

Food Journal - THE BEST OF THE BEST (Week 65: Monday, February 22, 2016 - Sunday, February 28, 2016)

	Breakfast	Lunch	Dinner	Snack	Comments
Monday	1/3 cup oatmeal 8 oz. yogurt 6 oz. blueberries	4 oz. salmon 6 oz. squash 6 oz. mixed lettuce and veggie salad 1 tablespoon olive oil, 1/2 teaspoon vinegar	4 oz. chicken thighs 6 oz. string beans 6 oz. mixed lettuce and veggie salad 1 tablespoon olive oil, 1/2 teaspoon vinegar		
Tuesday	1/3 cup oatmeal 2 eggs 1 peach	4 oz. salmon 6 oz. squash 6 oz. mixed lettuce and veggie salad 1 tablespoon olive oil, 1/2 teaspoon vinegar	4 oz. chicken thighs 6 oz. broccoli 6 oz. mixed lettuce and veggie salad 1 tablespoon olive oil, 1/2 teaspoon vinegar		
Wednesday	1/3 cup oatmeal 8 oz. yogurt 6 oz. strawberries	4 oz. salmon 6 oz. squash 6 oz. mixed lettuce and veggie salad 1 tablespoon olive oil, 1/2 teaspoon vinegar	4 oz. chicken thighs 6 oz. string beans 6 oz. mixed lettuce and veggie salad 1 tablespoon olive oil, 1/2 teaspoon vinegar		
Thursday	1/3 cup oatmeal 2 eggs 6 oz. strawberries	4 oz. ricotta 6 oz. broccoli 6 oz. mixed lettuce and veggie salad 1 tablespoon olive oil, 1/2 teaspoon vinegar	4 oz. beef 6 oz. squash 6 oz. mixed lettuce and veggie salad 1 tablespoon olive oil, 1/2 teaspoon vinegar		
Friday	1/3 cup oatmeal 2 eggs 1 pear	4 oz. tilapia 6 oz. string beans 6 oz. mixed lettuce and veggie salad 1 tablespoon olive oil, 1/2 teaspoon vinegar	4 oz. shrimp 6 oz. mixed lettuce and veggie salad 1 tablespoon olive oil, 1/2 teaspoon vinegar		
Saturday	1/3 cup oatmeal 2 eggs 1 apple	4 oz. tilapia 6 oz. squash 6 oz. mixed lettuce and veggie salad 1 tablespoon olive oil, 1/2 teaspoon vinegar	4 oz. turkey 6 oz. red peppers 6 oz. mixed lettuce and veggie salad 1 tablespoon olive oil, 1/2 teaspoon vinegar		
Sunday	1/3 cup oatmeal 2 eggs 6 oz. blackberries	4 oz. pork tenderloin 6 oz. squash 6 oz. mixed lettuce and veggie salad 1 tablespoon olive oil, 1/2 teaspoon vinegar	4 oz. turkey 6 oz. broccoli 6 oz. mixed lettuce and veggie salad 1 tablespoon olive oil, 1/2 teaspoon vinegar		