

## Week 47: Monday, October 19 to Sunday, October 25, 2015 - Plan of the Month: The Gabriel Method

	Breakfast	Lunch	Dinner	Snacks	Comments
<b>Monday</b>	Leftover meatballs and broccoli	Leftover Thai: Peanut chicken Rice Mango salad	1 lamb chop Yam Salad	Apple 2 mandarins	
<b>Tuesday</b>	Vegan protein shake 2 mandarins	Tuna Lettuce, fennel, tomatoes with lemon and olive oil dressing	Veal cutlet Asparagus	Apple and walnuts	
<b>Wednesday</b>	Vegan protein shake Ricotta with berries	Indian food at lunch meeting: -chicken tikka -vegetable jalfrezi -saffron rice	Roast beef Lettuce and fennel with lemon and olive oil dressing	2 mandarins and walnuts	
<b>Thursday</b>	Vegan protein shake Ricotta with berries	Jerk Chicken Rice Steam veggies	Chicken broth	Apple with almonds 2 mandarins	
<b>Friday</b>	Vegan protein shake Ricotta with berries	Apple and walnuts	1/2 sandwich (chicken, mushroom, goat cheese) Small spinach, beet and feta salad	2 mandarins	
<b>Saturday</b>	2 poached eggs Gluten free English muffin	Salad with fennel (lemon juice and olive oil dressing)	Spaghetti squash and tomato sauce	2 mandarins and walnuts	
<b>Sunday</b>	Vegan protein shake	<b>1 slice pizza topped with rapini, tomato, and cheese</b>	Spaghetti squash and tomato sauce	2 mandarins 1 pear with 1 oz cheese Skinny Vanilla Latte	