



Diet-to-Go
MAIL ORDER LOW-FAT TRADITIONAL MENU

WEEK 1			
	BREAKFAST	LUNCH	DINNER
ARRIVAL DAY			Harissa Salmon Mandarin Orange Cous Cous Veggies Blend
DAY 1	Egg Quesadilla Potato Cake Citrus Cup	Roasted Tomato & Basil Soup Corn & Spinach Salad Yogurt Drink	Parmesan-Spinach Stuffed Chicken Italian Veggie Blend Almonds
DAY 2	Fruit & Granola Parfait Cornbread Muffin	Hungarian Turkey Basmati Rice Pilaf Veggie Blend	Lobster and Veggie Ravioli Cardinal Sauce Italian Veggie Blend
DAY 3	Mango Cranberry Muffin Orange Marmalade Yogurt Drink	Curry Chicken Salad Sandwich Mandarin Oranges	Italian Meatballs on Fettucini Pomodoro Sauce Veggie Blend
DAY 4	Noodle Kugel (Sweet Cassrole) Applesauce Cranberry Juice	Chicken Alfredo Melt Roasted Veggie Salad Mango Parfait	Penne Pasta Turkey Meat Sauce Carrot Coins, Sugar Snap Peas
DAY 5	Blueberry Pancakes Turkey Sausage Maple Syrup Fajita Veggies	Tuna Meltovers Citrus Fruit Cup	Chicken Pizza Broccoli
DAY 6	Fruit Ambrosia Granola Bar	Turkey Ham Salad Pretzel Roll Lentil Chili	Turkey Chili Pasta Salad Primavera Cornbread Muffin
DAY 7	Ratatouille Omelet Asparagus Spears	Szechuan Turkey Burger Multi-Grain Roll Carrot & Beet Salad	
WEEK 2			
	BREAKFAST	LUNCH	DINNER
ARRIVAL DAY			Baked Atlantic Salmon Stuffed Baked Potato Carrots, Pineapple Crisp
DAY 1	Omelet Pomodoro Sicilian Asparagus Cuts and Tips	Mirkin Burger (Veggie Burger) Kaiser Roll, American Cheese, Salsa Melon Mix	Italian Chicken Cous Cous Pilaf Green Beans Focaccia Roll
DAY 2	Whole Wheat Bagel Cream Cheese Orange Juice	Meatloaf Sub BBQ Sauce, Creamy Veggie Salad Strawberries	Cioppino Seafood Medley Roll, Cream Cheese & Chives Chocolate Pudding
DAY 3	Blueberry Muffin Raspberry Preserves Yogurt, Orange Juice	Blue Crab Ravioli Soup Vanilla Fruit Gelatin	Mexican Style Burrito Spanish Rice Refried Beans Fajita Veggies, Salsa
DAY 4	Greek Mushroom Orange & Raisin Salad	Grilled Cheese with Turkey Mushroom & Artichoke Salad Apricot Pudding	Herb Crusted Whitefish Polenta, Broccoli Lemon
DAY 5	Oat & Raisin Scone Orange Marmalade Orange Juice	Salmon Burger Multi-Grain Roll Mango Salsa, V8	Vegetable Ravioli Red Pepper Sauce, Ratatouille Chocolate Mousse
DAY 6	Scrambled Eggs Rancheros Whole Wheat Tortilla Chicken Chorizo Sausage	Hummus Pocket Bread Citrus Fruit Cup String Cheese	Porcini Mushroom Chicken Wild Rice Pilaf Italian Veggie Blend
DAY 7	Tomato Mushroom Omelet Brussel Sprout Medley	Mediterranean Pasta Salad with Tuna	



