

## Week 40: Monday, August 31 to Sunday, September 6, 2015 - Plan of the Month: The Hormone Diet

	Breakfast	Lunch	Dinner	Snack	Comments
Monday	Chia seed, almond milk, hemp seed, peach smoothie	Pierogi and salad String beans	Lamb, mushrooms, peppers Kale salad	Apple and walnuts	

## Week 40: Monday, August 31 to Sunday, September 6, 2015 - Plan of the Month: 12-Step Food Addiction

	Breakfast	Lunch	Dinner	Evening Metabolic	Comments
Tuesday	P: 2 hard boiled eggs F: 1 apple D: 1/2 cup cottage cheese (low fat) G/SV: nil	P: Chicken CV: Potato FV: Lettuce and tomato 1/2 O: Olive oil	P: Trout CV: String Beans FV: Kale G/SV: nil 1/2 O: Olive Oil	D or 2 oz P: almond milk (sugar free) F: nil	
Wednesday	P: 2 hard boiled eggs F: 1 apple D: 1/2 cup cottage cheese (low fat) G/SV: nil	P: Trout CV: String Beans FV: Kale 1/2 O: Olive oil	P: Beef CV: Broccoli FV: Tomato G/SV: Sweet Potato 1/2 O: Olive Oil	D or 2 oz P: almond milk (sugar free) F: Apricot	
Thursday	P: 2 hard boiled eggs F: 1 apple D: 1/2 cup cottage cheese (low fat) G/SV: nil	P: Beef CV: Broccoli FV: Tomato 1/2 O: Olive oil	P: Chicken CV: Broccoli FV: Lettuce and Tomato G/SV: Chickpeas 1/2 O: Olive Oil	D or 2 oz P: Yogurt F: Pear	Boring and predictable breakfast... I've got to spice things up a bit.
Friday	P: 2 hard boiled eggs F: 1 apple D: 1/2 cup cottage cheese (low fat) G/SV: nil	P: Hummus CV: nil FV: Red Pepper 1/2 O: nil	P: Lamb CV: Tomato FV: Lettuce G/SV: Squash 1/2 O: Olive oil	D or 2 oz P: Yogurt F: Pear	First day at cottage
Saturday	P: 2 eggs F: Peach D: Ricotta G/SV: String Beans	P: Lamb CV: Squash FV: String Beans 1/2 O: Olive oil	P: nil CV: nil FV: nil G/SV: nil 1/2 O: nil	D or 2 oz P: almond milk (sugar free) F: Apricot	Ate lunch at 3 PM and not hungry at dinner
Sunday	P: Ground turkey F: Peach D: Almond milk (sugar free) G/SV: String Beans	P: 4 oz. Steak CV: nil FV: Lettuce and tomato 1/2 O: Olive oil	P: 3 oz. Salmon CV: String Beans FV: nil G/SV: Squash 1/2 O: Olive Oil	D or 2 oz P: Hummus F: Carrot	

P= Protein; D = Dairy; F= Fruit; G/SV = Grain or Starchy Vegetable; FV= Fresh Vegetable; CV= Cooked Vegetable; O= Oil