

Week 31: Monday, June 29 to Sunday, July 5, 2015 - Plan of the Month: The Biggest Loser 30-Day Jump Start (1,500 calories/day)

	Breakfast	Lunch	Dinner	Snack	Comments
Monday					
Tuesday					

Week 31: Monday, June 29 to Sunday, July 5, 2015 - Plan of the Month: The 8 Hour Diet

Wednesday	PEI Adventure				
Thursday	PEI Adventure				
Friday	PEI Adventure				
Saturday	PEI Adventure				
Sunday	Back home!				