



**Diet-to-Go**  
**MAIL ORDER LOW-FAT VEGETARIAN MENU**

| <b>WEEK 1</b>      |                                                                    |                                                                                                                    |                                                                               |
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|                    | <b>BREAKFAST</b>                                                   | <b>LUNCH</b>                                                                                                       | <b>DINNER</b>                                                                 |
| <b>ARRIVAL DAY</b> |                                                                    |                                                                                                                    | Texas Tofu Chili<br>Lentil Corn Muffin<br>Sour Cream                          |
| <b>DAY 1</b>       | Egg Quesadilla<br>Potato Cake<br>Citrus Cup                        | Zucchini & Potato Cakes<br>Remoulade<br>V8                                                                         | Shaw's Shepherds Pie<br>Asparagus Melange                                     |
| <b>DAY 2</b>       | Fruit & Granola Parfait<br>Cornbread Muffin                        | Portobello Lasagna<br>White Bean Salad                                                                             | Stuffed Cabbage Rolls<br>Tomato Puree<br>Cauliflower                          |
| <b>DAY 3</b>       | Mango Cranberry Muffin<br>Orange Marmalade<br>Yogurt Drink         | Marinara Veggie Burger<br>Veggie Cup<br>Spinach Dip                                                                | Ravioli Provencale'<br>Cardinal Sauce<br>Italian Vegetable Blend              |
| <b>DAY 4</b>       | Noodle Kugel<br>(Sweet Casserole)<br>Applesauce<br>Cranberry Juice | Savory White Bean Burrito<br>Rice Pilaf<br>Veggie Blend                                                            | Penne Pasta<br>Meatless Tomato Sauce<br>Carrot Coins, Sugar Snap Peas         |
| <b>DAY 5</b>       | Blueberry Pancakes<br>Maple Syrup<br>Soy Sausage                   | Claire's Quinoa Salad<br>Black Bean Salad<br>Orange Sections                                                       | Johnny's Veggie Pizza<br>Broccoli                                             |
| <b>DAY 6</b>       | Fruit Ambrosia<br>Granola Bar                                      | Spanish Stuffed Peppers over Rice<br>Mediterranean Veggie Blend<br>Black Beans                                     | Asian Soy over Sesame Rice<br>Sugar Snap Peas                                 |
| <b>DAY 7</b>       | Ratatouille Omelet<br>Asparagus Spears                             | Mushroom Ravioli<br>Tomato Onion Sauce<br>German Veggie Blend                                                      |                                                                               |
| <b>WEEK 2</b>      |                                                                    |                                                                                                                    |                                                                               |
|                    | <b>BREAKFAST</b>                                                   | <b>LUNCH</b>                                                                                                       | <b>DINNER</b>                                                                 |
|                    |                                                                    |                                                                                                                    | Black Bean Chili<br>Jalapeño Cornbread<br>Sour Cream                          |
| <b>DAY 1</b>       | Omelet Pomodoro<br>Sicilian Asparagus Cuts & Tips                  | Mirkin Burger (Veggie Burger)<br>Kaiser Roll, American Cheese<br>BBQ Sauce, Melon Mix                              | Mushroom Ravioli<br>Ratatouille Sauce<br>Parmesan Cheese<br>Brussel Sprouts   |
|                    | Whole Wheat Bagel<br>Cream Cheese<br>Orange Juice                  | Southwestern Sandwich<br>(Black Bean Burger)<br>Multi-Grain Roll<br>Salsa Cup, Applesauce                          | Tuscan Soy<br>over Veggie Cous Cous<br>Asparagus Parmesan                     |
| <b>DAY 3</b>       | Blueberry Muffin<br>Raspberry Preserves<br>Yogurt, Orange Juice    | Greek Pasta Salad<br>Asparagus & Diced Red Peppers<br>Apple Juice                                                  | Mexican Style Burrito<br>Spanish Rice, Refried Beans<br>Fajita Veggies, Salsa |
