

## Week 41: Monday, September 7 to Sunday, September 13, 2015 - Plan of the Month: 12-Step Food Addiction

	Breakfast	Lunch	Dinner	Evening Metabolic	Comments
<b>Monday</b>	<b>P:</b> Ground turkey <b>F:</b> Peach <b>D:</b> Ricotta <b>G/SV:</b> Squash	<b>P:</b> 4 oz. Steak <b>CV:</b> Corn <b>FV:</b> Lettuce and tomato <b>1/2 O:</b> Olive oil	<b>P:</b> 3 oz. Salmon <b>CV:</b> String Beans <b>FV:</b> nil <b>G/SV:</b> Potato <b>1/2 O:</b> Olive oil	<b>D or 2 oz P:</b> Hummus <b>F:</b> Carrot	
<b>Tuesday</b>	<b>P:</b> Ground turkey <b>F:</b> Peach <b>D:</b> Almond milk (sugar free) <b>G/SV:</b> String Beans	<b>P:</b> 3 oz. Chicken <b>CV:</b> String Beans <b>FV:</b> nil <b>1/2 O:</b> Olive oil	<b>P:</b> Chickpeas <b>CV:</b> String Beans <b>FV:</b> Lettuce <b>G/SV:</b> Sweet Potato <b>1/2 O:</b> Olive oil	<b>D or 2 oz P:</b> Almond Milk <b>F:</b> nil	Hummingbird and Pirate Day
<b>Wednesday</b>	<b>P:</b> 2 eggs <b>F:</b> Pear <b>D:</b> Ricotta <b>G/SV:</b> Squash	<b>P:</b> Tuna <b>CV:</b> nil <b>FV:</b> Lettuce <b>1/2 O:</b> Olive oil	<b>P:</b> Chicken <b>CV:</b> Squash <b>FV:</b> Pickled Eggplant <b>G/SV:</b> nil <b>1/2 O:</b> nil	<b>D or 2 oz P:</b> Yogurt <b>F:</b> Apple	
<b>Thursday</b>	<b>P:</b> nil <b>F:</b> nil <b>D:</b> Almond Milk <b>G/SV:</b> nil	<b>P:</b> Kidney Beans <b>CV:</b> Collard Greens (Verdura) <b>FV:</b> nil <b>1/2 O:</b> Olive oil	<b>P:</b> Chicken <b>CV:</b> nil <b>FV:</b> Lettuce <b>G/SV:</b> Potatoes <b>1/2 O:</b> Olive Oil	<b>D or 2 oz P:</b> nil <b>F:</b> nil	
<b>Friday</b>	<b>P:</b> 2 eggs <b>F:</b> Apple <b>D:</b> nil <b>G/SV:</b> nil	<b>P:</b> Tilapia <b>CV:</b> Broccoli <b>FV:</b> Salad <b>1/2 O:</b> Olive oil	<b>P:</b> nil <b>CV:</b> nil <b>FV:</b> nil <b>G/SV:</b> Baked Potatoes and Fries <b>1/2 O:</b> nil	<b>D or 2 oz P:</b> Yogurt <b>F:</b> Pear	
<b>Saturday</b>	<b>P:</b> nil <b>F:</b> nil <b>D:</b> nil <b>G/SV:</b> nil	<b>P:</b> Tuna <b>CV:</b> Eggplant <b>FV:</b> Salad <b>1/2 O:</b> Olive oil	<b>P:</b> Navy Beans <b>CV:</b> nil <b>FV:</b> Onion <b>G/SV:</b> Wild Rice <b>1/2 O:</b> Olive Oil	<b>D or 2 oz P:</b> Yogurt <b>F:</b> Red Pear (yum!)	
<b>Sunday</b>	<b>P:</b> nil <b>F:</b> Red Pear <b>D:</b> Almond Milk <b>G/SV:</b> nil	<b>P:</b> Omette <b>CV:</b> Red Peppers <b>FV:</b> nil <b>1/2 O:</b> Olive oil	<b>P:</b> Chicken and Sausage <b>CV:</b> Squash and Beets <b>FV:</b> nil <b>G/SV:</b> Potato <b>1/2 O:</b> Olive Oil	<b>D or 2 oz P:</b> nil <b>F:</b> nil	Dad's Birthday Dinner

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