






# eatTHISdiet™ - Comfort Food Weekly Menu Plan

<b>Week Five</b>	<b>Breakfast</b> 	<b>Lunch</b> 	<b>Dinner</b> 	<b>To Do</b>
<b>Sunday</b>	Blueberry Pancakes, 2 tsp. Take Control Margarine, 1 Tbsp. Maple Syrup	1/2 Sandwich using leftover barbecued chicken from Saturday night, Fruit	Chili Con Carne	Make Orange Blueberry Scones
<b>Monday</b>	Orange Blueberry Scones, Fruit	1/2 Ham Sandwich, Fruit	Pulled Chicken Sandwiches, Roasted Corn on the Cob	
<b>Tuesday</b>	Orange Blueberry Scones, Fruit	1/2 Sandwich using leftover barbecued chicken from Saturday night, Fruit	Chili Con Carne	Make Jerk Seasoning
<b>Wednesday</b>	Orange Blueberry Scones, Fruit	1/2 Turkey Sandwich, Fruit	Jerk Shrimp, Coconut Rice, Mango Salsa	Make 16 ounces of Jerk Shrimp (8 ounces as leftover sandwiches Thursday and Friday)
<b>Thursday</b>	1 cup Cereal with 1/2 cup 1% milk, Fruit	1/2 sandwich with 2 ounces Jerk Shrimp, Mango Salsa and Lettuce	Chili Con Carne	
<b>Friday</b>	1 cup Cereal with 1/2 cup 1% milk, Fruit	1/2 sandwich with 2 ounces Jerk Shrimp, Mango Salsa and Lettuce	Thai Shrimp, Thai Peanut Sauce, Coconut Rice, Thai Cucumber Salad	
<b>Saturday</b>	2 Muffins, Fruit	1/2 sandwich with 1/2 leftover Thai Shrimp, Cucumber Salad on the side, Fruit	Salmon with Corn Relish	Make Orange Cranberry Muffins