

## Week 35: Monday, July 27 to Sunday, August 2, 2015 - Plan of the Month: The 8 Hour Diet

	Breakfast	Lunch	Dinner	Snack	Comments
Monday	none	Salmon, string beans	Verdura with pizza di grandurco (corn meal pizza)	Apricots and walnuts English muffin with Reese spread	12:00 PM to 8:00 PM
Tuesday	Coffee	Salad and veal	All you can eat sushi!!!!	Apple and walnuts	11:00 AM to 7:00 PM Night at the theatre (Newsies)
Wednesday	Coffee	2 eggs, 3 slices turkey bacon	Salmon, seaweed salad	Apricots and hazelnuts	11:00 AM to 7:00 PM
Thursday	Coffee, English muffin with Reese spread	Tuna, seaweed salad	Chicken breast, tomato and cucumber	Blueberries and walnuts	10:30 AM to 6:30 PM
Friday	Coffee, English muffin with Reese spread	Veggie salad, bocconcini cheese	Trout, chickpea salad	Fruit flan Cheese and crackers	11:00 AM to 7:00 PM

## Week 35: Monday, July 27 to Sunday, August 2, 2015 - Plan of the Month: The Hormone Diet

Saturday	Protein shake	Chicken breast, seaweed salad	Chicken breast, seaweed salad	Simply Bar	Ugg - have soooo much leftover chicken... had it twice today :(
Sunday	Simply Bar	Trout, seaweed salad	Chicken bread, lettuce	Figs and hazelnuts	