

Week 52: Monday, November 23 to Sunday, November 29, 2015 - Plan of the Month: A Course In Weight Loss by Marianne Williamson

| | Breakfast | Lunch | Dinner | Snacks | Comments |
|------------------|--|---|---|--|---|
| Monday | 2 eggs, celery, red pepper Coffee | Tuna sandwich Salad | 3 oz. chicken breast String beans | Popcorn Grape and almonds | |
| Tuesday | 2 eggs, celery, red pepper Coffee | 3 oz. chicken breast String beans | Mom's homemade verdura (stewed greens) with corn bread and 1/2 sausage | Pear and walnuts | |
| Wednesday | Vegan protein shake | 3 oz. chicken breast String beans | Leftover homemade verdura (stewed greens) with corn bread and 1/2 sausage | Apple and walnuts 1 mandarin | |
| Thursday | 2 eggs with 1 slice Ezekiel bread | Chicken broth | 2 oz. turkey scallopini Yams Salad | Popcorn Pear and walnuts | Not feeling well |
| Friday | Chicken broth | 2 oz. turkey scallopini Yams Salad | 2 oz. turkey scallopini Yams Grapes | 1 meringue 1 custard tart 1 slice panettone | Oh oh! My daughter bought me panettone for our weekend cottage getaway... this isn't good! |
| Saturday | Coffee and panettone | Panini with cold cuts, cheese and pickled eggplant | Chicken, mashed potatoes and salad | Popcorn Panettone Chocolate biscuits | Not good! Not good! Final weigh in for the year just days away! |
| Sunday | Veggie and cheese omllette 3 slices peameal bacon Coffee | Pasta with homemade tomato sauce 1/2 sausage and 1 meatball 1/2 panini | Nothing - too stuffed from pigging out all weekend :) | 1/2 panini with nutella Popcorn Hot chocolate and shortbread cookies at Mariposa Bakery in Orillia | Snug as a bug at the cottage, playing Yahtzee and listeing to Christmas music, eating treats that my kids brought...I'm soooooo weak :(|