






# eatTHISdiet Weekly Menu Plan

<b>Week Three</b>	<b>Breakfast</b> 	<b>Lunch</b> 	<b>Dinner</b> 	<b>To Do</b>
<b>Sunday</b>	Jean's French Toast with 2 tsp. Take Control margarine and 1 Tbsp. Maple Syrup	Broccoli Cheese Soup	Mulgatawny Soup with 1 ounce Bread, Greens with Honey Mustard Dressing	Make Orange Blueberry Scones Make Muligatawny
<b>Monday</b>	Scone, Fruit	1/2 serving Beef Stew	Pepperoni Pizza	Make Pizza Dough in time for dinner
<b>Tuesday</b>	Scone, Fruit	Mulgatawny Soup with 1 ounce Bread	Linguine with Shrimp in Vodka Cream (make using only half of the shrimp)	
<b>Wednesday</b>	Scone, Fruit	1/2 serving Linguine and pasta (no Shrimp)	Fettuccini with Dill Pesto and Shrimp	Make Dill Pesto
<b>Thursday</b>	Cereal with half cup 1% milk, Fruit	1/2 Sandwich (can use dill pesto and spread on sandwich)	Salad Nicoise	
<b>Friday</b>	Cereal with half cup 1% milk, Fruit	1/2 Sandwich (can use dill pesto and spread on sandwich)	Dill Pesto Pizza	Make Pizza Dough in time for dinner Thaw Tomato Sauce for the Baked Penne
<b>Saturday</b>	Zucchini and Chevre Frittata with 1 Slice Toast with 2 tsp. Take Control Margarine or 1 Tbsp. Jam	1/2 Sandwich (can use dill pesto from spread on sandwich)	Baked Penne (use thawed tomato sauce), Caesar Salad	Freeze remaining Baked Penne in single serving Ziplock bags