



**Stellamama Hands You a Clue  
About the Weekend**

**Sunday a.m.**

2 pc French Toast w/ egg beaters	5
1 Tbsp lite syrup	0.5
(or 2 eggs with 1 slice whole wheat toast)	
beverage (juice, coffee, tea, skim milk)	2
sliced fruit	1
750 ml water	0
<b>Subtotal:</b>	<b>8.5</b>

**Sunday aft**

1 tortilla wrap sandwich w/ LC cheez & ham	4
1 serving of fruit	1
500 ml water	0
2 pts of snack	2
<b>Subtotal</b>	<b>7</b>

**Sunday nite**

Nice big salad with 2 oz chicken breast & fat-free c	4
High Fibre crackers or breadsticks	2
250 ml water (flat or sparkling)	0
1 4oz glass white wine	2
2 pt ice cream sandwich or other treat	2
<b>Subtotal</b>	<b>10</b>

<b>TOTAL:</b>	<b>25.5</b>
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Got a variation that worked for you?  
Email it to herself@stellamama.com, subject: New Weekend Menu  
We'll start a collection!!!