| <b>DAY 4</b>       | Greek Mushroom<br>Orange & Raisin Salad<br>Applesauce              | Spinach-Red Pepper Meltover<br>Mushroom & Artichoke Salad<br>Cranberry Juice                                       | Tomato Veggie Pie<br>Zucchini & Yellow Pepper Medley                          |
| <b>DAY 5</b>       | Oat & Raisin Scone<br>Orange Marmalade<br>Orange Juice             | Tuscan Bean Salad<br>Parmesan Cheese<br>Garlic Bread Stick                                                         | Vegetable Ravioli<br>Red Pepper Sauce<br>Ratatouille<br>Chocolate Mousse      |
| <b>DAY 6</b>       | Scrambled Eggs Rancheros<br>Whole Wheat Tortilla<br>Soy Sausage    | Hummus<br>Pocket Bread<br>Citrus Fruit Cup                                                                         | White Bean & Veggie Casserole<br>Wild Rice Pilaf                              |
| <b>DAY 7</b>       | Tomato Mushroom Omelet<br>Brussel Sprout Medley                    | "The Jamie"<br>(French Toast, Swiss Cheese, Tomato,<br>Pesto Sauce, Blue Cheese)<br>Black Bean Soup<br>Apple Juice |                                                                               |



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| <b>WEEK 3</b>      |                                                                          |                                                                                                         |                                                                               |
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|                    | <b>BREAKFAST</b>                                                         | <b>LUNCH</b>                                                                                            | <b>DINNER</b>                                                                 |
| <b>ARRIVAL DAY</b> |                                                                          |                                                                                                         | Stuffed Shells with Roasted Red Pepper Sauce<br>Baby Carrots                  |
| <b>DAY 1</b>       | Whole Wheat Bagel<br>Cream Cheese<br>Apple Juice                         | Black Bean & Feta Cheese Wrap<br>Wild Rice Salad<br>Orange Juice                                        | Veggie Tamale Pie<br>Corn on the Cob                                          |
| <b>DAY 2</b>       | Fajita Omelet<br>Mozzarella Cheese<br>Breakfast Cobbler                  | Mediterranean Melt<br>Bean Salad<br>Peach & Pear Parfait                                                | Baked Spaghetti Pie<br>Cauliflower                                            |
| <b>DAY 3</b>       | Mushroom Strata<br>Soy Sausage<br>V8                                     | Moroccan Lentil Salad<br>Whole Wheat Pita Bread<br>Yogurt Mint Sauce, Applesauce                        | Eggplant Parmesan<br>German Veggie Blend                                      |
| <b>DAY 4</b>       | Raisin Bran Muffin<br>Strawberry Preserves<br>Organic Yogurt             | Vegetables in Curry Sauce<br>Basmati Rice<br>Indian Bean Mix                                            | Soy Stir Fry<br>Brown Rice<br>Soy Chicken Nuggets                             |
| <b>DAY 5</b>       | Corn Bread Muffin<br>Orange Marmalade<br>Cream Cheese<br>Orange Juice    | Cold Bean & Pasta Salad<br>Moroccan Carrot Salad<br>Applesauce                                          | Macaroni & Cheese<br>Carrot Coins<br>Broccoli                                 |
| <b>DAY 6</b>       | Asparagus & Swiss Frittata<br>V8 Fusion                                  | "The Kelly"<br>(French Toast, Tomato, Swiss,<br>Pesto Red Pepper, Cream Cheese)<br>Apple Juice, Brownie | Chickpea BBQ<br>Kaiser Roll<br>Cole Slaw                                      |
| <b>DAY 7</b>       | Breakfast Pizza<br>Apple Juice                                           | Spinach Quesadilla<br>Black Bean & Mint Salad<br>Asparagus Spears                                       |                                                                               |
| <b>WEEK 4</b>      |                                                                          |                                                                                                         |                                                                               |
|                    | <b>BREAKFAST</b>                                                         | <b>LUNCH</b>                                                                                            | <b>DINNER</b>                                                                 |
| <b>ARRIVAL DAY</b> |                                                                          |                                                                                                         | Fettucini in White Sauce<br>Whole Grain Roll<br>Red Pepper Spread<br>Broccoli |
