



***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**

1 cup soup (tomato or vegetable) and sandwich made with lean deli meat on whole grained bread. Fruit for dessert.

Sweet Snack

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

***Company Chicken* DINNER**

Chicken Divan & Rice: Dredge boneless, skinless chicken cutlets in flour, seasoned with poultry seasoning, salt, and pepper. Brown in olive oil and a little butter.

Meanwhile: Cook until crisp tender your choice of broccoli or asparagus. Toast some slivered almonds in a non-stick skillet. Cook some brown rice.

Remove chicken from skillet when done. Cover with foil to keep warm.

Put sliced mushrooms in chicken skillet with a little more butter and 2 tbsp flour. Stir. Add 1/2 cup dry white wine (or chicken broth); whisk. Add 1 cup chicken broth. Add approx 1/3 cup milk, salt and pepper. Cook until mushroom are tender and gravy is creamy.

On each plate, layer rice, vegetable, chicken, sauce, and almonds.

Fresh fruit salad and wafer cookies for dessert.