

The Simpson/Johnson Household

Monday 7-30

Breakfast

Egg white Omelette / Tomatoes / Basil / Zucchini / Red Onions (3)
Sour Dough Toast (1)

Lunch for 5

Entrée

Chicken Satay / Peanut Sauce (5)
Shredded Cabbage / Citrus-Sesame (2)
Seared Asparagus / Tarragon (1)
Eric's Protein / Whipped Chick peas / Pesto (3)

Snack

Grilled Vegetables Kebabs / Green Sauce

Dinner for 2

Entrée

Shrimp and Soba Noodles / Mediterranean Style / Tomatoes / Olives (5)
Red Onions and Spinach (2)

Dessert

Raspberry / Peach Cobbler (4)

Simpson / Johnson Household

Menu's /

Monday 8-6

Breakfast

Cranberry Maple Oatmeal (6)

Lunch for 5

Entrée

Grilled Chicken Sandwich (6)
Organic Greens / Lite Dressing (2)
Eric / Vegan-Grain Stew

Snack

Cheesy Corn Crisps (3)

Dinner for 2

Entrée

Grilled Flank Steak & Onions(7)
Eric / Roast Market Fish
Ginger Broccoli (2)

Dessert

Peach Cobbler (4)

Simpson / Johnson Household
Menu's /

Tuesday 8-7
Breakfast

Quinoa Apple Breakfast Cereal(5)

Lunch for 5
Entrée

Seared Shrimp/ Corn Tomato Salad (6)
Organic Greens / Lite Dressing (2)
Eric / Soba Noodle-Asian Broth / Vegetables

Snack

Sliced Apples and Cheese (3)

Dinner for 2
Entrée

Sesame Seared Tuna (6)
Roast Potatoes (2)
Seasonal Vegetable Dish (0)
Eric / Vegetarian

Dessert

Grill Peaches (4)

Simpson / Johnson Household

Menu's /

Thursday 8-9

Breakfast

French Toast with Sprouted Grain Bread (6pts)
Salted Watermelon

Lunch for 5

Entrée

Seared Market White Fish (6pts)
Roasted Potatoes / Red Onions – Rosemary (2 pts)
Seared Asapragus -0-

Snack

Mediterranean Pita Pizza (4 points half pita)

Dinner for 2

Entrée

Jessica - Grilled Turkey Cutlet (6 pts)
Eric- (Vegan) Saigon Tofu & Cellophane Noodles
Broccoli Salad (4pts)

Dessert

Angelic Macaroons (2pts each)

Simpson / Johnson Household

Menu's /

Monday 8-13

Breakfast for 4

Buttermilk Blueberry Corn Muffins (8pts)

Lunch for 5

Entrée

Jessica / Peppered Shrimp Skewers (6pts)

Organic Greens Salad

Eric Vegan / Veggie-Broth Noodle Soup

Snack for 4

Zucchini Pizza Bites (4pts)

Dinner for 2

Entrée

Jessica / Linguini / Broccoli / Chicken / Goat Cheese (8 pts)

Eric-M&D/ Linguini / Broccoli / Goat Cheese (Vegan)

Dessert for 2

Cinnamon Flats (4pts)

Simpson / Johnson Household

Menu's

Tuesday 8-14

Breakfast for 4

Potato / Spinach Frittata (5pts)

Lunch for 5

Entrée

Jessica / Jerk-Steak Spring Rolls (7pts)

Organic Greens Salad

Eric Vegan / Veggie Spring Rolls / Soup

Snack for 4

Petite Chic Pea Cakes / Dip Sauce (5pts)

Dinner for 3

Entrée

Jessica / Eric / Stephanie

Seasonal Market Whitfish (8 pts)

Roast Carrots / Asparagus

Dessert for 2

Fresh Fruit / (2pts)

Simpson / Johnson Household

Menu's /

Friday 8-17

Breakfast

Egg / Canadian Bacon / Avocado / Tomato Sandwich (5pts)
Eric / Same (no Bacon)

Lunch for 5

Entrée

Hearty Baked Potato Soup(6pts)
Organic Salad / Dressing (1 point)
Eric / Hearty Vegan Baked Potato Soup

Snack

Mini Chic Pea Cakes / Dip Sauce (4pts)

Dinner for 2

Entrée

Jessica – Sirloin Beef Burger & Vegetables (6 pts)
Eric- (Vegan) Roasted Vegetables / Fresh Hummus

Dessert

Raspberry Oat Bar (2pts each)

Simpson / Johnson Household

Menu's /

Monday 8-20

Breakfast

Fried Tex Mex Style Eggs (6pts)

Lunch for 5

Entrée

Grilled Thai Beef Salad (6pts)
Eric / Miso Soup / Noodles / Tofu / Millet

Snack

Daily Shake Meal (2pts)

Dinner for 2

Entrée

Jessica / Chili Roast Chicken / Potatoes / Broccoli (6 pts)
Eric / (Vegan) Tempeh & Vegetable Stew

Dessert

Chocolate Cake / Marshmallow Frosting (4pts each)

Simpson / Johnson Household

Menu's /

Tuesday 8-21

Breakfast

Breakfast Tostadas (6pts)

