

Week 33: Monday, July 13 to Sunday, July 19, 2015 - Plan of the Month: The 8 Hour Diet

	Breakfast	Lunch	Dinner	Snack	Comments
Monday	Protein Shake	Beef kabob Salad	Salad with tuna	Orange with almonds	10:30 AM to 6:30 PM
Tuesday	Bacon, lettuce and tomato on a bagel at Timmy's Coffee	Cold cut panini 1 cup orange juice	Nothing - started my day too early at the hospital... ended up having a camomile tea for dinner.	2 scoops of gelato Twirly-Whirly	7:00 AM to 3:00 PM Nathan's surgery - day at hospital
Wednesday	Protein Shake	Turkey sheppards pie String beans	Salad with tuna	Mango	10:30 AM to 6:30 PM
Thursday	Protein Shake	2 chicken thighs with spring roll and steamed veggies	Chickpea and tomato salad "One-Bun"	Apple and walnuts	10:30 AM to 6:30 PM
Friday	Protein Shake	Leftover Chickpea and tomato salad "One-Bun"	Bulk Barn while out doing errands: 2 tablespoons peanuts handful banana chips 1 chocolate caramel	Apple and walnuts	11:30 AM - 7:30 PM Tummy upset around 7 PM
Saturday	2 eggs and 3 slices turkey bacon	Plain pasta with 1 tspn butter	Miso soup (from packet)	Plain angel food cupcake topped with berries	11:30 AM - 7:30 PM Got really sick with "gastro bug" around 1 PM
Sunday	Protein Shake	Pot roast and 3 mini potatoes	Shrimp tacos, rice and Sangria at Red Lobster	Starbucks coffee 2 chocolate biscuits	10:30 AM to 6:30 PM