






eatTHISdiet™ - Comfort Food Weekly Menu Plan

Week Six	Breakfast 	Lunch 	Dinner 	To Do
Sunday	Orange French Toast with 2 tsp. Take Control Light Spread and 1 Tbsp. Maple Syrup	1/2 Sandwich with leftover Salmon and Corn Relish, Fruit	Baked Penne, Greens with Citrus Vinaigrette	Make Vegetarian Lasagna May use Maple Syrup instead of Orange Honey on French Toast
Monday	Muffin, Fruit	1/2 Sandwich with leftover Salmon and Corn Relish, Fruit	Sautéed Shrimp and Grits	Make Waldorf Salad
Tuesday	Muffin, Fruit	1/2 Turkey Sandwich, Waldorf Salad	Vegetarian Lasagna, Greens with Citrus Vinaigrette	Freeze individual portions of remaining Lasagna in ziplock bags
Wednesday	1/2 Bagel with 1 ounce reduced-fat cream cheese, Fruit	1/2 Ham Sandwich, Waldorf Salad	Curried Chicken Salad	
Thursday	Muffin, Fruit	1/2 sandwich with Curried Chicken Salad, Fruit	Vegetarian Lasagna, Greens with Citrus Vinaigrette	
Friday	1 cup Cereal with 1/2 cup 1% milk, Fruit	1/2 serving Vegetarian Lasagna, Fruit	Pork Chops with Warm Tomatillo Salsa	
Saturday	Zucchini and Chevre Frittata, Slice Toast 2 tsp. Take Control Light Spread	1/2 Turkey Sandwich, Waldorf Salad	Baked Ziti	Make Baked Ziti