

Week 38: Monday, August 17 to Sunday, August 23, 2015 - Plan of the Month: The Hormone Diet

	Breakfast	Lunch	Dinner	Snack	Comments
Monday	Omlette with mushrooms	Tuna String beans	Turkey Salad with fennel	Simply Bar Apricots and almonds	
Tuesday	Protein shake	Eggs Salad	Leftover tuna and string beans	Apple and walnuts Simply Bar	
Wednesday	Protein shake	Chicken Cacciatore Broccoli	Trout Salad	Apple and walnuts Pickled veggies :)	
Thursday	Protein shake	Leftover trout Salad	Dinner at my place with Brenda R: Chicken Salad with fennel Strawberries and Blueberries	Egg and celery Apple and walnuts	
Friday	Protein shake	Leftover chicken Salad	Grabbed a slice of pizza en route to a memorial service :(Blueberries and almonds	
Saturday	Omlette with peppers	Last of the chicken String beans	Red Lobster Shrimp Tacos, potato, salad	Coffee at Starbucks	
Sunday	Chia seed, almond milk, hemp seed, cinnamon, berries (Yum! Recipe from nutritionist at clinic)	Wonderland with the kids! Chicken, salad, watermelon, cookie, ice cream, split caramel apple	Stuffed!!!	Coffee at Starbucks	Went overboard at the Wonderland... felt sick and didn't eat dinner!