

Diet-to-Go

LOCAL LOW-CARB MENU

| WEEK 1 | | | |
|---------------------------------|------------------|--|--|
| | BREAKFAST | LUNCH | DINNER |
| P i c k u p 1 | TUESDAY | | |
| | | | Pork Chop Pomodoro Asparagus & Peppers Italian Green Beans |
| | WEDNESDAY | Cheese Omelet Spinach, Salsa Bacon | Fiesta Burger Seasoned Green Beans Guacamole |
| | THURSDAY | Scrambled Eggs Canadian Bacon Spinach, Cauliflower | Chicken Fontina Red Peppers & Onions Broccoli Florets |
| | FRIDAY | Ratatouille Omelet Asparagus Spears | Baked Chicken with Goat Cheese Artichoke Medley Cauliflower |
| P i c k u p 2 | | | Chicken Marsala Green Beans, Fajita Veggies Broccoli Florets |
| | SATURDAY | Western Omelet Fajita Veggies Sausage Links | Old Fashioned Pot Roast Mushroom Sauce Collard Greens, Green Beans |
| | SUNDAY | Vegetable Quiche Sausage Patty Spinach | Chicken Parmesan over Ratatouille Broccoli Florets |
| | MONDAY | Pork Chop Breakfast Egg Patty, Bacon Cheddar Cheese Green Beans | Chicken Italiano Italian Meatballs Fajita Veggies Asparagus Parmesan |
| | TUESDAY | Greek Mushroom | Baked Salmon Creamy Dill Sauce Spinach, Green Beans Tomatoes |
| | | Meatloaf with Tomato Sauce Creamed Spinach Brussel Sprouts | |
| WEEK 2 | | | |
| | BREAKFAST | LUNCH | DINNER |
| P i c k u p 1 | TUESDAY | | |
| | | | Herbed Catfish Collard Green Mix Artichoke Medley Broccoli Florets |
| | WEDNESDAY | Cheese Omelet Spinach, Salsa Bacon | Beef Casserole Asparagus & Red Peppers |
| | THURSDAY | Scrambled Eggs Rancheros Chicken Sausage | Chicken Tenders Red Pepper Sauce Veggie Mix, Brussel Sprouts |
| | FRIDAY | Spinach Quiche Sausage Link Green Beans Red Peppers | Roasted Pork Loin Morel Sauce, Spinach Green Beans & Red Peppers |
| P i c k u p 2 | | | Chicken Roma Cauliflower Italian Green Beans |
| | SATURDAY | Spinach and Bacon Cheddar Melt Mustard Greens Broccoli & Cajun Cream Sauce | Cioppino Seafood Medley Italian Green Beans Cauliflower |
| | SUNDAY | Western Omelet Fajita Veggies Sausage Links | Grilled Pork Chop Green Peppercorn Sauce Garlic Cauliflower Puree Green Beans |
| | MONDAY | Vegetable Quiche Sausage Patty Spinach | Spicy Salmon Spinach Salad, Bacon Round Marinated Vegetable Blend |
| | TUESDAY | Pork Chop Breakfast Egg Patty, Bacon Cheddar Cheese Green Beans | Lemon Herb Chicken Cheesy Broccoli, Bacon Green Beans |
| | | Tomato Mushroom Omelet Sausage Patty Mustard Greens | Grilled Chicken Breast Curried Vegetables Asparagus & Red Peppers |
| | | Chicken Alfredo Creamy Veggie Mix Broccoli Florets | |

