

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

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



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

WEEK 3			
	BREAKFAST	LUNCH	DINNER
ARRIVAL DAY			Stuffed Shells with Roasted Red Pepper Sauce Baby Carrots
DAY 1	Whole Wheat Bagel Date & Raisin Cream Cheese Orange Mango Salad	Black Bean & Feta Cheese Wrap Wild Rice Salad Orange Juice	Veggie Tamale Pie Corn on the Cob
DAY 2	Fajita Omelet Mozzarella Cheese Orange Segments	Mediterranean Melt Bean Salad Peach & Pear Parfait	Baked Spaghetti Pie Cauliflower
DAY 3	Mushroom Strata Soy Sausage Tropical Fruit Salad	Moroccan Lentil Salad Whole Wheat Pita Bread Yogurt Mint Sauce, Applesauce	Eggplant Parmesan German Veggie Blend
DAY 4	Raisin Bran Muffin Organic Yogurt	Vegetables in Curry Sauce Basmati Rice Indian Bean Mix	Soy Stir Fry Brown Rice Soy Chicken Nuggets
DAY 5	Cornbread Muffin Greek Yogurt	Cold Bean & Pasta Salad Moroccan Carrot Salad Applesauce	Macaroni and Cheese Carrot Coins Broccoli
DAY 6	Kale & Swiss Frittata Soy Sausage	"The Kelly" (French Toast on Roasted Red Pepper, Swiss Cheese, Tomato, Pesto Sauce, Cream Cheese), Brownie, Apple Juice	Chickpea BBQ Kaiser Roll Cole Slaw
DAY 7	Breakfast Pizza Spiced Apples	Spinach Quesadilla Black Bean & Mint Salad Asparagus Spears	

WEEK 4			
	BREAKFAST	LUNCH	DINNER
ARRIVAL DAY			Fettucini in White Sauce Whole Grain Roll Red Pepper Spread Broccoli
DAY 1	Apple Pancakes Soy Sausage Maple Syrup	Mexican Pizza Pomodoro Rice V8	Soy Parmesan Italian Veggie Blend
DAY 2	Granola & Yogurt	Spinach Tomato Melt Peach Crisp	Soy Creole over Veggies Brown Rice
DAY 3	Strawberry Banana Muffin Vanilla Cream Cheese Peach & Pear Parfait	Patty Melt Texas Caviar Citrus Fruit Cup	Tomato Veggie Pie Cous Cous
DAY 4	Eggs Florentine Soy Sausage Orange Sections	Grilled Veggie Burrito Creamy Corn Polenta	Lentil Loaf Sweet Potatoes Green Beans
DAY 5	Cranapple Muffin Cran-Orange Cream Cheese Pineapple	Curried Cous Cous Flat Bread, String Cheese Orange Juice	Bean Burritos Red Rice, Veggies Salsa
DAY 6	Baked Cinnamon Bar Spiced Apples	Black Bean Soup Soft Pretzel Mandarin Pudding	Stuffed Shells with Spinach Sauce Honey Wheat Roll Carrots
DAY 7	Whole Wheat Monte Cristo Raspberry Maple Syrup Citrus Yogurt Salad	Claire's Quinoa Salad White Bean Salad Applesauce	



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

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