






eatTHISdiet Weekly Menu Plan

Week One	Breakfast 	Lunch 	Dinner 	To Do
Sunday	1 serving Apple Pancake with 1 tsp. Take Control Margarine and 1 Tbsp. Maple Syrup, Juice	1 serving Curried Chicken & one 2 ounce pita bread, Fruit	Tomato and Roasted Garlic Pizza	Make Blueberry Muffins, Make Dough for the Pizza Roast Garlic
Monday	Blueberry Muffin, Fruit	1 serving Curried Chicken & one 2 ounce pita bread, Fruit	Creamy Macaroni & Cheese, Pan Grilled Broccoli	1/2 serving apple pancake for snack
Tuesday	Blueberry Muffin, Fruit	1/2 serving Creamy Macaroni & Cheese, Fruit	Thai Coconut Shrimp, Peanut Sauce, Coconut Rice, Cucumber Salad	1/2 serving apple pancake for snack
Wednesday	Bagel with 1 ounce Low-fat cream cheese, Fruit	1/2 serving Creamy Macaroni & Cheese, Fruit	Salmon with Parmesan Crust, Jasmine Rice, Shredded Brussels Sprouts	Make Dressing for Napa Salad
Thursday	Blueberry Muffin, Fruit	2 ounces Thai Coconut Shrimp & 1 slice bread (Sandwich)	Napa Cabbage Salad	Prepare Caesar Dressing
Friday	Cereal with 1/2 cup 1% milk, Fruit	1/2 serving Napa Cabbage Salad, Fruit	Fettuccine Alfredo, Caesar Salad	
Saturday	Scrambled Eggs, Slice Toast with 2 tsp. Take Control Margarine or 1 Tbsp. Jam	2 ounces Thai Coconut Shrimp on small Caesar Salad	London Broil with Mushrooms Sautéed in Cognac, Roasted Garlic Mashed Potatoes, Pan Grilled Asparagus	