

Week 32: Monday, June 29 to Sunday, July 5, 2015 - Plan of the Month: The 8 Hour Diet

	Breakfast	Lunch	Dinner	Snack	Comments
Monday	Protein shake and coconut water	Salad and salmon	Chicken leg and thigh Rice, rapini, roasted red peppers	Cherries	10:30 AM to 6:30 PM
Tuesday	Protein shake	Salad and leftover salmon	Leftover chicken, rice and veggies	Apple and walnuts	10:00 AM to 6:00 PM
Wednesday	Biscotti and coffee	Work BBQ: Pulled pork (no bun), salad, rice and veggies, ice cream	Rice and veggies	Cherries	10:15 AM to 6:15 PM
Thursday	Protein shake	Leftover chicken, rice and veggies	3oz beef, rapini, roasted red peppers	1/2 bag of chips	10:30 AM to 6:30 PM
Friday	Eggs and turkey bacon Coffee	Chickpeas and rice	Lettuce, tomatoes, green onion salad	Orange and walnuts	10:30 AM to 6:30 PM
Saturday	Protein shake	Lamb String beans	1 slice pizza 1/2 pint of ice cream	Watermelon Handful of cashews	9:00 AM to 5:00 PM
Sunday	Coffee and granola bar	Protein shake	Pot roast, mushrooms, salad	Cherries	11:00 AM to 7:00 PM