






eatTHISdiet™ - Comfort Food Weekly Menu Plan

Week One	Breakfast 	Lunch 	Dinner 	To Do
Sunday	Blueberry Pancakes, 2 tsp. Take Control Light Spread, 1 Tbsp. Maple Syrup	1/2 Ham Sandwich, Fruit	Pepperoni Pizza	Make Blueberry Muffins, Make Dough for the Pizza
Monday	Blueberry Muffin, Fruit	1/2 Ham Sandwich, Fruit	Chicken Pot Pie	
Tuesday	Blueberry Muffin, Fruit	1/2 serving Chicken Pot Pie	Fish and Chips	
Wednesday	1 cup Cereal with 1/2 cup 1% milk, Fruit	1/2 serving Chicken Pot Pie	Creamy Macaroni & Cheese, Grilled Broccoli	
Thursday	Blueberry Muffin, Fruit	1/2 serving Creamy Macaroni & Cheese, Fruit	Caesar Salad topped with 4 ounces Broiled Salmon, 1 ounce sourdough roll	Make Caesar Dressing Broil enough Salmon for lunch on Saturday (2 ounces per person)
Friday	1 cup Cereal with 1/2 cup 1% milk, Fruit	1/2 serving Creamy Macaroni & Cheese, Fruit	Fettuccine Alfredo, Caesar Salad	
Saturday	Asparagus Frittata, 1 slice whole wheat toast and jam	Caesar Salad topped with 2 ounces Broiled Salmon, 1 ounce sourdough roll	London Broil with Mushrooms Sautéed in Bourbon, Roasted Potatoes Pan Grilled Asparagus	Grill 16 ounces London Broil (8 oz. for Sat Dinner, 2 oz. for Lunch Sunday, 2 oz. for Monday Dinner)