

Week 18: Monday, March 30 to Sunday, April 5, 2015

Plan of the Month: Eat Right For Your Blood Type

	Breakfast	Lunch	Dinner	Snack	Comments
Monday	Adzuki bean salad with tomato, onion, garlic, parsley, oregano, olive oil	Roast beef Kale salad	Steak and chicken fajitas with grilled red pepper, onion, tomato, lettuce - no wraps... I ate them naked!!!	Pinapple Walnuts	I'm racing to finish the foods I have leftover for this plan before I start the next one on Wednesday!
Tuesday	2 eggs 1 slice rye bread	Chicken thigh Aparagus Artichoke	Roast beef Kale salad	1 Lion mini (chocolate) from the UK	

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Plan of the Month: The Mediterranean Diet

Wednesday	4 fette biscottate (Italian twice-baked slice bread aka rusks - very high in fibre) topped with light goat cheese and 2 diced dried figs Black coffee	1 small panini with roasted red pepper and 2 oz lean prosciutto tomato salad with garlic, basil and olive oil	Greek seafood pie covered with light phyllo pastry calamari Greek dips with pita Wine Split small baklava :)	20 grapes 1/2 cup blueberries 4 walnut halves	Happy Birthday Telli-Bum! We had an OPAlicious Dinner at Avli Greek restaurant on the Danforth! Way to start this plan - whoohoo! OPA! OPA! And one more OPA for good luck!!!
Thursday	4 Italian rusks topped with goat cheese and fig spread	1 small panini with roasted red pepper and mortadella tomato salad with garlic, basil and olive oil	3 oz chicken breast romaine salad with fennel dressed with lemon and olive oil	20 grapes 1/2 cup blueberries 4 walnut halves	Had an overall awesome day - thank you Father!
Friday	4 Italian rusks topped with goat cheese and fig spread Black coffee	Greek yogurt, blueberries, honey, pistachios	Trout, rapini, broccoli, red pepper salad, garlic pizza, grapes. Perrier water	Massa bread (traditional Portuguese Easter bread - not Mediterranean, but very close to Italian Pannetone)	Good Friday - Dinner with Chantal, Nathan, and Josh.
Saturday	Slice Massa with Coffee	Verdura (Stewed greens with beans) slice garlic pizza	Potluck at Brenda's: 4 chicken wings, Salad Pineapple Lisa's homemade cupcake Coffee	Grapes and pistachios	Enjoying Good Friday leftovers
Sunday	Slice Massa with Coffee	Easter Lunch: Lamb, 1/2 sausage, rapini, kale salad, beets, panzanella salad, bread stick	Chicken broth (not hungry after heavy lunch)	Slice of Angel Food cake topped with strawberries, coffee 1 lemon mousse, 2 chocolates pieces	Easter Lunch at Mom & Dad's where we also celebrated Chantal and Greg's birthdays!

Blood Type: O Beneficial, Neutral, Avoid