

## Week 27: Monday, June 1 to Sunday, June 7, 2015 - Plan of the Month: The Biggest Loser 30-Day Jump Start (1,500 calories/day)

	Breakfast	Lunch	Dinner	Snack	Comments
<b>Monday</b>	Biggest Loser (BL) ham and cheese breakfast melt 1/2 cup blueberries Coffee	BL Turkey wrap Celery	Lentil soup	Apple and 4 walnuts Carrots and hummus	
<b>Tuesday</b>	BL ham and cheese breakfast melt 1/2 cup blueberries Coffee	BL Turkey wrap Salad and tomatoes	Chicken breast recipe with asparagus and tomatoes	Small Kale and mango booster juice	
<b>Wednesday</b>	BL ham and cheese breakfast melt 1/2 cup blueberries Coffee	Leftover chicken breast	BL Turkey chili recipe Salad	Pear and almonds Celery and hummus	
<b>Thursday</b>	Isogenix protein shake	Working lunch: Turkey and potatoes 8 chocolate covered almonds	Dinner at Marcello's to celebrate Marianne's birthday: Arugula salad, calamari Coffee, 1 biscotti	Apple and almond butter	
<b>Friday</b>	Isogenix protein shake	BL Turkey chili recipe Salad	BL Turkey chili recipe Salad	Raspberries and slivered almonds Americano coffee with Cindy	Too tired to make dinner so had leftover chili for lunch and dinner - the recipe makes 12 servings!
<b>Saturday</b>	BL ham and cheese breakfast melt 1/2 cup blueberries Coffee	Chicken and broccoli	Indian restaurant to celebrate Nathan's birthday: Butter chicken, rice and lentils	Strawberries Granola	
<b>Sunday</b>	BL Oatmeal recipe (without the banana) Coffee	Lunch at Fran's before theatre: Salad with 2 oz steak	Montreal bagel with cream cheese at Trish's house after the show		Fun but long day out with Telli and my sisters.