

	SUNDAY	PP	MONDAY	PP	TUESDAY	PP	WEDNESDAY	PP	THURSDAY	PP	FRIDAY	PP	SATURDAY	PP
BREAKFAST	4 Points Plus	4	4 Points Plus	4	4 Points Plus	4	4 Points Plus	4	4 Points Plus	4	4 Points Plus	4	4 Points Plus	4
	Coffee or Tea w/ 1 Point Plus of Soy Creamer	1	Coffee or Tea w/ 1 Point Plus of Soy Creamer	1	Coffee or Tea w/ 1 Point Plus of Soy Creamer	1	Coffee or Tea w/ 1 Point Plus of Soy Creamer	1	Coffee or Tea w/ 1 Point Plus of Soy Creamer	1	Coffee or Tea w/ 1 Point Plus of Soy Creamer	1	Grande Soy Latte with No Foam and Cinnamon Powder	3
SNACK	2 Points Plus	2	2 Points Plus	2	2 Points Plus	2	2 Points Plus	2	2 Points Plus	2	2 Points Plus	2	2 Points Plus	2
LUNCH	Spicy Red Lentil Chili	5	Leftover Squash Casserole	8	Lunch Out	7	Leftover Red Bean and Potato Soup	4	Leftover Kale Caesar with Leftover Steak	11	Leftover Lentil Soup	4	Collard Greens Soup with Beans and Chicken Sausage	5
	Big Green Salad with 1 tsp Oil + Lemon Juice or Vinegar	1	Leftover Zucchini	3	Leftover Broccoli	2	Big Green Salad with 1 tsp Oil + Lemon Juice or Vinegar	1			Big Green Salad with 1 tsp Oil + Lemon Juice or Vinegar	1		
SNACK	2 Points Plus	2	2 Points Plus	2	2 Points Plus	2	2 Points Plus	2	2 Points Plus	2	2 Points Plus	2	2 Points Plus	2
DINNER	Lasagna Inspired Spaghetti Squash Casserole	8	Leftover Red Lentil Chili	5	Rustic Vegetable Soup with Red Beans and Potatoes	4	Bloody Mary Steak with Olive Tapanade	7	http://www.everydaymaven.com/2011/crockpot-lentil-soup/ (1.5 Servings)	6	Indian Spiced Chicken Wraps	8	Lentil and Mushroom Shepard's Pie	8
	Zucchini Pasta Recipe	3	Spicy Sweet Roasted Broccoli	2	Garlic Rubbed Roasted Cabbage Steaks	2	Almost A Kale Caesar	4	Big Green Salad with 1 tsp Oil + Lemon Juice or Vinegar	1	Bloomin' Indian Spiced Whole Cauliflower	2	Big Green Salad with 1 tsp Oil + Lemon Juice or Vinegar	1
SNACK	Almond Date Bites	1	Everyday Kale Chips	0	Chocolate & Nut Butter Baked Banana Boats	2	2 Points Plus	2	Everyday Kale Chips	0	Chocolate & Nut Butter Baked Banana Boats	2	2 Points Plus	2
DAILY POINTS TOTAL		27		27		26		27		27		26		27

4 Points Plus Breakfast Ideas

1 Slice Ezekiel Toast with 2 tsp of Earth Balance or Butter + a Piece of Fruit

Miso Soup: 2 Points worth of Organic, NON-GMO Tofu, Vegetables, 2 tsp soy sauce, 1 T Brown Rice Miso, 1/2 teaspoon cooking oil + 1/2 teaspoon toasted sesame oil

1/3 cup rolled oats cooked with water. add cinnamon, splash unsweetened, plain almond milk, drop pure vanilla extract and teaspoon raisins + piece of fruit

1 Slice Ezekiel Toast with 1 hard boiled egg plus salt and pepper + piece of fruit

2 eggs scrambled with any vegetables, non-stick cooking spray or non-stick saute pan + piece of fruit

2 Points Plus Snack Ideas

fruit (apple, banana, pear, etc.) and 2 tsp peanut butter

fruit (apple, banana, pear, etc.) and organic string cheese or 1/2 ounce cheese

3 dried dates and large mug of tea

Typical 1 Point Big Green Salad or Side Salad

any combination of 0 Points Vegetables (lettuce, spinach, mixed greens, cucumbers, tomatoes, carrots, onions, etc.)

tossed with a bit of kosher salt and pepper, lemon juice or your favorite vinegar and 1 teaspoon of a healthy oil (Extra Virgin Olive Oil, Flaxseed Oil, etc.) per person.