

Food Journal - THE BEST OF THE BEST (Week 64: Monday, February 15, 2016 - Sunday, February 21, 2016)

	Breakfast	Lunch	Dinner	Snack	Comments
Monday	1/3 cup oatmeal 2 eggs 6 oz. blueberries	4 oz. pork roast 6 oz. squash 6 oz. mixed lettuce and veggie salad 1 tablespoon olive oil, 1/2 teaspoon vinegar	4 oz. pork veal 6 oz. asparagus 6 oz. mixed lettuce and veggie salad 1 tablespoon olive oil, 1/2 teaspoon vinegar		Snacks are not allowed on the official FAA plan
Tuesday	1/3 cup oatmeal 2 eggs 6 oz. pineapple	4 oz. salmon 6 oz. squash 6 oz. mixed lettuce and veggie salad 1 tablespoon olive oil, 1/2 teaspoon vinegar	4 oz. pork roast 6 oz. asparagus 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. pineapple	4 oz. turkey 6 oz. squash 6 oz. mixed lettuce and veggie salad 1 tablespoon olive oil, 1/2 teaspoon vinegar	4 oz. pork troast 6 oz. broccoli 6 oz. mixed lettuce and veggie salad 1 tablespoon olive oil, 1/2 teaspoon vinegar		
Thursday	1/3 cup oatmeal 2 eggs 1 apple	4 oz. ricotta 6 oz. rapini 6 oz. mixed lettuce and veggie salad 1 tablespoon olive oil, 1/2 teaspoon vinegar	4 oz. trout 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. chicken 6 oz. rapini 6 oz. mixed lettuce and veggie salad 1 tablespoon olive oil, 1/2 teaspoon vinegar	4 oz. trout 6 oz. squash 6 oz. mixed lettuce and veggie salad 1 tablespoon olive oil, 1/2 teaspoon vinegar		
Saturday	1/3 cup oatmeal 8 oz. yogurt 6 oz. blueberries	4 oz. lamb 6 oz. mixed lettuce and veggie salad 1 tablespoon olive oil, 1/2 teaspoon vinegar	4 oz. chicken 6 oz. broccoli 6 oz. mixed lettuce and veggie salad 1 tablespoon olive oil, 1/2 teaspoon vinegar		
Sunday	1/3 cup oatmeal 2 eggs 1 pear	4 oz. chicken 6 oz. broccoli 6 oz. mixed lettuce and veggie salad 1 tablespoon olive oil, 1/2 teaspoon vinegar	4 oz. trout 6 oz. squash 6 oz. mixed lettuce and veggie salad 1 tablespoon olive oil, 1/2 teaspoon vinegar		