






eatTHISdiet™ - Comfort Food Weekly Menu Plan

Week Four	Breakfast 	Lunch 	Dinner 	To Do
Sunday	Jean's French Toast 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, Fruit	Beef Stew	Make 1/2 batch Beef Stew Make Citrus Vinaigrette
Monday	1 cup Cereal with 1/2 cup 1% milk, Fruit	Leftover Corn Quesadilla Filling in one Tortilla, Fruit	Chef's Salad with Citrus Vinaigrette, 1 ounce sourdough bread	
Tuesday	1/2 Bagel with 1 ounce reduced-fat cream cheese, Fruit	1/2 Ham Sandwich, Fruit	Beef Stew	
Wednesday	1/2 Bagel with 1 ounce reduced-fat cream cheese, Fruit	1/2 Ham Sandwich, Fruit	Chicken Piccata, Jasmine Rice, Salad with Citrus Vinaigrette	
Thursday	1 cup Cereal with 1/2 cup 1% milk, Fruit	1/2 Sandwich with 2 ounces Chicken Picatta, sauce and lettuce, tomato, Fruit	Your choice of two ounces Pasta with Tomato Sauce, 1/2 ounce grated Parmesan cheese, Salad with Citrus Vinaigrette	
Friday	1 cup Cereal with 1/2 cup 1% milk, Fruit	1/2 Sandwich with 2 ounces Chicken Picatta, sauce and lettuce, tomato, Fruit	Eat Out Fish (Salmon, Tuna, Shrimp)	Make Yogurt Cheese
Saturday	Scrambled Eggs, Slice Toast 2 tsp. Take Control Light Spread	1/2 Sandwich with leftover fish from eating out Friday night, Fruit	Barbecue Chicken, Roasted Corn, Collard Greens	Make Barbecue Sauce