






# eatTHISdiet™ - Comfort Food Weekly Menu Plan

<b>Week Three</b>	<b>Breakfast</b> 	<b>Lunch</b> 	<b>Dinner</b> 	<b>To Do</b>
<b>Sunday</b>	Southwestern Frittata	1/2 Turkey Sandwich, Fruit	Tomato and Roasted Garlic Pizza	Roast Garlic Make Pizza Dough Make Pumpkin Nut Muffins
<b>Monday</b>	Pumpkin Nut Muffin, Fruit	1/2 Turkey Sandwich, Fruit	Crab Cakes, Roasted Garlic Mashed Potatoes, Steamed Broccoli	
<b>Tuesday</b>	1 cup Cereal with 1/2 cup 1% milk, Fruit	1/2 Sandwich with 1 leftover Crab Cake and Tartar Sauce	Chicken with Tarragon Mustard Cream, Jasmine Rice, Pan Grilled Asparagus	
<b>Wednesday</b>	Pumpkin Nut Muffin, Fruit	1/2 Sandwich with 1 leftover Crab Cake and Tartar Sauce	Your choice of two ounces Pasta with Tomato Sauce, 1/2 ounce grated Parmesan cheese, Caesar Salad	
<b>Thursday</b>	1 cup Cereal with 1/2 cup 1% milk, Fruit	1/2 Ham Sandwich, Fruit	Greek Salad, 1 ounce sourdough bread	
<b>Friday</b>	Pumpkin Nut Muffin, Fruit	1/2 Turkey Sandwich, Fruit	Oven Fried Chicken, Roasted Corn, Collard Greens	
<b>Saturday</b>	Four Grain Pancakes with 2 tsp. Take Control Light Spread and 1 Tbsp. Maple Syrup	1/2 sandwich with 2 ounces Oven Fried Chicken with mayonnaise, Tomato and Lettuce	Corn Quesadillas, Margarita	Save filling from second serving of Quesadilla