

Week 37: Monday, August 10 to Sunday, August 16, 2015 - Plan of the Month: The Hormone Diet

	Breakfast	Lunch	Dinner	Snack	Comments
Monday	Protein shake	Turkey (leftovers) Salad	Trout Salad	Apricot and walnuts Herbal tea	
Tuesday	Protein shake	Chicken breast Egg Salad	Lamb Salad	Apple and walnuts Peach and walnuts	
Wednesday	Egg white omlette with peppers	Spaghetti squash, tomatoe sauce	2 Chicken legs Lettuce Grapes	Simply Bar Blueberries and walnuts	
Thursday	Protein shake	2 Chicken legs Lettuce	More chicken (geesh!) String beans	Simply Bar Apple and walnuts	
Friday	Omlette with red peppers	Trout Salad	Moxie's with Mira! Chicken, bok choy, quinoa, tomatoes	Simply Bar Apple and walnuts	
Saturday	Omlette with red peppers and onions	Lunch with friends: Chicken thigh, egg, and cheddar on a biscuit	Dinner at Mom and Dad's: Lamb in tomato sauce Salad, beets, pickled eggplant	Simply Bar	
Sunday	Protein shake	Lunch in Elora with friends: Roast turkey, pototoes, salad	Tea and peach (still full from lunch!)	Simply Bar	