



***Waffle House* BREAKFAST**

Have two low-fat toaster waffles topped with low-calorie syrup. Serve with 2 slices turkey bacon. (Cook extra bacon for lunch.)

***TGIF* LUNCH**

Turkey Bacon Melt: Top sliced whole grain bread with cooked turkey bacon (from breakfast), spinach (use frozen that's been thawed & patted dry), and cheddar cheese. Broil until cheese melts. Serve with fresh fruit.

Sweet Snack

1 cup of fat-free pudding and a cinnamon graham cracker.

***Company Chicken* DINNER**

Pecan Chicken: Combine 1/4 cup honey and 1/4 cup Dijon mustard. Spread on both sides of boneless, skinless chicken breasts. Dredge in 1 cup finely chopped pecans. Place in lightly greased baking dish and bake at 350 for 1 hour or until thoroughly cooked.

Stir-Fry Zucchini: Saute sliced zucchini, seasoned with lemon pepper, in olive oil and a little butter. After cooking, add juice of one lemon. Stir and serve.

New Potatoes: Thinly slice. Spritz with olive oil and season with salt and pepper. Microwave until potatoes are tender.

Dessert: Coconut Pie - Mix 1 package sugar free instant vanilla pudding with 1-1/2 cups reduced-fat milk. Stir in 1/2 of 1 (8 oz) carton fat free whipped topping and 1/2 cup toasted, flaked coconut. Pour into baked pie crust or graham cracker crust. Spread with remaining whipped topping. Sprinkle with another 1/2 cup toasted, flaked coconut.