

Week 30: Monday, June 22 to Sunday, June 28, 2015 - Plan of the Month: The Biggest Loser 30-Day Jump Start (1,500 calories/day)

	Breakfast	Lunch	Dinner	Snack	Comments
Monday	Biggest Loser (BL) egg on muffin, turkey bacon (no cheese) Coffee	Portobello mushroom, lettuce, 12 sweet potato fries	Leftover chicken from BBQ Red left lettuce	Blueberries and walnuts Strawberries	Stayed strong at company event and passed on all the treats! Woohoo! Go me!
Tuesday	Protein shake	Veggies, chicken and rice noodles at PHO restaurant	3 oz steak Romaine salad Carrots	Apple and walnuts Coffee during meeting	
Wednesday	Biggest Loser (BL) egg on muffin, turkey bacon (no cheese)	3 oz Salmon Romaine salad	Leftover steak (3 oz) Kale salad	Strawberries	
Thursday	Protein shake	Leftover salmon (3 oz) Kale Salad	Portuguese chicken, sausage and salad	Blueberries and walnuts 1/2 cup lemon sherbert at company event	
Friday	Coffee and biscotti	Leftover Portuguese chicken, sausage Tomato salad	More leftover Portuguese chicken, sausage Romaine salad	Coffee and chocolate covered pretzel at Starbucks	Mini-binge
Saturday	Timmy's coffee and a bagel with cream cheese	Tortellini soup with cheese	Starbucks coffee Slice lemon loaf	Black licorice Strawberries Sampled fudge at the farm	Oh man, I'm loosing my grip :(
Sunday	McDonalds Egg McMuffin and coffee	Portuguese chicken, sasuage and salad	Last of the leftover Portuguese chicken (thank God!)	Black licorice Strawberries Waffer cookie and coffee	And the downward spiral begins :(