

www.TheDinnerDude.com								
Week A	day 1	day 2	day 3	day 4	day 5	day 6	day 7	
lunch	Lemon Herb Tilapia with Tomato Basil Sauce	Famous Texas Chili	Asian Chicken & Cabbage Soup	South of the Border Chicken Soup	Spinach Chicken	Asian Chicken and Cabbage Soup	Famous Texas Chili	
dinner	Citrus Grilled Chicken with Cabbage Slaw	New Orleans Shrimp Salad	Shrimp Diablo with Tomato	Beef Tenderloin Medallions with Onion	Italian Meatballs	Spinach Chicken	South of the Border Chicken Soup	
notes	May Add: 2 breadsticks 1 TBS Milk 2 pieces of fruit	May Add: 2 breadsticks 1 TBS Milk 2 pieces of fruit	May Add: 2 breadsticks 1 TBS Milk 2 pieces of fruit	May Add: 2 breadsticks 1 TBS Milk 2 pieces of fruit	May Add: 2 breadsticks 1 TBS Milk 2 pieces of fruit	May Add: 1 breadsticks 2 pieces of fruit <i>Move Day 6 meals from freezer and thaw overnight in refrigerator.</i>	May Add: 2 breadsticks 1 TBS Milk 2 pieces of fruit <i>Move Day 7 meals from freezer and thaw overnight in refrigerator.</i>	May Add: 2 breadsticks 1 TBS Milk 2 pieces of fruit
Week B								
lunch	Thai Basil Chicken with Spicy Cabbage	Cilantro Tilapia with Spinach Salad	Ginger Chicken Salad	Cajun Chicken with Asparagus	Chicken Mint Kebobs with Onion	Cajun Chicken with Asparagus	Chicken Mint Kebobs with Onion	
dinner	Shrimp Creole	All American Meatloaf	Asian Beef with Spicy Cabbage	Shrimp Creole	Famous Texas Chili	All American Meatloaf	Thai Basil Chicken with Spicy Cabbage	
notes	May Add: 2 breadsticks 1 TBS Milk 2 pieces of fruit	May Add: 1 breadsticks 2 pieces of fruit	May Add: 2 breadsticks 1 TBS Milk 2 pieces of fruit	May Add: 2 breadsticks 1 TBS Milk 2 pieces of fruit	May Add: 2 breadsticks 1 TBS Milk 2 pieces of fruit	May Add: 2 breadsticks 1 TBS Milk 2 pieces of fruit <i>Move Day 6 meals from freezer and thaw overnight in refrigerator.</i>	May Add: 1 breadsticks 2 pieces of fruit <i>Move Day 7 meals from freezer and thaw overnight in refrigerator.</i>	May Add: 2 breadsticks 1 TBS Milk 2 pieces of fruit

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Week C	day 1	day 2	day 3	day 4	day 5	day 6	day 7
lunch	Lemon Herb Tilapia with Tomato Basil Sauce	Shrimp Soup with Bok Choy	Famous Texas Chili	Beef & Onion Soup	Greek Chicken Salad	Asian Chicken & Cabbage Soup	Italian Chicken with Spinach
dinner	Beef Tenderloin Medallions with Onion	Chicken Cacciatore	Asian Chicken & Cabbage Soup	New Orleans Shrimp with Cabbage Slaw	Italian Chicken with Spinach	Chicken Cacciatore	Famous Texas Chili
notes	May Add: 2 breadsticks 1 TBS Milk 2 pieces of fruit	May Add: 2 breadsticks 1 TBS Milk 2 pieces of fruit	May Add: 2 breadsticks 1 TBS Milk 2 pieces of fruit	May Add: 2 breadsticks 1 TBS Milk 2 pieces of fruit	May Add: 2 breadsticks 1 TBS Milk 1 pieces of fruit <i>Move Day 6 meals from freezer and thaw overnight in refrigerator.</i>	May Add: 2 breadsticks 1 TBS Milk 1 pieces of fruit <i>Move Day 6 meals from freezer and thaw overnight in refrigerator.</i>	May Add: 2 breadsticks 1 TBS Milk 2 pieces of fruit
Week D							
lunch	Chicken Creole	Dijon Herb Chicken with Mixed Greens	Poached Shrimp Salad	Famous Texas Chili	Buffalo Chicken with Celery	Tomato Basil Soup	Chicken Creole
dinner	Cilantro Tilapia with Spinach Salad	Thai Beef Soup	Tomato Basil Soup	Island Roast Shrimp with Asparagus	Filet Mignon with Asparagus	Dijon Herb Chicken with Mixed Greens	Thai Beef Soup
notes	May Add: 1 TBS Milk 2 pieces of fruit	May Add: 2 breadsticks 1 TBS Milk 2 pieces of fruit	May Add: 2 breadsticks 1 TBS Milk 1 pieces of fruit	May Add: 2 breadsticks 1 TBS Milk 2 pieces of fruit	May Add: 1 TBS Milk 2 pieces of fruit <i>Move Day 6 meals from freezer and thaw overnight in refrigerator.</i>	May Add: 2 breadsticks 1 TBS Milk 1 pieces of fruit <i>Move Day 7 meals from freezer and thaw overnight in refrigerator.</i>	May Add: 2 breadsticks 1 TBS Milk 2 pieces of fruit