

Week 46: Monday, October 12 to Sunday, October 18, 2015 - Plan of the Month: The Gabriel Method

	Breakfast	Lunch	Dinner	Snacks	Comments
Monday	1 egg 1 slice peameal bacon coffee (no sugar)	Thanksgiving lunch: Turkey, ham, potatoes, salad, rice, fruit	2 mandarines (full from lunch)	1 handful cashews	Canadian Thanksgiving!!!
Tuesday	Protein shake made with unsweetened almond milk	Trout Salad with fennel (lemon and olive oil dressing)	Veggie wrap 1 mandarin	1/2 cup ricotta blueberries and raspberries	
Wednesday	Protein shake made with unsweetened almond milk	Leftover turkey and rice from Thanksgiving	Verdura (stewed greens and beans)	1/2 cup ricotta blueberries and raspberries	
Thursday	Protein shake made with unsweetened almond milk	Leftover trout Kale salad	Chicken strips in lemon juice marinade Tomato salad	1/2 cup ricotta Raspberries and walnuts	
Friday	Ricotta with raspberries	Curry chicken Basmati rice	Chicken broth Apple and walnuts	Air popped popcorn	
Saturday	Leftover chicken breast Kale	Raspberries and blueberries topped with walnuts	Mac and Cheese with my nieces (first time having flour in 6 weeks... had an upset stomach all night)	Smart Pop	Weekend at Trish and Greg's
Sunday	Oatmeal with raspberries and blueberries	Meatballs and broccoli	Thai Take-Out: Peanut chicken Mango salad Coconut chicken	Timmy's coffee (no sugar)	Weekend at Trish and Greg's