






eatTHISdiet™ for Coumadin Users

Weekly Menu

Week Three	Breakfast 	Lunch 	Dinner 	To Do
Sunday	Jean's French Toast with 1 Tbsp. Take Control Spread Light and 1 Tbsp. Maple Syrup, Juice	1/2 Sandwich using 1/2 serving leftover Oven Fried Fish and Cocktail, Fruit	Beef Stew	Make Orange Blueberry Scones Make Beef Stew
Monday	Scone, Fruit	Minestrone, Fruit	Pepperoni Pizza	Make Pizza Dough in time for dinner
Tuesday	Scone, Fruit	1/2 serving Beef Stew	Linguine with Shrimp in Vodka Cream using 1 medium diced zucchini per serving instead of the asparagus	Thaw Tomato Sauce in advance for the Linguine recipe (make the recipe using only half of the shrimp)
Wednesday	Scone, Fruit	Minestrone, Fruit	Fettuccini with Dill Pesto and Shrimp (use zucchini instead of the white asparagus)	Make Dill Pesto
Thursday	Cereal with half cup 1% milk, Fruit	1/2 serving Linguine and pasta (no Shrimp)	Mediterranean Chicken Salad	
Friday	Cereal with half cup 1% milk, Fruit	1/2 Sandwich on whole grain bread using 1/2 serving leftover Mediterranean Chicken Salad	Dill Pesto Pizza	Make Pizza Dough in time for dinner, thaw Tomato Sauce for the Baked Penne
Saturday	Zucchini and Chevre Frittata with 1 Slice Toast with 1 Tbsp. Take Control Spread Light or 1 Tbsp. Jam	1/2 Sandwich on whole grain bread using 1/2 serving leftover Mediterranean Chicken Salad	Baked Penne (use thawed tomato sauce),	Freeze remaining Baked Penne in single serving Ziplock bags