

Week 45: Monday, October 5 to Sunday, October 11, 2015 - Plan of the Month: The Gabriel Method

	Breakfast	Lunch	Dinner	Snacks	Comments
Monday	Chicken breast Carrots	Swiss Chalet: Salad topped with chicken (olive oil and lemon juice dressing)	Salad topped with veggies and feta (olive oil and vinegar dressing)	Apple and walnuts	
Tuesday	Leftover steak (2.5 oz) from weekend String beans, beets	Thanksgiving Lunch at Work: Turkey, string beans, carrots	Squash soup 1 oz cheese 1 oz prosciutto	Raspberries and almonds	
Wednesday	2 eggs, 2 slices turkey bacon, celery	Salad topped with chicken, shredded beets, and carrots (olive oil and vinegar dressing)	Trout Wild rice Salad with shaved fennel (olive oil and lemon dressing)	Blackberries and walnuts	
Thursday	1 egg, breakfast sausage, potato	Miso soup	Leftover trout Wild rice Salad with shaved fennel (olive oil and lemon dressing)	Blackberries and slivered almonds	
Friday	2 eggs, 2 slices turkey bacon, carrot and hummus	Chicken wrap	BUFFET AT CASINO NIAGARA: Chicken, beef with lots of veggies! Dessert: A BOWL OF FRUIT - yay me!		Adventure with Anna at Niagara :)
Saturday	BEECHERS STREET CAFÉ: 2 poached eggs, peameal bacon, 2 slices of bacon, 1 slice toast, coffee (no sugar)	2 mandarines (soooo full from breakfast)	2 slices nitrate-free turkey cold cut, salami, mozzarella, and 1 slice bread, apple	Starbucks coffee (no sugar)	Adventure with Cindy in The Beaches :)
Sunday	2 hardboiled eggs, 2 slices peameal bacon, carrots, hummus, coffee (no sugar)	2 slices nitrate-free turkey cold cut with slice of cheddar, leftover wild rice, apple	Carrots, celery and hummus	2 mandarines Starbucks coffee (no sugar)	