Lunch for 5

Entrée

Chicken & Cheddar Panini's (6pts)

Organic Salad

Eric / Ginger-Carrot Broth Soup / Quinoa / Rice Threads

Snack

Green Smoothie (3pts)

Dinner for 2

Entrée

Jessica / Crispy Market Fish / Corn Stuffed Peppers / Asparagus (6 pts)

Eric / (Vegan) Crispy Market Fish / Corn Stuffed Peppers / Asparagus

Dessert

Coconut Mixed Berry Crisp (4pts each)

Simpson / Johnson Household

Menu's /

Thursday 8-23

Breakfast

Eggs / Mexico Potato Hash

Lunch for 5

Entrée

Summer Pasta Salad / Grill Chicken (7 pts)

Eric / Vegan Lunch Soup / Miso Based

Snack

Smoothie (3pts)

Dinner for 2

Entrée

Jessica / Tandoori Chicken and Rice / Broccoli (7 pts)

Eric / (Vegan) Korean Kim Chi Pancake / Tofu Cutlets

Dessert

Chocolate Chip Cookies (4pts)

Simpson / Johnson Household

Menu's /

Friday 8-24

Breakfast

French Toast / Turkey Bacon (7pts)

Lunch for 5

Entrée

Crispy White Fish / Baby Lettuce – Oranges - Pecans (5 pts)

Eric / Same

Snack

Smoothie (2pts)

Dinner for 2

Entrée

Jessica / Beef Stew / Potatoes & Veg (7 pts)

Eric / (Vegan Stew)

Dessert

Berry Crisp (2pts)

Simpson / Johnson Household

Menu's

Monday 8-27

Breakfast

Egg Burrito (6 pts)

Lunch for 5

Entrée

Skewered Chicken & Tabbouleh (mint-parsley flavored grain salad) (6 pts)
Eric / Carrot Ginger Broth / Noodle Threads / Grain

Snack

Smoothie (2pts)

Dinner for 2

Entrée

Jessica / BBQ Chicken / Mac & Cheese / Veg (7 pts)
Eric / (Vegan Stew)

Dessert

Chocolate Chip Cookies (2pts)

Simpson / Johnson Household

Menu's /

Tuesday 8-28

Breakfast

Scramble Eggs / Toast (6 pts)

Lunch for 5

Entrée

Saute Shrimp Scampi / Baked Ziti (7 pts)
Eric / Miso Based Broth / Veggies / Grain

Snack

Smoothie (2pts)

Dinner for 2

Entrée

Jessica / Crispy Market Fish / Double Vegetable (6 pts)
Eric / Same

Dessert

Fresh Fruit (0 pts)

Simpson / Johnson Household

Menu's /

Thursday 8-30

Breakfast

Vegetable Frittata / Toast (6 pts)

Lunch for 5

Entrée

Chicken Panini & Organic Salad (6 pts)
Eric / Miso Based Broth / Veggies / Grain

Snack

Smoothie (2pts)

Dinner for 3

Entrée

Jessica / Brown Sugar Ham / Sweet Potato / Vegetable (7 pts)
Eric / Vegan Stew

Dessert

Berry Cobbler (0 pts)

Simpson / Johnson Household

Menu's

Thursday 8-2

Breakfast

Mexican Potato Hash with Poached Eggs (6)

Lunch for 5

Entrée

Pan Fried Snapper / Gazpacho Salad (7)

For Eric Also

Snack

Melon and Cucumber Salad (3)

Dinner for 2

Entrée

Grilled Lemon Chicken / Potato Salad Primavera (8)

Eric Protein (BBQ Tempeh)

Dessert

Grilled Pineapple Skewers / Honey-Thyme Glaze (4)

Simpson / Johnson Household

Menu's /

Wednesday 8-8

Breakfast /None

Lunch for 15 WW Weigh Inn's

Entrée

Grilled Chicken Satay / Peanut Sauce (4pts)

Roast Vegetable / Green Dressing (2pts)

Red Pepper Hummus (2pts)

Fresh Baked Tortilla Chips (1pts)

Snack

Nectarine & Strawberry Cobbler (2)

Dinner for 2

Entrée

Turkey Chili (5) / Jessica

Vegetarian Chili / Eric

Spinach Casserole (3)

Dessert

Nectarine & Strawberry Cobbler (4)

Simpson / Johnson Household

Menu's /

Friday 10-5

Breakfast

Eric / Egg Burrito

Lunch for 10 WW Weigh Inn's

Entrée

Corn Chowder Soup (4pts) VEGAN
Organic Greens / Goat Cheese & Pears (3pts)
Steamed Green Beans (0pts)
Chicken & Cheese Quesadilla's (4pts each)
Vegetarian Quesadilla's (3pts each)

Dinner for 5

Entrée

Grilled Shrimp / Rice & Broccoli (7pts)

Dessert

Pumpkin Cupcakes (4pts)

Simpson / Johnson Household

Menu's /

Wednesday 9-26

Breakfast

Eric & Tina / Egg Burrito

Lunch for 15 WW Weigh Inn's

Entrée

Chopped Greek Salad (2pts)

