

September 2017							November 2017						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
					1	2				1	2	3	4
3	4	5	6	7	8	9	5	6	7	8	9	10	11
10	11	12	13	14	15	16	12	13	14	15	16	17	18
17	18	19	20	21	22	23	19	20	21	22	23	24	25
24	25	26	27	28	29	30	26	27	28	29	30		

December 2017						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Holidays:

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**Appointments:**

Date	Time	With Whom
12/01	6:00 AM	Black Coffee no sugar
	8:30 AM	1 Slice 100 % Whole Wheat Bread
		1 Tbsp. Sunbutter
		1 /2 Medium Banana Sliced
12/02	6:00 AM	Black coffee no sugar
	8:00 AM	1 cup high fiber cereal
		1 cup milk 1%
12/03	6:00 AM	Black coffee no sugar
	8:00 AM	Oatmeal with 1 blueberry
	7:00 PM	1 glass of kefir plain
12/04	6:00 AM	Black Coffee no sugar
	8:00 AM	½ cup fresh fruit
		½ cup high-fiber cereal
		1 cup milk 1%
12/05	6:00 AM	Black Coffee no sugar
	7:30 AM	1 Slice 100 % Whole Wheat Bread

August 2017							October 2017							
S	M	T	W	T	F	S	S	M	T	W	T	F	S	
		1	2	3	4	5		1	2	3	4	5	6	7
6	7	8	9	10	11	12	8	9	10	11	12	13	14	
13	14	15	16	17	18	19	15	16	17	18	19	20	21	
20	21	22	23	24	25	26	22	23	24	25	26	27	28	
27	28	29	30	31			29	30	31					

### December 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

**Holidays:**


### Appointments:

Date	Time	With Whom
		1 tb. Spoon sunbutter
		2-4 slices turkey breast
	7:00 PM	Plain kefir
12/06	6:00 AM	Black Coffee no sugar
	7:00 AM	Oatmeal with 1 banana
		1 cup milk 1%
12/07	6:00 AM	1 cup of green tea
	7:30 AM	½ cup fresh fruit
		½ cup high-fiber cereal
		1 cup milk 1%
	8:00 PM	1 glass of plain kefir

October 2017							December 2017																													
S	M	T	W	T	F	S	S	M	T	W	T	F	S																							
1	2	3	4	5	6	7		3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31

### November 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

#### Holidays:

Nov 11: Veterans Day

Nov 23: Thanksgiving Day

#### Appointments:

Date	Time	Food
11/16	6:00 AM	Black Coffee no sugar
	8:30 AM	Oatmeal with banana and milk 1%
	9:30 PM	1 piece whole grain toast with peanut
		1 glass of milk 1 %
11/17	6:00 AM	Oatmeal with blueberry and milk 1%
	8:30 PM	½ cup fresh fruit or ¼ cup dried fruit
11/18	9:00 AM	½-¾ cup high-fiber cereal
		½ cup milk or unsweetened non-dairy
		¼ cup fruit
	7:00 PM	1 banana
		1-2 tablespoons almond butter
11/19	8:00 AM	Black Coffee no sugar
	11:30 AM	2-4 slices turkey breast
		1 piece whole grain toast
		2 tomato slices or 6 cucumber slices
11/20	6:00 AM	Black Coffee no sugar
		Oatmeal with banana and milk 1%
	9:00 PM	¾-1 cup greek yogurt
		2 tablespoons granola, ¼ cup fruit



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1	2	3	4	5	6	7		3	4	5	6	7	8
8	9	10	11	12	13	14	9	10	11	12	13	14	15
15	16	17	18	19	20	21	16	17	18	19	20	21	22
22	23	24	25	26	27	28	23	24	25	26	27	28	29
29	30	31					30	31					

### November 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

### Holidays:

- Nov 11: Veterans Day
- Nov 23: Thanksgiving Day

### Appointments:

Date	Time	Food
11/23	6:00 AM	Black Coffee no sugar
	8:30 AM	1 Slice 100 % Whole Wheat Bread
	9:30 PM	1 Tbsp. Sunbutter
		1 /2 Medium Banana Sliced
	7:00 PM	1 glass of kefir
		1 sliced apple with peanut butter
11/24	6:00 AM	Black Coffee no sugar
	8:00 AM	½ cup fresh fruit
		½ cup high-fiber cereal
		½ cup milk 1%
11/25/	6:00 AM	Black coffee no sugar
	8:00 AM	Oatmeal with 1 banana
	7:00 PM	1 cup of blueberry
		1 cup of tea no sugar
11/26	6:00 AM	Black coffee no sugar
	8:00 AM	2 eggs 1 piece whole grain toast
11/26	6:00 AM	Black coffee no sugar
11/27	6:00 AM	Black coffee no sugar
	8:00 AM	½ cup high-fiber cereal
		½ cup fresh fruit

