






eatTHISdiet Weekly Menu Plan

Week Five	Breakfast 	Lunch 	Dinner 	To Do
Sunday	Eggs Benedict	1 ounce Barbeque chicken on 1 slice bread (1/2 Sandwich), Fruit	Ginger Cilantro Flank Steak, Purple Sticky Rice, Thai Cucumber Salad	Make Jerk Seasoning
Monday	Pumpkin Nut Muffin, Fruit	1 ounce Barbeque chicken on 1 slice bread (1/2 Sandwich), Fruit	Jerk Shrimp, Coconut Rice, Mango Salsa	
Tuesday	Cereal with 1/2 cup 1% milk, Fruit	1 ounce Flank Steak on 1 slice bread (Sandwich)	3 ounces Flank Steak on Double Sized Caesar Salad	
Wednesday	Pumpkin Nut Muffin, Fruit	2 ounces Jerk Shrimp on 1 slice bread (1/2 Sandwich)	Chicken with Tarragon Mustard Cream, Roasted Garlic Mashed, Pan Grilled Broccoli	
Thursday	Pumpkin Nut Muffin, Fruit	2 ounces Jerk Shrimp on 1 slice bread (1/2 Sandwich)	3 ounces Pan Grilled Chicken on Double Sized Caesar Salad	Marinate Lamb Kabobs
Friday	Bagel, 1 Tbsp. Light Cream Cheese, Fruit	1/2 serving Baked Penne	Lamb Kabobs, Couscous	Thaw Tomato Sauce for the Gnocchi
Saturday	Tortilla, Fruit	1/2 serving Baked Penne	Gnocchi with Tomato Sauce and 1/2 ounce grated Parmigiano-Reggiano	