

SUNDAY

MONDAY

TUESDAY

Vegetable Quiche

Pork Chop Breakfast

Tomato Mushroom Omelet

Egg Patty, Bacon Cheddar Cheese

Green Beans

Sausage Patty

Mustard Greens

Sausage Patty

Spinach

Diet-to-Go LOCAL LOW-CARB MENU

WEEK 1	BREAKFAST	LUNCH	DINNER
ΓUESDAΥ			Pork Chop Pomodoro Asparagus & Peppers Italian Green Beans
WEDNESDAY	Cheese Omelet Spinach, Salsa Bacon	Fiesta Burger Seasoned Green Beans Guacamole	Roasted Half of Chicken Cauliflower Puree
THURSDAY	Scrambled Eggs Canadian Bacon Spinach, Cauliflower	Chicken Fontina Red Peppers & Onions Broccoli Florets	Creole Catfish Lemon Herb Sauce Greens, Artichoke Mix Broccoli Florets
FRIDAY	Ratatouille Omelet Asparagus Spears	Baked Chicken with Goat Cheese Artichoke Medley Cauliflower	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	Prime Rib Red Wine Sauce Kale, Cauliflower
SUNDAY	Vegetable Quiche Sausage Patty Spinach	Chicken Parmesan over Ratatouille Broccoli Florets	Chicken Italiano Italian Meatballs Fajita Veggies Asparagus Parmesan
MONDAY	Pork Chop Breakfast Egg Patty, Bacon Cheddar Cheese Green Beans	Hamburger Pizza Seasoned Squash	Baked Salmon Creamy Dill Sauce Spinach, Green Beans Tomatoes
TUESDAY	Greek Mushroom	Meatloaf with Tomato Sauce Creamed Spinach Brussel Sprouts	
WEEK 2	BREAKFAST	LUNCH	DINNER
ΓUESDAY			Herbed Catfish Collard Green Mix Artichoke Medley Broccoli Florets
WEDNESDAY	Cheese Omelet Spinach, Salsa Bacon	Beef Casserole Asparagus & Red Peppers	Chicken Tenders Red Pepper Sauce Veggie Mix, Brussel Sprouts
THURSDAY	Scrambled Eggs Rancheros Chicken Sausage	Roasted Pork Loin Morel Sauce, Spinach Green Beans & Red Peppers	Chicken Roma Cauliflower Italian Green Beans
FRIDAY	Spinach Quiche Sausage Link Green Beans Red Peppers	Chicken and Bacon Cheddar Melt Mustard Greens Broccoli & Cajun Cream Sauce	Cioppino Seafood Medley Italian Green Beans Cauliflower