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| WEEK 3 | | | |
|---------------------------------|------------------|--|---|
| | BREAKFAST | LUNCH | DINNER |
| P i c k u p 1 | TUESDAY | | Chicken Breast with Bacon Red Pepper Sauce, Collard Greens Asparagus & Peppers Brussel Sprouts |
| | WEDNESDAY | Cheese Omelet Spinach, Salsa Bacon | Crab-Stuffed Flounder Cauliflower, Creamed Spinach Green Beans |
| | THURSDAY | Kale & Swiss Frittata Chicken Sausage | Chicken Fontina Red Peppers and Onion Broccoli Florets |
| | FRIDAY | Spinach Quiche Sausage Link Green Beans Red Peppers | Chicken Alfredo Creamy Veggie Mix Broccoli Florets |
| | SATURDAY | Western Omelet Fajita Veggies Sausage Links | Whitefish Parmesan Pesto Cauliflower |
| P i c k u p 2 | SUNDAY | Eggs Florentine Chicken Sausage | Chicken Marsala Green Beans, Fajita Veggies Broccoli Florets |
| | MONDAY | Pork Chop Breakfast Egg Patty, Bacon Cheddar Cheese Green Beans | Prime Rib Red Wine Sauce Kale, Broccoli Florets |
| | TUESDAY | Tomato Mushroom Omelet Sausage Patty Mustard Greens | Beef Short Ribs Mushroom Sauce Asparagus & Peppers |
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| WEEK 4 | | | |
| | BREAKFAST | LUNCH | DINNER |
| P i c k u p 1 | TUESDAY | | Turkey Meatloaf in Tomato Sauce Creamed Spinach Green Beans |
| | WEDNESDAY | Mediterranean Egg Casserole Chicken Sausage | Spicy Chicken Fajita Veggies, Guacamole Broccoli Florets, Brussel Sprouts |
| | THURSDAY | Scrambled Eggs Canadian Bacon Spinach, Cauliflower | Roasted Half of Chicken Cauliflower Puree |
| | FRIDAY | Spinach Quiche Sausage Link Green Beans Red Peppers | Cumin Salmon Mustard Greens Zucchini Veggie Medley |
| | SATURDAY | Western Omelet Fajita Veggies Sausage Links | Chicken Parmesan over Ratatouille Broccoli Florets |
| P i c k u p 2 | SUNDAY | Vegetable Quiche Sausage Patty Spinach | Turkey Steak Creamed Spinach Brussel Sprouts Red Pepper Sauce |
| | MONDAY | Salmon & Leek Frittata Brussels Sprouts | Hamburger Alfredo Pizza Asparagus Spears, Fajita Veggies Cauliflower |
| | TUESDAY | Tomato Mushroom Omelet Sausage Patty Mustard Greens | Lemon Herb Chicken Cheesy Broccoli with Bacon Green Beans |

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LOCAL LOW-CARB MENU

| WEEK 5 | | | |
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| | BREAKFAST | LUNCH | DINNER |
| P i c k u p 1 | TUESDAY | | Wasabi Catfish Oriental Pea Puree Stir Fry Veggies |
| | WEDNESDAY | Three Cheese Quiche Sausage Links Peppers & Onions | Pascale' Creole Shrimp Stew String Cheese |
| | THURSDAY | Scrambled Eggs Benedict Canadian Bacon Roasted Red Pepper Sauce Asparagus | Chimichura Salmon Marinated Asparagus |
| | FRIDAY | Spicy Ham and Egg Sofrito | Parmesan Chicken Wings Blue Cheese Dressing Artichoke Salad |
| | | | Cod Loin Lemon Herb Sauce Artichoke Barigoule Zucchini Squash Blend |
| P i c k u p 2 | SATURDAY | Feta Frittata Turkey Sausage Asparagus | Tilapia Vera Cruz Cauliflower Mash Green Bean Mix |
| | SUNDAY | Florentine Casserole Turkey Bacon | Charmoula Pork Loin Spinach, Fajita-Style Broccoli |
| | MONDAY | Andouille, Shrimp and Egg Hash Chicken Sausage | Portobello Lasagna Mediterranean Veggie Mix |
| | TUESDAY | Steak & Eggs Mushroom Cream Sauce Asparagus | Italian Meatballs Pomodoro Sauce Seasoned Artichoke Hearts |