






# eatTHISdiet Weekly Menu Plan

<b>Week Six</b>	<b>Breakfast</b> 	<b>Lunch</b> 	<b>Dinner</b> 	<b>To Do</b>
<b>Sunday</b>	Orange French Toast with with 2 tsp. Take Control margarine and 1 Tbsp. Orange Honey	1/2 Serving leftover Gnocchi	Halibut with Basil Pea Puree, Plain Mashed Potatoes	Marinate Mojo Pork Tenderloin Make Muffin of your choice
<b>Monday</b>	Muffin, Fruit	Leftover Tortilla	Mojo Pork Tenderloin Melon Salsa, Dirty Rice	
<b>Tuesday</b>	1/2 Bagel with 1 ounce Low-fat cream cheese, Fruit	2 ounces Pork tenderloin on 1 slice bread with salsa (Sandwich)	Soy Mustard Scallops, Purple Sticky Rice	
<b>Wednesday</b>	Cereal with 1/2 cup 1% milk, Fruit	2 ounces Pork tenderloin on 1 slice bread with salsa (Sandwich)	Couscous Salad, Fruit	
<b>Thursday</b>	Cereal with 1/2 cup 1% milk, Fruit	1/2 serving Couscous Salad, Fruit	Oven Fried Chicken, Roast Corn, Pan Grilled Asparagus	
<b>Friday</b>	Muffin, Fruit	1/2 serving Couscous Salad, Fruit	Eat Out (fowl)	
<b>Saturday</b>	Asparagus Frittata	1/2 serving Oven Fried Chicken on 1 slice bread (Sandwich)	Chili Rellenos	