






eatTHISdiet Weekly Menu Plan

Week Six	Breakfast 	Lunch 	Dinner 	To Do
Sunday	Orange French Toast with with 2 tsp. Take Control margarine and 1 Tbsp. Orange Honey	1/2 Serving leftover Gnocchi	Halibut with Basil Pea Puree, Plain Mashed Potatoes	Marinate Mojo Pork Tenderloin Make Muffin of your choice
Monday	Muffin, Fruit	Leftover Tortilla	Mojo Pork Tenderloin Melon Salsa, Dirty Rice	
Tuesday	1/2 Bagel with 1 ounce Low-fat cream cheese, Fruit	2 ounces Pork tenderloin on 1 slice bread with salsa (Sandwich)	Soy Mustard Scallops, Purple Sticky Rice	
Wednesday	Cereal with 1/2 cup 1% milk, Fruit	2 ounces Pork tenderloin on 1 slice bread with salsa (Sandwich)	Couscous Salad, Fruit	
Thursday	Cereal with 1/2 cup 1% milk, Fruit	1/2 serving Couscous Salad, Fruit	Oven Fried Chicken, Roast Corn, Pan Grilled Asparagus	
Friday	Muffin, Fruit	1/2 serving Couscous Salad, Fruit	Eat Out (fowl)	
Saturday	Asparagus Frittata	1/2 serving Oven Fried Chicken on 1 slice bread (Sandwich)	Chili Rellenos	