

Week 51: Monday, November 16 to Sunday, November 22, 2015 - Plan of the Month: A Course In Weight Loss by Marianne Williamson

	Breakfast	Lunch	Dinner	Snacks	Comments
Monday	2 eggs 3 slices turkey bacon	Leftover Portuguese chicken, rice and potatoes	2 slices vegetarian pizza Carrot and celery with hummus	Pear and almonds	
Tuesday	Ricotta and blueberries	Leftover Portuguese chicken, rice and potatoes	Leftover Portuguese chicken, rice and potatoes	Apple and walnuts 2 Hershey Kisses	Blah! No more leftovers!!!
Wednesday	2 eggs 3 slices turkey bacon	Egg salad sandwich Kale salad	Turkey sandwich Beet salad	2 mandarins Slice of watermelon and pineapple 1 mini cupcake at work event	
Thursday	Ricotta and raspberries	Turkey with stuffing, squash, string beans and carrots	Half of chicken burger at Harvey's 2 Timbits Timmy's Coffee	Raspberries and almonds	Dinner with Brenda :)
Friday	1 egg 2 breakfast sausages	Salad with shaved fennel (lemon juice and olive oil dressing)	Trout Salad with shaved fennel (lemon juice and olive oil dressing)	Apple and walnuts	Theatre with Ellen :)
Saturday	2 eggs Carrots and hummus	Nothing - had GI episode :(Chicken broth	Plain popcorn	GI bug
Sunday	Rice crackers and almond butter	Chicken broth	Butternut squash and string beans	Coffee with Cindy :)	Getting over GI bug