MONDAY

BREAKFAST:
Powdered Sugar Donuts-S BriandT-Web

SNACK:
Greek Yogurt with Cinn Crispy's-S pg.458

LUNCH:
Lettuce Wedge Salad-S Web

SNACK:
Salami Cream Cheese Bites Web

DINNER:
Smarty Pants Stroganoff - S pg.44
and Salad

BED TIME SNACK:
Magic Cookie Bars Web

BEVERAGE: Shrinker-FP pg.400

TUESDAY

BREAKFAST:
Gwen's Bread Bagels-E Web
With Fat Free Cream Cheese-E

SNACK:
Apples and Apple Dip-E pg.466

LUNCH:
Cottage Cheese and Fruit-FP pg.408OB

SNACK:
Cheese and Crackers-S pg.395 OB

DINNER:
Mama's Famous Meatloaf-S pg.157
Green Fries-S p.218

BED TIME SNACK:
Chocolate Chip Cookies pg.320

BEVERAGE: GG Moonshine-FP pg.397

WEDNESDAY

BREAKFAST:
Powdered Sugar Donuts-S BriandT-Web

SNACK:
Greek Yogurt with Cinn Crispy's-S pg.458

LUNCH:
Lettuce Wedge Salad-S Web

SNACK:
Salami Cream Cheese Bites Web

DINNER:
Sweet Potato Oat Soup-E pg.102
on Gwen's Bread-E

BED TIME SNACK:
Cheese and Crackers pg.395 OB

BEVERAGE: GG Moonshine-FP pg.397

THURSDAY

BREAKFAST:
Gwen's Bread Bagels-E Web
With Fat Free Cream Cheese-E

SNACK:
Apples and Apple Dip-E pg.466

LUNCH:
Wonder Wraps FP pg.204

SNACK:
Cheese and Crackers-S pg.395 OB

DINNER:
Lazy Lasagna-S pg.140
and Salad

BED TIME SNACK:
Magic Cookie Bars Web

BEVERAGE: GG Moonshine-FP pg.397

FRIDAY

BREAKFAST:
Powdered Sugar Donuts-S BriandT-Web

SNACK:
Greek Yogurt with Cinn Crispy's pg.458

LUNCH:
Tortilla Pizza - S pg.280 OB

SNACK:
Salami Cream Cheese Bites Web

DINNER:
Tilapia Veracruz FP-S-E pg.70

BED TIME SNACK:
Popcorn-E pg.

BEVERAGE: GG Moonshine-FP pg.397

SATURDAY

BREAKFAST:
Gwen's Bread Bagels-E Web
With Fat Free Cream Cheese-E

SNACK:
Apples and Apple Dip-E pg.466

LUNCH:
Turkey Sandwich pg.299 OB
With Gwen's Bread Web

SNACK:
Skinny Chocolate pg.377

DINNER:
Salisbury Steak -S pg.174
Red Hash-S pg.218

BED TIME SNACK:
Chocolate Chip Cookies pg.320

BEVERAGE: Singing Canary-FP pg.398

SUNDAY

BREAKFAST:
Cinnamon Rolls-S BriandT-Web

SNACK:
Crunch Puffs pg.460

LUNCH:
Not Naughty Mac N' Cheese pg.228

SNACK:
Cheese and Spicy Nuts-S pg.-

DINNER:
Bangin' Ranch Drummies-S pg.162

BED TIME SNACK:
Magic Cookie Bars Web

BEVERAGE: Singing Canary-FP pg.398

SHOPPING LIST