



**Diet-to-Go**  
**LOCAL LOW-CARB MENU**  
 5 DAY MEAL PLAN

WEEK 1				
	BREAKFAST	LUNCH	DINNER	
P i c k  u p 1	<b>TUESDAY</b>		Pork Chop with Pomodoro Sauce Asparagus & Peppers Italian Green Beans	
	<b>WEDNESDAY</b>	Cheese Omelet with Spinach and Salsa Bacon	Fiesta Burger Guacamole Seasoned Green Beans	Roasted Half of Chicken Cauliflower Puree
	<b>THURSDAY</b>	Scrambled Egg Breakfast Egg Patties, Canadian Bacon, Cheddar Cheese, Spinach & Cauliflower	Chicken Fontina Red Peppers & Onions Broccoli Florets	Creole Catfish in a Lemon Herb Sauce with Greens Artichoke Mix
	<b>FRIDAY</b>	Spinach Quiche Sausage Link Green Beans & Red Peppers	Baked Chicken w/ Goat Cheese Artichoke Medley Cauliflower	
	<b>SATURDAY</b>			
	<b>SUNDAY</b>			Chicken Italiano Italian Meatballs with Fajita Veggies Asparagus Parmesan
	<b>MONDAY</b>	Pork Chop Breakfast Pork Chop, Egg Patty, Bacon, Cheddar Cheese & Green Beans	Hamburger Pizza Seasoned Squash	Baked Salmon with Creamy Dill Sauce & Spinach Green Beans with Spiced Tomatoes
P i c k  u p 2	<b>TUESDAY</b>	Tomato-Mushroom Omelet with Mustard Greens Sausage Patty	Meatloaf with Tomato Sauce Parmesan Cheese & Creamed Spinach Brussel Sprouts	

WEEK 2				
	BREAKFAST	LUNCH	DINNER	
P i c k  u p 1	<b>TUESDAY</b>		Herbed Catfish with a Collard Green Mix Artichoke Medley Broccoli Florets	
	<b>WEDNESDAY</b>	Cheese Omelet with Spinach and Salsa Bacon	Beef Casserole Asparagus & Diced Red Peppers	Chicken Tenders with Red Pepper Sauce Parmesan Cheese & a Veggie Mix Brussel Sprouts
	<b>THURSDAY</b>	Scrambled Egg Breakfast Egg Patties, Canadian Bacon, Cheddar Cheese, Spinach & Cauliflower	Roasted Pork Loin with Morel Sauce & Spinach Green Beans & Red Peppers	Chicken Roma Cauliflower Italian Green Beans
	<b>FRIDAY</b>	Spinach Quiche Sausage Link Green Beans & Red Peppers	Chicken & Bacon Cheddar Melt with Mustard Greens Broccoli & Cajun Cream Sauce	
	<b>SATURDAY</b>			
	<b>SUNDAY</b>			Lemon Herb Chicken Cheesy Broccoli with Bacon Green Beans
	<b>MONDAY</b>	Pork Chop Breakfast Pork Chop, Egg Patty, Bacon, Cheddar Cheese & Green Beans	Beef Short Ribs w/ Creamy Mushroom Sauce Kale & Red Pepper Broccoli Florets	Grilled Chicken Breast with Curried Vegetables Asparagus & Red Peppers
P i c k  u p 2	<b>TUESDAY</b>	Tomato-Mushroom Omelet with Mustard Greens Sausage Patty	Chicken Alfredo with a Creamy Veggie Mix Broccoli Florets	



