

## Week 28: Monday, June 8 to Sunday, June 14, 2015 - Plan of the Month: The Biggest Loser 30-Day Jump Start (1,500 calories/day)

	Breakfast	Lunch	Dinner	Snack	Comments
<b>Monday</b>	Biggest Loser (BL) English muffin with egg and ham	Veggie Wrap	Hummus and veggie platter	Cherries Granola bar	
<b>Tuesday</b>	Scrambled eggs, bacon	Veggie burger without the bun Salad Watermelon	The WORST salad topped with steak I've ever had... I couldn't finish it :(	Popcorn Coffee and pastry	Full day meeting offsite (breakfast and lunch at venue; dinner at TEN Restaurant)
<b>Wednesday</b>	2 hardboiled eggs	Jerk chicken, rice, salad	Salad topped with tuna	Cherries and walnuts Pineapple and watermelon	Full day meetings onsite
<b>Thursday</b>	Protein shake	Salad topped with chicken	BT Turkey chili	Cherries and almonds	Full day meetings onsite
<b>Friday</b>	BL English muffin with egg and ham	Roast veggies Sausage Salad Slice garlic pizza 2 bites sized cheesecake squares	Red pepper and hummus (still full from lunch)	Granola bar Quinoa cookie Chocolate coverer berries	Company volunteer day - offsite
<b>Saturday</b>	Egg whites, turkey bacon and coffee	BT Turkey chili	Leftover chicken and sausage, salad	Yogurt, berries and slivered almonds Coffee	Dinner with Cindy
<b>Sunday</b>	Protein shake	3 oz. BBQ steak salad roast veggies	Carrots, celery and hummus (still full from lunch)	Coffee	Lunch at Mom's