


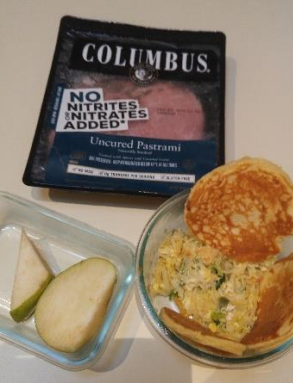
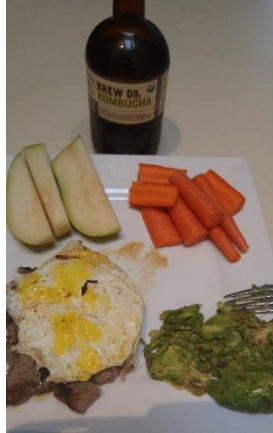




	Thursday	Friday	Saturday	Monday	Tuesday	Wednesday	Thursday
	1	2	3	4	5	6	7
Breakfast :	 <p>1 uncured Hempler's beef hot dog, 1.5 cage free eggs with black pepper and garlic salt cooked on 1/2 tbsp. melt, 3 pieces pineapple canned, 1 tbsp. avocado,</p>	 <p>Costco hashed browns, 1 stalk celery, 1/4 green pepper, broccoli crowns, 1 tomato, sautéed in canola oil; 1/2 avocado, cashewgurt with pineapple</p>	 <p>2/3 slice of sautéed salami, 1/2 avocado, leftover hashed browns, 1/2 cup pancake mix with goat's milk and water mixed in sautéed in Melt butter, cashewgurt and applesauce mixed, Happiness kombucha</p>	 <p>1 slice pastrami, the rest of yesterday's cut pear, 1/2 pancake mix from yesterday's saved pancakes, the rest of the hashed brown-egg mix</p>	 <p>The remainder of my superberry kombucha, 1 egg, 1/2 pear, 2 medium carrots, 1 Costco bratwurst, 1/3 avocado</p>	 <p>1 cup bone broth from Herban Wellness, 1 fried egg with pepper, 1/2 cup Lakanto/Birch Bender's pancake mix with an egg and goat's milk in Melt, 1/2 piece Pastrami, 1/2 cutie, 1 tbsp. cashewgurt-applesauce</p>	 <p>1 piece of dry gluten free toast, 1/2 rice cake with 1/2 tbsp. peanut butter</p>

Lunch:



Pineapple pieces (canned), brown rice cake with peanut butter and jelly, Costco regular beef with cauliflower rice and broccoli cooked in beef fat



1/2 can of Happiness Dr. Brew Kombucha, 1 Kirkland Signature Bratwurst, 1.5 cups white rice, broccoli sautéed in Bratwurst fat and vinegar, 1 carrot, 1/2 tbsp. peanut butter, mixed lettuce, Claussen pickle



First lunch at 11:30 am - 1/2 of the leftovers of Costco beef, kale, asparagus, and rice with 1/2 a cutie, 1 slice pear and happiness kombucha opened bottle



Second lunch at 3pm - the other half of the beef, asparagus and rice with an egg on top, the rest of the Happiness kombucha and a date/almond energy ball



1 cup uncooked white rice, 1/3 lb. lamb meatballs leftovers, cashewgurt and applesauce mixed (not pictured)



Leftover stew with applesauce-cashewgurt



Cauliflower rice, broccoli, leftover lamb meatballs, cashewgurt-applesauce



1/2 pear, 1 carrot, 1 cutie, peanut butter and jelly rice cake



Cashewgurt-applesauce, brown rice, 1 Costco brat, broccoli cooked in Herban Wellness Bone broth, leftover beef stew

<p>Dinner:</p>	 <p>Cashewgurt with pineapple juice, 2 date and almond energy balls, 2 cuties, sardines, Nairn's Oat Grahams (4), Avocado Kettle chips from Boulder Canyon, 1 beef stick from Fred Meyer</p>	 <p>Peanut butter and jelly rice cake, 1 cutie, 2 carrots, 1 date almond energy ball</p>	 <p>1/4 lb. PCC deli counter lamb made into meatballs (gluten free flour, goat's milk, spices), with 1 slice gluten free white bread, 1 cup beef broth from Herban Wellness and some lemon pepper cashewgurt sauce</p>	 <p>Beef chuck pot roast cooked in Pacifica beef both with celery, carrots, green peppers, broccoli, and red potatoes. Eaten with superberry kombucha and avocado boulder canyon kettle chips</p>  <p>3 small slices of gluten free white toast with Melt and homemade blackberry jam with the superberry kombucha</p>	 <p>1 slice of pastrami on 2 slices of gluten free bread, 1 carrot, 1/2 pear with 1-2 tbsp. Adam's no stir peanut butter</p>	 <p>Cauliflower rice, broccoli, 1 Costco pork Bratwurst with 1 cup goat's milk and rice Chex</p>	 <p>rice cakes, 1 tbsp. peanut butter, 1 carrot, 1 pear</p>  <p>1 piece pastrami, 13 chips, remaining pear, 1/4 avocado</p>
<p>Snacks:</p>	<p>The beef stick from dinner and one of the energy balls</p>	 <p>1 cup of Meyernberg low fat goat's milk, mix of Panda puffs and Nature's Path Corn Flakes</p>	 <p>The rest of my rice whip, 1/2 cup Coconut Bliss. Not pictured: Boulder Canyon avocado chips, 2 more energy nut balls and 1/2 cup Almond Praline nondairy ice cream</p>	 <p>1 cup Meyernberg fat free goat's milk with panda puffs and gluten free nature's path corn cereal</p>	 <p>1/2 pint of Almond Dream and 2 date-almond energy balls (not pictured)</p>	<p>1 Lemon WOW gluten free cookie</p>	<p>3 date/almond energy balls</p>

