

| Meal            | Friday, January 01, 2010   | Saturday, January 02, 2010 | Sunday, January 03, 2010          | Monday, January 04, 2010     |
|-----------------|----------------------------|----------------------------|-----------------------------------|------------------------------|
| Exercise        | Balance Ball DVD           | Weight Machines at Gym     | Treadmill at Gym                  | Elliptical                   |
| Water           | 12--12--12--12--16 = 64 oz | 12--12--12--12--16 = 64 oz | 12--12--12--12--16 = 64 oz        | 12--12--12--12--16 = 64 oz   |
| Vitamins        | Yes! -- No!                | Yes! -- No!                | Yes! -- No!                       | Yes! -- No!                  |
| Breakfast       |                            |                            |                                   |                              |
| Protein:        | 1 Cup FF Cottage Cheese    | 2 eggs                     | Dannon FF Lite Yogurt             | Cookies/Cream Protein Powder |
|                 | 2 sl Turkey bacon          | 1/2 piece toast w/marg     | 1/4 Grape Nuts cereal (in yogurt) | Oatmeal                      |
| Morning Snack   |                            |                            |                                   |                              |
|                 | Banana                     | Zone Perfect protein bar   | Cheese stick                      | Apple                        |
| Lunch           |                            |                            |                                   |                              |
| Protein         | Roast Pork                 | Chicken breast             | Turkey Sloppy Joes meat           | Boiled Eggs x2               |
|                 | Sauerkraut                 | Coleslaw                   | Mixed canned Veg                  | Salad greens                 |
|                 | Applesauce                 | Pineapple crushed canned   | Orange                            | 6 Saltine crackers           |
| Afternoon Snack |                            |                            |                                   |                              |
|                 | Popcorn-Rose Bowl game     | SF Jell-O cup              | Almonds                           |                              |
| Dinner          |                            |                            |                                   |                              |
| Protein         | Vegetable soup w/beef      | Ham                        | Tuna                              | Chicken                      |
|                 | Orange                     | Green Beans                | Salad greens                      | Stir Fry Veg                 |
|                 |                            | Apple                      | Sliced apple                      | Pineapple chunks             |
| Evening Snack   |                            |                            |                                   |                              |
|                 | SF Popsicle/Fudge bar      | SF Pudding cup             | Strawberries/milk - shake         | Popcorn mini bag             |

| Meal            | Tuesday, January 05, 2010  | Wednesday, January 06, 2010 | Thursday, January 07, 2010 | Friday, January 08, 2010   |
|-----------------|----------------------------|-----------------------------|----------------------------|----------------------------|
| Exercise        | Water aerobics class       | Treadmill work gym          | Water aerobics class       | Mitch DVD medicine ball    |
| Water           | 12--12--12--12--16 = 64 oz | 12--12--12--12--16 = 64 oz  | 12--12--12--12--16 = 64 oz | 12--12--12--12--16 = 64 oz |
| Vitamins        | Yes! -- No!                | Yes! -- No!                 | Yes! -- No!                | Yes! -- No!                |
| Breakfast       |                            |                             |                            |                            |
| Protein:        | Dannon FF Yogurt           | Cookies Cream Protein       | FF Cottage Cheese          | String Cheese              |
|                 | 2 sl Turkey bacon          | Cream of Wheat hot cereal   | canned lite peaches        | Banana                     |
| Morning Snack   |                            |                             |                            |                            |
|                 | String cheese stick        | Grapes                      | FF Yogurt w/ Grape Nuts    | Oatmeal                    |
| Lunch           |                            |                             |                            |                            |
| Protein         | Chicken Unjury scoop       | Protein Shake               | Hot Dog w/bun              | Boiled Eggs,bacon bits     |
|                 | Chicken Noodle dry soup    | Sweet Potato                | Carrot sticks              | Spinach salad greens       |
|                 | Banana                     |                             | Pickles                    | Mandarin oranges           |
| Afternoon Snack |                            |                             |                            |                            |
|                 | Zone Perfect protein bar   | Almonds                     | Orange                     |                            |
| Dinner          |                            |                             |                            |                            |
| Protein         | Beef Brisket - City BBQ    | Boca Burgers                | Roast Pork                 | Ground Turkey Meatloaf     |
|                 | Green Beans                | Salad                       | Sauerkraut                 | Carrots                    |
|                 |                            | Apple                       |                            | Baked Potato               |
| Evening Snack   |                            |                             |                            |                            |
|                 | Orange                     | Cheese stick                | SF fudgesicle              |                            |

