|           | BREAKFAST   | LUNCH   | DINNER  | SNACK  |
|-----------|---|---|---|--|
| SUNDAY    | PROTEIN SHAKE HIGH CALORIE,<br>2 PACKETS QUAKER OATMEAL                         | 3 BURRITOS WITH 6-8 OZ<br>GROUND TURKEY/SIRLOIN, 1-2<br>CUPS SPANISH RICE, LIGHT<br>SOUR CREAM ADD SALSA FOR<br>TASTE | 8-10 OZ CHICKEN, STEAMED<br>VEGGIE OF CHOICE, 4 OZ PASTA<br>WITH LIGHT ALFREDO SAUCE                                      | 6 CARAMEL RICE CAKES, 40-60<br>GRAM PROTEIN SHAKE IF<br>NEEDED, 1-2 CUPS BERRIES OF<br>CHOICE                        |
| MONDAY    | PROTEIN SHAKE HIGH CALORIE,<br>KODIAK PROTEIN PANCAKES<br>ADD PUMPKIN FOR TASTE | 2 WHOLE WHEAT HAMBURGER<br>BUNS, 2 BUTTERBALL TURKEY<br>BURGERS ADD<br>TOMATO/LETTUCE AS DESIRED                      | 6-8 OZ GROUND BEEF 90/10,<br>SPAGHETTI SAUCE, 4 OZ PASTA<br>WITH PARM CHEESE OPTIONAL                                     | 4 SERVINGS CEREAL OF<br>CHOICE, 3 CUPS MILK, 40-60<br>GRAM PROTEIN SHAKE IF<br>NEEDED, 1-2 CUPS BERRIES OF<br>CHOICE |
| TUESDAY   | PROTEIN SHAKE HIGH CALORIE,<br>4 MULTIGRAIN WAFFLES LOW<br>CAL SYRUP            | 8-10 OZ CHICKEN, 1-2 CUPS<br>CHICKEN RICE, 1 CUP<br>STUFFING, GRAVY AS DESIRED  | 6-8 OZ SIRLOIN STEAK,<br>STEAMED STIR FRY VEGGIES, 1-<br>2 CUPS WITH LOW SODIUM SOY<br>SAUCE                              | 6 CARAMEL RICE CAKES, 40-60<br>GRAM PROTEIN SHAKE IF<br>NEEDED, 1-2 CUPS BERRIES OF<br>CHOICE                        |
| WEDNESDAY | PROTEIN SHAKE HIGH CALORIE,<br>2 PACKETS QUAKER OATMEAL                         | 3 BURRITOS WITH 6-8 OZ<br>GROUND TURKEY/SIRLOIN, 1-2<br>CUPS SPANISH RICE, LIGHT<br>SOUR CREAM ADD SALSA FOR<br>TASTE | 8-10 CHICKEN BREAST, 3-4<br>CUPS RUSSET POTATOES,<br>LIGHT SOUR CREAM, REDUCED<br>FAT SHREDDED CHEESE,<br>STEAMED VEGGIES | 4 SERVINGS CEREAL OF<br>CHOICE, 3 CUPS MILK, 40-60<br>GRAM PROTEIN SHAKE IF<br>NEEDED, 1-2 CUPS BERRIES OF<br>CHOICE |
| THURSDAY  | PROTEIN SHAKE HIGH CALORIE,<br>4 MULTIGRAIN WAFFLES LOW<br>CAL SYRUP            | 2 WHOLE WHEAT HAMBURGER<br>BUNS, 2 BUTTERBALL TURKEY<br>BURGERS ADD<br>TOMATO/LETTUCE AS DESIRED                      | 8-10 OZ TURKEY KIELBASKA,<br>VELVEETA SHELLS 1 BOX,<br>STEAMED VEGGIES  | 6 CARAMEL RICE CAKES, 40-60<br>GRAM PROTEIN SHAKE IF<br>NEEDED, 1-2 CUPS BERRIES OF<br>CHOICE                        |
| FRIDAY    | PROTEIN SHAKE HIGH CALORIE,<br>2 PACKETS QUAKER OATMEAL                         | 8-10 OZ CHICKEN, 1-2 CUPS<br>CHICKEN RICE, 1 CUP<br>STUFFING, GRAVY AS DESIRED  | 6-8 OZ BEEF STEW MEAT WITH 2-<br>3 CUPS POTATOES/CARROTS  | 4 SERVINGS CEREAL OF<br>CHOICE, 3 CUPS MILK, 40-60<br>GRAM PROTEIN SHAKE IF<br>NEEDED, 1-2 CUPS BERRIES OF<br>CHOICE |
| SATURDAY  | PROTEIN SHAKE HIGH CALORIE,<br>KODIAK PROTEIN PANCAKES<br>ADD PUMPKIN FOR TASTE | 2 WHOLE WHEAT HAMBURGER<br>BUNS, 2 BUTTERBALL TURKEY<br>BURGERS ADD<br>TOMATO/LETTUCE AS DESIRED                      | 6-8 OZ GROUND BEEF IN<br>MEATLOAF STYLE, STEAMED<br>VEGGIES   | 6 CARAMEL RICE CAKES, 40-60<br>GRAM PROTEIN SHAKE IF<br>NEEDED, 1-2 CUPS BERRIES OF<br>CHOICE                        |