumb Baked Haddock (substituting haddock for cod = 300) + 1 1/2 cups roasted butternut squash and red potato (oiled, salted, peppered = 250) = 550

Dessert: 1 Skinny Cow Salted Caramel Pretzel Frozen Candy Bar (160)

Total: 1485

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Saturday

Breakfast: 1 1/2 cups Special K Red Berries (165) + 1 banana (100) + 1 cup 1% milk (110) = 375

Lunch: PB&J Wrap: 1 Joseph's Flax, Oat Bran, & Whole Wheat Lavash (100) + 2 tablespoons natural peanut butter (200) + 2 tablespoons Bonne Maman strawberry preserves (100) = 400
+ 1 cup red grapes (60) = 460

Out to dinner: Grilled chicken salad with honey mustard dressing (~600)

Dessert: Skinny Cow Ice Cream Sandwich (150)

Total: 1585

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Sunday

No breakfast; Mom slept in.

Lunch: 1 Joseph's Flax, Oat Bran, and Whole Wheat Lavash (100) + 3 ounces all-natural turkey breast, thinly sliced (90) + 1 ounce sliced Cheddar cheese (100) + 2 teaspoons French's honey mustard (20) = 310
+ 1 cup red grapes (60) = 370

Dinner: 4 ounces roasted turkey (from a whole roasted bird, ~160) + 1/2 cup mashed potatoes (~200) + 1/2 cup mashed butternut squash (buttered and brown-sugared = 150) + 1/2 cup steamed green peas (60) + 1/4 cup cranberry sauce (110) + 2 tablespoons gravy (~50) = 730

Dessert: Skinny Cow Salted Caramel Pretzel Frozen Candy Bar (160)

Total: 1260