| Meal            | Saturday, January 09, 2010        | Sunday, January 10, 2010                                | Monday, January 11, 2010                    | Tuesday, January 12, 2010                              |
|-----------------|-----------------------------------|---------------------------------------------------------|---------------------------------------------|--------------------------------------------------------|
| Exercise        | BOSU ball DVD & Gym Cardio        | Treadmill at Gym                                        | Elliptical at work & meet Debbie at gym     | Weights DVD at home                                    |
| Water           | 12--12--12--12--16 = 64 oz        | 12--12--12--12--16 = 64 oz                              | 12--12--12--12--16 = 64 oz                  | 12--12--12--12--16 = 64 oz                             |
| Vitamins        | Yes! -- No!                       | Yes! -- No!                                             | Yes! -- No!                                 | Yes! -- No!                                            |
| Breakfast       |                                   |                                                         |                                             |                                                        |
| Protein:        | Turkey Bacon Cheese Quiche recipe | Strawberry protein mix                                  | FF Lite Yogurt                              | Cookies/Crm Protein mix                                |
|                 |                                   | Strawberries w/ milk                                    |                                             | Oatmeal                                                |
| Morning Snack   |                                   |                                                         |                                             |                                                        |
|                 | Apple                             | Protein bar                                             | String cheese                               | Apple                                                  |
| Lunch           |                                   |                                                         |                                             |                                                        |
| Protein         | Bourbon Chicken at mall           | Stuffed pepper w/ground beef soup                       | Taco ground meat mix, cheddar cheese shreds | Chicken breast                                         |
|                 |                                   | Rice                                                    | Salad greens                                | salad greens                                           |
|                 |                                   |                                                         | Tortilla chips-baked                        | Ceasar dressing, croutons                              |
| Afternoon Snack |                                   |                                                         |                                             |                                                        |
|                 | Zone Perfect protein bar          | Grapes                                                  |                                             | Almonds                                                |
| Dinner          |                                   |                                                         |                                             |                                                        |
| Protein         | Salmon                            | Pork chop                                               | WW Lasagna Smart One                        | Packaged meat balls and Spaghetti sauce - in crock pot |
|                 | Cauliflower w/ cheese -frozen     | Beets-canned                                            | Salad greens                                | salad greens                                           |
|                 |                                   |                                                         |                                             |                                                        |
| Evening Snack   |                                   |                                                         |                                             |                                                        |
|                 | Popcorn mini bag                  | Pumpkin fluff w/ Splenda lite Cool Whip, SF pudding mix | canned lite peaches                         | Popcorn mini bag                                       |

| Meal            | Wednesday, January 13, 2010    | Thursday, January 14, 2010      | Friday, January 15, 2010   |                            |                    |
|-----------------|--------------------------------|---------------------------------|----------------------------|----------------------------|--------------------|
| Exercise        | Treadmill at work              | Water aerobics class            | Balance Ball DVD           |                            |                    |
| Water           | 12--12--12--12--16 = 64 oz     | 12--12--12--12--16 = 64 oz      | 12--12--12--12--16 = 64 oz |                            |                    |
| Vitamins        | Yes! -- No!                    | Yes! -- No!                     | Yes! -- No!                |                            |                    |
| Breakfast       |                                |                                 |                            |                            |                    |
| Protein:        | String Cheese                  | Chocolate protein mix in coffee | Boiled eggs x2             |                            |                    |
|                 | Banana                         | String cheese                   |                            |                            |                    |
| Morning Snack   |                                |                                 |                            |                            |                    |
|                 | FF Lite Yogurt                 |                                 | Almonds                    |                            |                    |
| Lunch           |                                |                                 |                            |                            |                    |
| Protein         | Turkey deli sandwich-work café | Cottage Cheese                  | Ham & Bean soup            |                            |                    |
|                 | wheat bread x2                 | Salad greens                    | Carrot sticks              |                            |                    |
|                 | celery/carrot sticks           | Banana                          |                            |                            |                    |
| Afternoon Snack |                                |                                 |                            |                            |                    |
|                 | Apple                          | Almonds                         | Orange                     |                            |                    |
| Dinner          |                                |                                 |                            |                            |                    |
| Protein         | Wendy's Chili                  | Lite Polska Kielbasa sausage    | Pizza thin crust -frozen   | Crockpot<br>Chicken<br>BBQ | Beef<br>Stroganoff |
|                 | Baked Potato                   | Sauerkraut                      | salad                      |                            |                    |
|                 |                                |                                 |                            |                            |                    |
| Evening Snack   |                                |                                 |                            |                            |                    |
|                 | String cheese                  | Zone Perfect protein bar        |                            |                            |                    |