






eatTHISdiet Weekly Menu Plan

Week Four	Breakfast 	Lunch 	Dinner 	To Do
Sunday	Blueberry Blue Cornmeal Pancakes, 2 tsp. Take Control margarine, 1 Tbsp. Maple Syrup	1/2 serving Baked Penne	Yellow Pepper & White Asparagus Tacos, Margarita	Make Pumpkin Nut Muffins
Monday	Pumpkin Muffin, Fruit	Leftover Taco	Creamy Macaroni & Cheese, Pan Grilled Broccoli	
Tuesday	Bagel / 1 Tbsp. Light Cream Cheese / Fruit	1/2 serving Mac and Cheese, Fruit	Indian Shrimp Curry, Coconut Rice	
Wednesday	Pumpkin Muffin, Fruit	1/2 serving Indian Shrimp Curry & 1/2 serving Coconut Rice	Mushroom Risotto	
Thursday	Cereal / half cup 1% milk / Fruit	Leftover Risotto	Salmon with Corn Relish	
Friday	Pumpkin Muffin, Fruit	1/2 serving Indian Shrimp Curry & 1/2 serving Coconut Rice	Corn Quesadillas, 1 twelve ounce beer or a 5 ounce glass of wine	
Saturday	Bagel with 1 Oz. Low-fat CC, 1 Oz. Smoked Salmon, Fruit	1/2 serving Baked Penne	Barbecue Chicken, Roasted Corn, Collard Greens	