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WEEK 3

	BREAKFAST	LUNCH	DINNER
ARRIVAL DAY			Orange Roughy Fish Israeli Cous Cous Mediterranean Veggies
DAY 1	Whole Wheat Bagel Cream Cheese Apple Juice	Shrimp Mango Bisque Jicama & Orange Salad Seasoned Pita, V8	Tamale Pie Baked Potato Sour Cream & Chives Corn on the Cob
DAY 2	Fajita Omelet Mozzarella Cheese Breakfast Cobbler	Turkey Sandwich Multi-Grain Roll, Mayo Tomato & Mushroom Salad	Baked Spaghetti Pie Cauliflower
DAY 3	Mushroom Strata Chicken Sausage V8	Bistro Chicken Salad (Chicken Breast Tenders with pasta veggies, sauce) Sesame Breadsticks	Barbecue Chicken Anise Roasted Potatoes Baked Beans, Green Beans BBQ Sauce
DAY 4	Raisin Bran Muffin Strawberry Preserves Yogurt	Chicken Philly Sub Multigrain Roll Honey Mustard Mayo American Cheese	Turkey Picadillo Brown Rice Pilaf Apricot Glazed Asparagus
DAY 5	Corn Bread Muffin Orange Marmalade Cream Cheese, Orange Juice	Chicken Pesto Salad Whole Wheat Roll	Macaroni & Cheese Carrot Coins, Broccoli
DAY 6	Asparagus and Swiss Frittata V8 Fusion	Grilled Cheese Lentil Chili Brownie	Thai Turkey Tenderloin Stir Fry Rice Green Bean Medley
DAY 7	Breakfast Pizza Apple Juice	Turkey Burger Multi-Grain Roll Mandarin Orange Ketchup	

WEEK 4

	BREAKFAST	LUNCH	DINNER
ARRIVAL DAY			Shrimp Fettucini Honey Wheat Roll Broccoli
DAY 1	Apple Pancakes Turkey Sausage Maple Syrup Asparagus Cuts & Tips	Shrimp and Pasta Salad Cocktail Sauce Honey Wheat Roll	Whitefish Parmesan Whole Grain Roll Baby Carrots
DAY 2	Granola & Yogurt Apple Juice	Tuna Meltovers Peach Crisp	Chicken Creole Brown Rice Whole Grain Roll
DAY 3	Strawberry Banana Muffin Vanilla Cream Cheese Peach & Pear Parfait	Chicken Salad Sandwich Tomato & Mushroom Salad Fruit Cup	Tomato Veggie Pie Cous Cous
DAY 4	Eggs Florentine Chicken Sausage Asparagus Spears	Thai Chicken & Mushroom Soup Coconut Mango Rice Snack Mix	Turkey Meatloaf Sweet Potatoes Green beans
DAY 5	Cranapple Muffin Cran-Orange Cream Cheese Orange Sections	Waldorf Chicken Salad Snack Mix V8	Chicken Fajita Refried Beans Carrots, Salsa
DAY 6	Baked Cinnamon Bar Orange Juice	Black Bean Soup Soft Pretzel String Cheese	Stir Fry Chicken Oriental Veggies Brown Rice
DAY 7	Whole Wheat Monte Cristo Raspberry Maple Syrup Citrus Yogurt Salad	Captain Stewart's Seafood Sandwich Pretzel Roll, Tartar Sauce Mandarin Oranges	



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WEEK 5			
	BREAKFAST	LUNCH	DINNER
ARRIVAL DAY			Herbed Baked Atlantic Salmon Brown Rice and Veggies Carrot & Jicama Medley
DAY 1	Waffles Peaches & Apples in Syrup	Rueben Sandwich Russian Dressing Mushroom & Artichoke Salad Citrus Fruit Cup	Chicken Parmesan Broccoli Florets Dakota Roll
DAY 2	Peachy Keen Muffin Apple Butter Cranberry Juice	Aztec Quinoa Salad	Turkey Salisbury Steak Mashed Potatoes, Gravy Green Beans Sesame Breadsticks
DAY 3	Cranberry Oat Scone Orange Marmalade Orange Juice	Chicken Florentine Burger V8 Fusion, Apple Jello	Chugwater Chili Sour Cream, Mozzarella Cornbread Biscuit Yogurt Drink
DAY 4	Greek Burrito Chicken Sausage Fajita Veggies	Tomato Pesto Meltover Apple Cake	Curried Shrimp Basmati Rice Minted Carrots
DAY 5	Whole Grain Pancakes Strawberry Maple Syrup Turkey Sausage Asparagus	Tuscan Boat (Stuffed Potatoes) Nutty Wheatberry Salad V8 Fusion	Chicken and Turkey Brunswick Stew Corn & Lentil Loaf
DAY 6	Egg and Broccoli Pie Apple Juice	Michigan Turkey Sandwich Strawberry Banana Yogurt Parfait Yogurt Drink	Blackened Turkey Carrot Chipotle Puree Italian Veggie Blend Asparagus Risotto
DAY 7	Whole Grain French Toast Mango Cranberry Syrup Orange Juice	Turkey Swiss Sandwich Relish, Cauliflower Tabouli V8	