

Week 44: 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: blueberries D: nil G/SV: nil	P: 2 chicken thighs CV: nil FV: lettuce and fennel 1/2 O: olive oil	P: hummus CV: nil FV: veggies G/SV: nil 1/2 O: nil	D or 2 oz P: walnuts F: apple	
Tuesday	P: 1 egg, 2 slices turkey bacon F: raspberries D: ricotta G/SV: nil	P: leftover roast beef CV: rapini FV: celery, carrots 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: blackberries	
Wednesday	P: 1 egg, 2 slices turkey bacon F: raspberries D: ricotta G/SV: nil	P: trout CV: rapini FV: celery 1/2 O: olive oil	P: chicken breast CV: nil FV: lettuce and tomato G/SV: potato 1/2 O: olive oil	D or 2 oz P: almonds F: grapes	

Week 44: Monday, September 21 to Sunday, September 27, 2015 - Plan of the Month: The Gabriel Method

	Breakfast	Lunch	Dinner	Snacks	Comments
Thursday	Ricotta Peach	Tuna and string beans	Spaghetti squash with homemade tomato sauce	Skinny vanilla latte	
Friday	Omlette with onion and peppers	Trout Rapini Yam	Leftover spaghetti squash with homemade tomato sauce	Apple and walnuts	
Saturday	Omlette with onion and peppers	3 oz. chicken breast celery, cherry tomatoes	Homemade chicken soup (no noodles)	Blueberries and walnuts	
Sunday	3 oz. chicken breast blueberries	3 oz. steak beets, roast veggies	Carrots, hummus, 2 slices of turkey bacon	Watermelon and grapes Cashews and hazelnuts	

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