

Week 29: Monday, June 15 to Sunday, June 21, 2015 - Plan of the Month: The Biggest Loser 30-Day Jump Start (1,500 calories/day)

	Breakfast	Lunch	Dinner	Snack	Comments
Monday	Yogurt, blueberries and slivered almonds	Spinach salad with quinoa and chickpeas	Leftover BBQ: 3 oz steak, roast veggies and salad	Strawberries and blueberries	Offsite at Social Media course
Tuesday	Biggest Loser (BL) egg, turkey bacon and Ezekiel English muffin (omited the cheese)	Salad with carrots, onion and topped with turkey breast	2 slices Ezekiel bread with 1/2 avocado and tomato	Pear and walnuts	Quick and easy dinner as I had a meeting that started at 5:15 and ended at 8!
Wednesday	Yogurt, blueberries and slivered almonds	Isogenix protein shake	Bible Study Group BBQ: -chicken burger -salad -fruit -1 brownie...sorry, I sinned :(Celery, carrots and 2 tablespoons of hummus	Had a light lunch... saving my calories for later -I know I'm going to have a lot to choose from a the BBQ tonight!
Thursday	BL egg, turkey bacon and Ezekiel English muffin (omited the cheese)	Lunch Meeting: -chicken kabob -salad	Chickpea salad with tomato, garlic, oregano and olive oil	Cheese, 4 crackers, grapes 1 handful pretzels	
Friday	2 slices Ezekiel bread with 1/2 avocado and tomato Coffee	Leftover chickpea salad with tomato, garlic, oregano and olive oil	Salad with carrots, onion and topped with chicken	Isogenix protein shake post workout with Nikki (the girl almost killed me, but I did it!!!!)	Day Off - collected sooooo many checkmarks!!!
Saturday	Yogurt, blueberries and slivered almonds	Salad topped with leftover chicken breast (dressing: lemon juice and olive oil)	3 oz trout String beans	Coffee on walk along the lake Cherries	You know, my tummy doesn't really like dairy... I'm going to lay off yogurt for a while.
Sunday	2 slices Ezekiel bread with 1/2 avocado and tomato	Veggies and hummus (saving room for dinner with the family!)	Father's Day BBQ: -chicken breast -salad -veggies -1 slice Victoria Sponge	Cherries	