

## Week 42: Monday, September 14 to Sunday, September 20, 2015 - Plan of the Month: 12-Step Food Addiction

	Breakfast	Lunch	Dinner	Evening Metabolic	Comments
<b>Monday</b>	<b>P: leftover meatball</b> F: apple D: ricotta G/SV: wild rice	<b>P: leftover chicken and sausage</b> CV: string beans FV: salad 1/2 O: olive oil	<b>P: veal</b> CV: nil FV: salad G/SV: wild rice 1/2 O: olive oil	<b>D or 2 oz P: almonds</b> F: peach	
<b>Tuesday</b>	<b>P: 2 eggs</b> F: apple D: ricotta G/SV: carrots	<b>P: chicken</b> CV: carrots FV: red peppers 1/2 O: olive oil	<b>P: leftover veal</b> CV: nil FV: salad G/SV: wild rice 1/2 O: olive oil	<b>D or 2 oz P: almonds</b> F: peach	
<b>Wednesday</b>	<b>P: 2 eggs</b> F: apple D: ricotta G/SV: carrots	<b>P: chicken and beef</b> CV: bok choy, broccoli FV: seaweed salad 1/2 O: oil	<b>P: trout</b> CV: rapini FV: lettuce G/SV: wild rice 1/2 O: olive oil	<b>D or 2 oz P: almonds</b> F: pear	Lunch at Fork & Spoon
<b>Thursday</b>	<b>P: 2 eggs</b> F: pear D: nil G/SV: tomato	<b>P: jerk chicken</b> CV: string beans FV: lettuce 1/2 O: olive oil	<b>P: trout</b> CV: rapini FV: lettuce G/SV: wild rice 1/2 O: olive oil	<b>D or 2 oz P: walnuts</b> F: apple	
<b>Friday</b>	<b>P: 1 egg, 2 slices bacon</b> F: apple D: almond milk G/SV: wild rice	<b>P: trout</b> CV: rapini FV: lettuce with fennel 1/2 O: olive oil	<b>P: chicken thighs</b> CV: nil FV: lettuce and fennel G/SV: potato 1/2 O: olive oil	<b>D or 2 oz P: walnuts</b> F: apple	
<b>Saturday</b>	<b>P: omelette</b> F: peach D: almond milk G/SV: nil	<b>P: roast beef</b> CV: carrots and onions FV: lettuce and pickled eggplant 1/2 O: olive oil	<b>P: Homemade chicken soup</b> CV: nil FV: nil G/SV: nil 1/2 O: nil	<b>D or 2 oz P: walnuts</b> F: peach	Had a lovely domestic day and cooked up a storm!
<b>Sunday</b>	<b>P: 2 eggs</b> F: peach D: almond milk G/SV: nil	<b>P: Octopus</b> CV: Squash Soup FV: Fennel 1/2 O: Olive Oil	<b>P: nil</b> CV: nil FV: nil G/SV: nil 1/2 O: nil	<b>D or 2 oz P: nil</b> F: nil	Niagara with the Remarkables to celebrate Karen's milestone birthday!!!! We ate lunch at 3:00 PM, therefore we skipped dinner.

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