

Week 50: Monday, November 9 to Sunday, November 15, 2015 - Plan of the Month: A Course In Weight Loss by Marianne Williamson

	Breakfast	Lunch	Dinner	Snacks	Comments
Monday	2 eggs and bacon	Apple and almonds	Chicken Eggplant Salad	Ricotta and raspberries	
Tuesday	Vegan protein shake	Leftover chicken, eggplant, and salad	McDonald fries Chicken soup	Ricotta and raspberries Apple and walnuts	Fries cost me more than you know!
Wednesday	Vegan protein shake	Cheese, crackers, apple	Salmon and wild rice	Ricotta and blueberries	
Thursday	Vegan protein shake	Chicken stir fry	Beef lasagna Salad	2 mandarins	
Friday	2 eggs and bacon	Leftover chicken stir fry	Leftover salmon and salad	Apple and walnuts	
Saturday	Vegan protein shake	Salad with shaved fennel and lemon juice and olive oil dressing	Steak and salad	2 mandarins Chestnuts	
Sunday	Egg McMuffin Coffee	Veggies and hummus	Portuguese chicken Rice Potatoes Beet salad Avocado and black bean brownie	Popcorn Crackers and salsa	