Pizza / 1) Spinach-Garlic & Chicken (2pts per piece)

2) Cheese Pizza " "

3) Veggie Pizza " "

Roasted & Steamed Vegetables (2 pts)

Black & White Cupcakes (3pts)

Dinner for 3

Entrée

Jessica / Seared NY Steak / Roast Potatoes / Veg (7pts)

Eric / Vegan Stew

Dessert

Berry Crisp (4pts)

Simpson / Johnson Household

Menu's /

Friday 9-14

Breakfast

Eric / Egg Burrito

Lunch for 10 WW Weigh Inn's

Entrée

Chopped Salad (2pts)

Assorted Veggies (2pts each)

Turkey Cheese Burgers / Natures Own Buns (6 pts)

Sweet Pot Chips / Baked

Black Bean-Corn Salsa Lettuce Cups (2pts)

Vegan Burgers

Mango Lemon Sorbet (0pts)

Dinner for 5

Entrée

Jessica / Chicken Pasta (7pts)

Eric / Vegetarian Pasta

Dessert

Brownies (2pts)

Simpson / Johnson Household

Menu's

Wednesday 9-5

Breakfast

Eric / Egg Burrito

Lunch for 10 WW Weigh Inn's

Entrée

Chopped Salad (2pts)

Chicken Satay (2pts each)

Steamed Green Beans / Peanut Sauce (2 pts)

Stracciatella Soup / Spinach-garlic-eggwhites-veggie stock

Hummus / Crackers

Dinner for 15

Entrée

Pork Ribs

Pulled BBQ Chicken

Quesadillas / Chicken / Vegetable

Blue Corn Chips

Salsa / Guacamole / Sour Cream / Cilantro / Limes

Spinach Artichoke Dip

South-West Chopped Salad / Ranch & Balsamic

Vegan Sausage

Dessert

Peanut Butter Cookies

Chocolate Chip Cookies

Simpson / Johnson Household

Menu's

Wednesday 8-29

Breakfast

Eric / Egg Burrito

Lunch for 15 WW Weigh Inn's

Entrée

Chopped Salad (2pts)

Black Bean Hummus (2pts each)

Steamed Green Beans / Peanut Sauce (2 pts)

Baked Ziti (4 pts)

Beef or Turkey Sliders (4 pts each)

Pickled Vegetables (0 pts)

Dinner for 3

Entrée

Jessica / Coconut Chicken Fingers / Roast Potatoes / Veg (7pts)

Eric / Vegan Stew

Dessert

Chocolate Cake (2pts)

Simpson / Johnson Household

Menu's /

Wednesday 8-22

Breakfast

Eric / Sprouted Granola

Lunch for 15 WW Weigh Inn's

Entrée

Chopped Salad (2pts)

Guacamole in Cucumber Cups (2pts each)

Roasted Vegetables (0 pts)

Vegetable Spring Rolls / Mango Chutney

Grilled Chicken Satay / Peanut Sauce (3pts each)

Baked Pita chips

Dinner for 2

Entrée

Jessica / Crispy Chicken & Mashed Potatoes & Veg (8pts)

Eric / Vegan Stew

Dessert

Raspberry Jam Squares / Peanut Butter Crumble (2pts)

Simpson / Johnson Household

Menu's /

Wednesday 8-15

Breakfast

Eric / Sprouted Granola

Lunch for 15 WW Weigh Inn's

Entrée

Roast Sweet Potato Rounds

Asian Style Lettuce Veggie Cups (2pts each)

Zucchini & Olive Pizza Bites (2pts each)

Roasted Vegetables (0 pts)

Green Dipping Sauce (1pt per Tablespoon)

Mahi-Mahi Taco's (4pts each)

Baked Chicken Fingers (3pts each)

Eric / Stracciatella Soup (Vegetarian)

Dinner for 2

Entrée

Jessica / Spanish Style Chicken and Rice (8pts)

Eric / Vegan Stew

Dessert

Mini Chocolate Cakes (6pts each)

Simpson / Johnson Household

Menu's /

Monday 10-8

To Go/ J&S

Snacks

Skinny Buffalo Chicken Potato Skins (2pt each)

Baked Corn and Chicken Cakes (4pts each)

Lunch

OUT

Home

Lunch

Eric / Miso Broth / Veggies

Staff / Chef's Choice

Dinner for 4

Entrée

Eric / Vegan Stew

Jessica & Tina

Market White Fish/Baked Sweet Potato & Zucchini/Tom/Basil (8pts)

Dessert

Chocolate Cake

Simpson / Johnson Household

Menu's /

Thursday 10-4

To Go/ J&S

Snacks

Creamy Peanut Butter Dip / Veggie Sticks (3pt)

Chopped Salad / Ginger Dressing (2pts)

Lunch

Thai Grill Chicken Sandwich (7pts)

Apple Blueberry (4 pts)

Home

Lunch

Eric / Miso Broth / Veggies

Staff / Chef's Choice

Dinner for 6

Entrée

Eric / Vegan Stew

Jessica / Market White Fish / Grilled Vegetables (6pts)