**Diet-to-Go**  
**LOCAL LOW-CARB MENU**  
 5 DAY MEAL PLAN

WEEK 3				
	BREAKFAST	LUNCH	DINNER	
P i c k u p 1	<b>TUESDAY</b>		Chicken Breast with Bacon Red Pepper Sauce & a Collard Green Mix Asparagus & Peppers Brussel Sprouts	
	<b>WEDNESDAY</b>	Cheese Omelet with Spinach and Salsa Bacon	Chicken Pesto Cheddar Melt with a Mustard Green Mix Broccoli Florets Cauliflower	Crab-Stuffed Flounder Cauliflower with Creamed Spinach Green Beans & Parmesan
	<b>THURSDAY</b>	Scrambled Egg Breakfast Egg Patties, Canadian Bacon, Cheddar Cheese, Spinach & Cauliflower	Hamburger w/ Swiss Cheese & Creamed Spinach Green Bean Mix	Chicken Fontina Red Peppers & Onion Broccoli Florets
	<b>FRIDAY</b>	Spinach Quiche Sausage Link Green Beans & Red Peppers	Turkey Steak in Lemon Herb Sauce with a Kale Mix Zucchini Vegetable Blend Italian Green Beans	
	<b>SATURDAY</b>			
P i c k u p 2	<b>SUNDAY</b>		Chicken Marsala Green Beans & Fajita Veggies Broccoli Florets	
	<b>MONDAY</b>	Pork Chop Breakfast Pork Chop, Egg Patty, Bacon, Cheddar Cheese & Green Beans	Baked Chicken with Goat Cheese Artichoke Mix Broccoli Florets	Prime Rib with Red Wine Sauce and Kale Broccoli Florets
	<b>TUESDAY</b>	Tomato-Mushroom Omelet with Mustard Greens Sausage Patty	Beef Short Ribs in a Creamy Mushroom Sauce Asparagus & Peppers	
WEEK 4				
	BREAKFAST	LUNCH	DINNER	
P i c k u p 1	<b>TUESDAY</b>		Turkey Meatloaf in Tomato Sauce with Parmesan Cheese & Creamed Spinach Green Beans	
	<b>WEDNESDAY</b>	Cheese Omelet with Spinach and Salsa Bacon	Chicken Roma with Collard Greens Mix Cauliflower	Chicken Fajita Meal Spicy Chicken with Fajita Veggies & Guacamole Broccoli Florets Brussel Sprouts
	<b>THURSDAY</b>	Scrambled Egg Breakfast Egg Patties, Canadian Bacon, Cheddar Cheese, Spinach & Cauliflower	Baked Cajun Salmon in a Cream Sauce Asparagus Spears Broccoli Florets	Roasted Half of Chicken Cauliflower Puree
	<b>FRIDAY</b>	Spinach Quiche Sausage Link Green Beans & Red Peppers	Veal Parmesan Italian Green Bean Mixture	
	<b>SATURDAY</b>			
P i c k u p 2	<b>SUNDAY</b>		Turkey Steak with Creamed Spinach Brussel Sprouts & Red Pepper Sauce	
	<b>MONDAY</b>	Pork Chop Breakfast Pork Chop, Egg Patty, Bacon, Cheddar Cheese & Green Beans	Baked Turkey Cutlet in a Curry Sauce with Onions & Peppers Cauliflower	Hamburger Alfredo Pizza Asparagus Spears with Fajita Veggies Cauliflower
	<b>TUESDAY</b>	Tomato-Mushroom Omelet with Mustard Greens Sausage Patty	Lemon Herb Chicken Cheesy Broccoli with Bacon Green Beans	



**Diet-to-Go**  
**LOCAL LOW-CARB MENU**  
 5 DAY MEAL PLAN

WEEK 5				
	BREAKFAST	LUNCH	DINNER	
P i c k  u p 1   P i c k  u p 2	<b>TUESDAY</b>		Wasabi Catfish Oriental Pea Puree Stir Fry Veggies	
	<b>WEDNESDAY</b>	Three Cheese Quiche Sausage Links Peppers and Onions	Pascale' Creole Shrimp Stew String Cheese	Veal Sorrento w/Ham Seasoned Yellow Squash & Broccoli
	<b>THURSDAY</b>	Scrambled Eggs Benedict Roasted Red Pepper Sauce French Cut Green Beans	Chimichura Salmon Marinated Asparagus	Beef Short Rib w/ Bordelaise Sauce Celery Puree Green Bean Blend
	<b>FRIDAY</b>	Spicy Ham & Egg Sofrito	Parmesan Chicken Wings Blue Cheese Dressing Artichoke Salad	
	<b>SATURDAY</b>			
	<b>SUNDAY</b>			
	<b>MONDAY</b>	Andouille, Shrimp & Egg Hash Chicken Sausage	Portobello Lasagna Mediterranean Veggie Mix	Italian Meatballs Pomodoro Sauce Seasoned Artichoke Hearts
<b>TUESDAY</b>	Steak & Eggs Mushroom Cream Sauce Asparagus	Chicken Souffle Dilled Green Beans		