






eatTHISdiet™ for Coumadin Users

Weekly Menu

Week Two	Breakfast 	Lunch 	Dinner 	To Do
Sunday	Blueberry Buttermilk Pancakes with 1 Tbsp. Take Control Spread Light and 1 Tbsp. Maple Syrup, Juice	1 Oz. 2% Swiss Cheese with 1/2 of the cognac and mushrooms on 1 slice whole grain bread (Sandwich)	Butternut Squash Risotto	Make Eggplant Soup
Monday	Blueberry Muffin, Fruit	1 serving Eggplant Soup with 1 ounce whole wheat roll spread with Roasted Garlic, Fruit	Philly Cheese Steak	
Tuesday	Cereal with 1/2 cup 1% milk, Fruit	1/2 serving Butternut Squash Risotto, Fruit	Seared Tuna with Sake-Wasabi Sauce, Purple Sticky Rice	Do not use the Green Onions in the Tuna recipe.
Wednesday	Blueberry Muffin, Fruit	1 serving Eggplant Soup with 1 ounce whole wheat roll spread with Roasted Garlic, Fruit	Sea Bass with White Beans and Tomato Vinaigrette	
Thursday	Blueberry Muffin, Fruit	1/2 serving Butternut Squash Risotto, Fruit	Minestrone, 1 ounce whole wheat roll with 1 ounce cheese, Fruit	
Friday	Bagel with 1 ounce Low-fat cream cheese, Fruit	1 serving Eggplant Soup with 1 ounce whole wheat roll spread with Roasted Garlic, Fruit	Oven Fried Fish, French Fries, Cocktail Sauce, Fruit	Make a half of a recipe of the French Fries
Saturday	Cereal with 1/2 cup 1% milk, Fruit	Minestrone, Fruit	2 ounces Pasta with Tomato Sauce 1/2 ounce Parmigiano-Reggiano, Herbed Zucchini (1/2 recipe)	Make the Tomato Sauce, puree the leftover sauce and freeze 2 1/2 cups