

Wednesday, February 1, 2017	
Breakfast	*Skipped
Snack	Sunflower seeds and a small bag of potato chips
Lunch	Chicken wild rice soup and a dinner roll a cup of water
Snack	Sunflower seeds and water
Dinner	Hamburger patty with cheese and ranch dressing water
Snack	Donut
Exercise	6,000 steps via fit bit

Thursday, February 2, 2017	
Breakfast	*Skipped
Snack	Sunflower seeds
Lunch	Pizza with ranch dressing water to drink
Snack	Chocolate covered nuts
Dinner	Panda express meal
Snack	Pizza

Friday, February 3, 2017	
Breakfast	Toast and butter
Snack	Potato chips
Lunch	Del Taco Meal with a large lemonade
Snack	Chocolate covered nuts
Dinner	Chicken and rice with lemonade
Snack	Skipped
Exercise	5,345 steps via fit bit

Saturday, February 4, 2017	
Breakfast	Egg and cheese sandwich on white bread with oj
Snack	None
Lunch	None
Snack	Oreos
Dinner	Curry and Rice

Snack	None
Exercise	10,123 steps via fit bit

### Sunday, February 5, 2017

Breakfast	*Skipped
Snack	*Skipped
Lunch	*Skipped
Snack	*Skipped
Dinner	Lu pulu and kumala (tongan Food – Taro leaves, corned beef and sweet potato)
Snack	Cookies
Exercise	3,000 steps via fit bit

### Monday, February 6, 2017

Breakfast	*Skipped
Snack	Sunflower seeds
Lunch	Pizza with ranch dressing water to drink
Snack	Chocolate covered nuts
Dinner	Panda express meal
Snack	Pizza
Exercise	8,045 steps via fit bit

### Tuesday, February 7, 2017

Breakfast	Egg omlet and cheese with a side of toast
Snack	Chocolate covered almonds
Lunch	Pizza with ranch dressing water to drink
Snack	Sunflower seeds
Dinner	*Skipped
Snack	Doritos
Exercise	14,045 steps via fit bit, volleyball & Zumba

### Wednesday, February 8, 2017

Breakfast	*Skipped
Snack	Sunflower seeds

Lunch	Hamburger Fries and lemonade
Snack	Chocolate covered nuts
Dinner	Pizza
Snack	Corned Beef Sandwich
Exercise	6,754 steps via fitbit

### Thursday, February 9, 2017

Breakfast	*Skipped
Snack	Sunflower seeds
Lunch	Meatballs and rice with water
Snack	Sunflower seeds
Dinner	Double cheeseburger and fries with a lemonade
Snack	skipped
Exercise	3045 steps via fit bit

### Friday, February 10, 2017

Breakfast	*Skipped
Snack	Chocolate covered almonds
Lunch	Pizza with ranch dressing water to drink
Snack	Potato chips
Dinner	Chicken Fried Steak and mashed potato's with lemonade
Snack	None
Exercise	5,145 steps via fit bit

### Saturday, February 11, 2017

Breakfast	*Skipped
Snack	Sunflower seeds
Lunch	*Skipped
Snack	Doritos
Dinner	Ramen Noodles
Snack	Pizza
Exercise	5,021 steps via fit bit

### Sunday, February 12, 2017

Breakfast	*Skipped
Snack	*Skipped
Lunch	*Skipped
Snack	*Skipped
Dinner	Curry & Rice with water
Snack	Cookies
Exercise	2,571

### Monday, February 13, 2017

Breakfast	*Skipped
Snack	*Skipped
Lunch	Chicken Wild Rice Soup and a dinner roll with water
Snack	Sunflower Seeds
Dinner	Panda express meal
Snack	None
Exercise	8,883

### Tuesday, February 14, 2017

Breakfast	*Skipped
Snack	Valentine cookies
Lunch	Tomato basil soup and dinner roll
Snack	Sunflower seeds
Dinner	Olives, Pickles Mongolian beef bbq steak and water.
Snack	None
Exercise	17,675 – Volleyball and Zumba

### Wednesday, February 15, 2017

Breakfast	*Skipped
Snack	Sunflower seeds
Lunch	Philly cheese steak sandwich, fries and a lemonade
Snack	Sunflower seeds
Dinner	Ramen Noodles

Snack	none
Exercise	5,215 steps via fit bit

### Thursday, February 16, 2017

Breakfast	Bacon and Eggs
Snack	Almonds
Lunch	Hamburger Patty and cheese
Snack	Almonds
Dinner	Steak and avocado
Snack	None
Exercise	10,124 steps via fit bit

### Friday, February 17, 2017

Breakfast	Bacon andn Eggs
Snack	Almonds
Lunch	Bacon strips and a hamburger patty
Snack	Almonds
Dinner	Steak and Avocado
Snack	None
Exercise	10,023 steps via fit bit

### Saturday, February 18, 2017

Breakfast	Bacon andn Eggs
Snack	Almonds
Lunch	hamburger patty & celery
Snack	Almonds
Dinner	Steak Avocado and shrimp
Snack	None
Exercise	10,033 steps via fit bit

### Sunday, February 19, 2017

Breakfast	*Skipped
Snack	*Skipped
Lunch	*Skipped

Snack	*Skipped
Dinner	Steak and Avocado
Snack	None
Exercise	3,129 steps via fit bit

### Monday February 20, 2017

Breakfast	*Skipped
Snack	*Skipped
Lunch	*Skipped
Snack	*Skipped
Dinner	Big Mac Meal and a Hi C
Snack	None
Exercise	10,023 steps via fit bit

### Tuesday, February 21, 2017

Breakfast	Bacon and Eggs
Snack	Almonds
Lunch	Hamburger patty
Snack	*Skipped
Dinner	Steak and asparagus
Snack	None
Exercise	11,211 Steps via fitbit

### Wednesday, February 22, 2017

Breakfast	Bacon and Eggs
Snack	*Skipped
Lunch	Bacon and a hamburger patty
Snack	*Skipped
Dinner	Sausage stir fry
Snack	None
Exercise	9,723 steps via fit bit

Thursday, February 23, 2017

Breakfast	*Skipped
Snack	*Skipped
Lunch	Chic Fil A meal with a lemonade
Snack	*Skipped
Dinner	Panda express meal
Snack	None
Exercise	7,823 steps via fit bit

Friday, February 24, 2017

Breakfast	*Skipped
Snack	*Skipped
Lunch	Soup and a dinner roll
Snack	Cookeis
Dinner	Big Mac Meal and a Hi C
Snack	None
Exercise	5,023 steps via fit bit

Saturday, February 25, 2017

Breakfast	*Skipped
Snack	*Skipped
Lunch	*Skipped
Snack	*Skipped
Dinner	Chicken Nugget Meal
Snack	None
Exercise	3,125 steps via Fit bit