| <b>DAY 1</b>       | Apple Pancakes<br>Soy Sausage<br>Maple Syrup                             | Mexican Pizza<br>Pomodoro Rice<br>Sour Cream, V8                                                        | Soy Parmesan<br>Italian Veggie Blend                                          |
| <b>DAY 2</b>       | Granola & Yogurt<br>Apple Juice                                          | Spinach Tomato Melt<br>Peach Crisp                                                                      | Soy Creole over Veggies<br>Brown Rice                                         |
| <b>DAY 3</b>       | Strawberry Banana Muffin<br>Vanilla Cream Cheese<br>Peach & Pear Parfait | Patty Melt<br>Texas Caviar<br>Citrus Fruit Cup<br>Flatbread                                             | Tomato Veggie Pie<br>Cous Cous                                                |
| <b>DAY 4</b>       | Eggs Florentine<br>Soy Sausage<br>Asparagus Spears                       | Grilled Veggie Burrito<br>Creamy Corn Polenta                                                           | Lentil Loaf<br>Sweet Potatoes<br>Green Beans                                  |
| <b>DAY 5</b>       | Cranapple Muffin<br>Cran-Orange Cream Cheese<br>Orange Sections          | Curried Cous Cous<br>Creamed Spinach<br>Flat Bread, String Cheese<br>Orange Juice                       | Bean Burritos<br>Red Rice, Veggies<br>Salsa                                   |
| <b>DAY 6</b>       | Baked Cinnamon Bar<br>Orange Juice                                       | Black Bean Soup<br>Soft Pretzel<br>Mandarine Pudding                                                    | Stuffed Shells with Spinach Sauce<br>Honey Wheat Roll<br>Carrots              |
| <b>DAY 7</b>       | Whole Wheat Monte Cristo<br>Raspberry Maple Syrup<br>Citrus Yogurt Salad | Claire's Quinoa Salad<br>White Bean Salad<br>Applesauce                                                 |                                                                               |



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| <b>WEEK 5</b>      |                                                                   |                                                                                                   |                                                                  |
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|                    | <b>BREAKFAST</b>                                                  | <b>LUNCH</b>                                                                                      | <b>DINNER</b>                                                    |
| <b>ARRIVAL DAY</b> |                                                                   |                                                                                                   | Armenian Stew<br>Cauliflower Rice<br>Seasoned Brussel Sprouts    |
| <b>DAY 1</b>       | Waffles<br>Peaches & Apples in Syrup                              | Black Bean & Feta Cheese Wrap<br>Wild Rice Salad<br>Cranberry Juice                               | Eggplant Parmesan<br>German Veggie Blend                         |
| <b>DAY 2</b>       | Peachy Keen Muffin<br>Apple Butter<br>Cranberry Juice             | Moroccan Lentil Salad<br>Whole Wheat Pita Bread<br>Yogurt Mint Sauce<br>Strawberry Yogurt Parfait | Soy Salisbury Steak<br>Mashed Potatoes, Gravy<br>Green Beans     |
| <b>DAY 3</b>       | Cranberry Oat Scone<br>Orange Marmalade<br>Orange Juice           | Vegetables in Curry Sauce<br>Basmati Rice<br>Indian Bean Mix                                      | Chugwater Chili<br>Sour Cream, Cornbread Biscuit<br>Yogurt Drink |
| <b>DAY 4</b>       | Greek Burrito<br>Soy Sausage<br>Fajita Veggies                    | Tomato Pesto Meltover<br>Apple Cake                                                               | Cauliflower and Pea Paprikash<br>Egg Noodles                     |
| <b>DAY 5</b>       | Whole Grain Pancakes<br>Strawberry Maple Syrup<br>Soy Sausage     | Portobello Meltover<br>Nutty Wheatberry Salad<br>V8 Fusion                                        | Tuscan Vegetable Stack<br>Sundried Tomato Rice                   |
| <b>DAY 6</b>       | Egg and Broccoli Pie<br>Apple Juice                               | Vegetable Quesadilla<br>Brazilian Rice<br>Salsa                                                   | Channa Masala<br>(ChickPeas)<br>Basmati Rice<br>Minted Carrots   |
| <b>DAY 7</b>       | Whole Grain French Toast<br>Mango Cranberry Syrup<br>Orange Juice | Ciabatta Bake<br>Quinoa Salad<br>Strawberry Banana Yogurt Parfait                                 |                                                                  |