Spicy Salmon

Beef Short Ribs

Mushroom Sauce

Kale, Red Peppers

Chicken Alfredo Creamy Veggie Mix

Broccoli Florets

Spinach Salad, Bacon Round

Marinated Vegetable Blend

Lemon Herb Chicken

Green Beans

Cheesy Broccoli, Bacon

Grilled Chicken Breast

Asparagus & Red Peppers

Curried Vegetables



Diet-to-Go LOCAL LOW-CARB MENU

WEEK 3			
	BREAKFAST	LUNCH	DINNER
TUESDAY			Chicken Breast with Bacon Red Pepper Sauce, Collard Greens Asparagus & Peppers Brussel Sprouts
WEDNESDAY	Cheese Omelet Spinach, Salsa Bacon	Chicken Pesto Cheddar Melt Broccoli Florets, Cauliflower Mustard Greens	Crab-Stuffed Flounder Cauliflower, Creamed Spinach Green Beans
THURSDAY	Kale & Swiss Frittata Chicken Sausage	Hamburger with Swiss Cheese Creamed Spinach Green Beans	Chicken Fontina Red Peppers and Onion Broccoli Florets
FRIDAY	Spinach Quiche Sausage Link Green Beans Red Peppers	Turkey Steak Lemon Herb Sauce Kale Mix, Zucchini Vegetable Blend Italian Green Beans	Chicken Alfredo Creamy Veggie Mix Broccoli Florets
SATURDAY	Western Omelet Fajita Veggies Sausage Links	Pork Chop Pomodoro Green Beans, Fajita Veggies Parmesan Cheese	Whitefish Parmesan Pesto Cauliflower
SUNDAY	Eggs Florentine Chicken Sausage	Cioppino Seafood Medley Cheesy Broccoli with Bacon	Chicken Marsala Green Beans, Fajita Veggies Broccoli Florets
MONDAY	Pork Chop Breakfast Egg Patty, Bacon Cheddar Cheese Green Beans	Baked Chicken with Goat Cheese Artichoke Mix Broccoli Florets	Prime Rib Red Wine Sauce Kale, Broccoli Florets
TUESDAY	Tomato Mushroom Omelet Sausage Patty Mustard Greens	Beef Short Ribs Mushroom Sauce Asparagus & Peppers	
WEEK 4	BREAKFAST	LUNCH	DINNER
WEEK 4 TUESDAY	BREAKFAST	LUNCH	DINNER Turkey Meatloaf in Tomato Sauce Creamed Spinach Green Beans
	Mediterranean Egg Casserole Chicken Sausage	Chicken Roma Collard Greens Mix Cauliflower	Turkey Meatloaf in Tomato Sauce Creamed Spinach
TUESDAY	Mediterranean Egg Casserole	Chicken Roma Collard Greens Mix	Turkey Meatloaf in Tomato Sauce Creamed Spinach Green Beans Spicy Chicken Fajita Veggies, Guacamole
TUESDAY	Mediterranean Egg Casserole Chicken Sausage Scrambled Eggs Canadian Bacon	Chicken Roma Collard Greens Mix Cauliflower Baked Cajun Salmon Cream Sauce	Turkey Meatloaf in Tomato Sauce Creamed Spinach Green Beans Spicy Chicken Fajita Veggies, Guacamole Broccoli Florets, Brussel Sprouts Roasted Half of Chicken
TUESDAY WEDNESDAY THURSDAY	Mediterranean Egg Casserole Chicken Sausage Scrambled Eggs Canadian Bacon Spinach, Cauliflower Spinach Quiche Sausage Link Green Beans	Chicken Roma Collard Greens Mix Cauliflower Baked Cajun Salmon Cream Sauce Asparagus & Broccoli Veal Parmesan	Turkey Meatloaf in Tomato Sauce Creamed Spinach Green Beans Spicy Chicken Fajita Veggies, Guacamole Broccoli Florets, Brussel Sprouts Roasted Half of Chicken Cauliflower Puree Cumin Salmon Mustard Greens
TUESDAY WEDNESDAY THURSDAY FRIDAY	Mediterranean Egg Casserole Chicken Sausage Scrambled Eggs Canadian Bacon Spinach, Cauliflower Spinach Quiche Sausage Link Green Beans Red Peppers Western Omelet Fajita Veggies	Chicken Roma Collard Greens Mix Cauliflower Baked Cajun Salmon Cream Sauce Asparagus & Broccoli Veal Parmesan Italian Green Bean Blend Andouille Sausage Fajita Veggies, Mozzarella Cheese	Turkey Meatloaf in Tomato Sauce Creamed Spinach Green Beans Spicy Chicken Fajita Veggies, Guacamole Broccoli Florets, Brussel Sprouts Roasted Half of Chicken Cauliflower Puree Cumin Salmon Mustard Greens Zucchini Veggie Medley Chicken Parmesan over Ratatouille
TUESDAY WEDNESDAY THURSDAY FRIDAY	Mediterranean Egg Casserole Chicken Sausage Scrambled Eggs Canadian Bacon Spinach, Cauliflower Spinach Quiche Sausage Link Green Beans Red Peppers Western Omelet Fajita Veggies Sausage Links Vegetable Quiche Sausage Patty	Chicken Roma Collard Greens Mix Cauliflower Baked Cajun Salmon Cream Sauce Asparagus & Broccoli Veal Parmesan Italian Green Bean Blend Andouille Sausage Fajita Veggies, Mozzarella Cheese Zucchini & Squash Boston Cod Lemon Herb Sauce, Greens Red Pepper & Mushroom Blend	Turkey Meatloaf in Tomato Sauce Creamed Spinach Green Beans Spicy Chicken Fajita Veggies, Guacamole Broccoli Florets, Brussel Sprouts Roasted Half of Chicken Cauliflower Puree Cumin Salmon Mustard Greens Zucchini Veggie Medley Chicken Parmesan over Ratatouille Broccoli Florets Turkey Steak Creamed Spinach Brussel Sprouts



Diet-to-Go LOCAL LOW-CARB MENU

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