






eatTHISdiet™ - Comfort Food Weekly Menu Plan

Week Two	Breakfast 	Lunch 	Dinner 	To Do
Sunday	Jean's French Toast with 2 tsp. Take Control Light Spread and 1 Tbsp. Pure Maple Syrup	1/2 Sandwich with 2 ounces Leftover London Broil and Mushrooms, Fruit	Dinner Serving White Chili	Make White Chili
Monday	1 cup Cereal with 1/2 cup 1% milk, Fruit	1/2 Serving White Chili, Fruit	Philly Cheese Steak using leftover London Broil from Saturday	
Tuesday	Bagel with 1 ounce reduced-fat cream cheese, Fruit	1/2 Turkey Sandwich, Fruit	Dinner Serving White Chili	Make Tomato Sauce
Wednesday	1 cup Cereal with 1/2 cup 1% milk, Fruit	1/2 Serving White Chili, Fruit	Spaghetti and Meatballs	
Thursday	Bagel with 1 ounce reduced-fat cream cheese, Fruit	1/2 Ham Sandwich, Fruit	Dinner Serving White Chili	
Friday	1 cup Cereal with 1/2 cup 1% milk, Fruit	1/2 Turkey Sandwich, Fruit	Meatball Hoagies	Freeze remaining tomato sauce in 2 cup batches in ziplock bags
Saturday	Scrambled Eggs, 1 slice whole wheat toast and jam	1/2 Ham Sandwich, Fruit	Soft Corn Tacos, Margarita	