

Week 36: Monday, August 3 to Sunday, August 9, 2015 - Plan of the Month: The Hormone Diet

	Breakfast	Lunch	Dinner	Snack	Comments
Monday	Protein Shake	Lamb, salad	Birthday Party!	Simply Bar	
Tuesday	Protein Shake	Chicken, salad	Eggplant in tomato sauce	Apricots and walnuts Simply Bar	
Wednesday	Protein Shake	Trout, salad	Chicken leg, celery	Plum and hazelnuts Simply Bar	
Thursday	Veggie omlette	Trout, salad	Lamb and salad (Birthday dinner at Colossus!)	Apple and walnuts Simply Bar	
Friday	Protein Shake	Turkey breast, salad	Turkey breast, tomato, pickled eggplant	Blueberry and walnuts Apricots and almonds	
Saturday	2 poached eggs, blueberries	Chicken, fries	Chicken soup	Marzipan bar Licorice	
Sunday	Omlette and yellow pepper	Turkey breast, salad	Herbal tea and biscuit @ Starbucks	Apricots and walnuts Peach and walnuts	