

Week 43: Monday, September 21 to Sunday, September 27, 2015 - Plan of the Month: 12-Step Food Addiction

	Breakfast	Lunch	Dinner	Evening Metabolic	Comments
Monday	P: 1 egg, 1 slice peameal bacon F: apple D: almond milk G/SV: nil	P: tuna CV: string beans FV: lettuce 1/2 O: olive oil	P: roast beef CV: rapini FV: nil G/SV: yam 1/2 O: olive oil	D or 2 oz P: walnuts F: peach	
Tuesday	P: 1 egg, 1 slice peameal bacon F: apple D: almond milk G/SV: nil	P: leftover roast beef CV: rapini FV: celery, carrots 1/2 O: olive oil	P: homemade chicken soup CV: nil FV: nil G/SV: nil 1/2 O: nil	D or 2 oz P: nil F: pear	
Wednesday	P: 1 egg, 1 slice peameal bacon F: apple D: almond milk G/SV: nil	P: leftover roast beef CV: rapini FV: yellow pepper 1/2 O: olive oil	P: trout CV: nil FV: lettuce and fennel G/SV: yam 1/2 O: olive oil	D or 2 oz P: nil F: nil	
Thursday	P: 1 egg, 1 slice peameal bacon F: apple D: almond milk G/SV: leftover yam	P: leftover trout CV: nil FV: lettuce and fennel 1/2 O: olive oil	P: beans CV: verdura (stewed greens) FV: nil G/SV: nil 1/2 O: olive oil	D or 2 oz P: walnuts F: peach	
Friday	P: 1 egg, 2 breakfast sausages F: pear D: almond milk G/SV: nil	P: leftover trout CV: nil FV: lettuce and fennel 1/2 O: olive oil	P: nil CV: nil FV: green juice, salad, tomato G/SV: nil 1/2 O: avocado	D or 2 oz P: almonds F: pear	Dinner - takeout from Raw Aura
Saturday	P: 1 egg, 1 slice peameal bacon F: blueberries D: nil G/SV: nil	P: 2 chicken thighs CV: nil FV: lettuce and fennel 1/2 O: olive oil	P: roast beef CV: broccoli FV: nil G/SV: potatoes 1/2 O: olive oil	D or 2 oz P: nil F: grapes	
Sunday	P: 1 egg, 1 slice peameal bacon F: blueberries D: nil G/SV: nil	Lauren's Baby Shower: Fruit, veggies, olives, peanuts... everything else had flour, wheat, or sugar	P: 2 chicken thighs CV: broccoli FV: nil G/SV: nil 1/2 O: olive oil	D or 2 oz P: nil F: apple	

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