



Diet-to-Go
LOCAL LOW-CARB MENU

WEEK 1				
	BREAKFAST	LUNCH	DINNER	
P i c k u p 1 P i c k u p 2	TUESDAY		Pork Chop w/ Pomodoro Sauce Asparagus & Peppers Italian Green Beans	
	WEDNESDAY	Cheese Omelet with Spinach and Salsa Bacon	Fiesta Burger Guacamole Seasoned Green Beans	Roasted Half of Chicken Cauliflower Puree
	THURSDAY	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 w/ Greens Artichoke Mix
	FRIDAY	Spinach Quiche Sausage Link Green Beans & Red Peppers	Baked Chicken w/ Goat Cheese Artichoke Medley Cauliflower	Chicken Marsala Green Beans & Peppers Broccoli Florets
	SATURDAY	Western Omelet with Fajita Veggies Sausage Links	Old Fashioned Pot Roast w/ Creamy Mushroom Sauce & a Collard Green Mix Green Beans & Red Peppers	Prime Rib w/ Red Wine Sauce and Kale Cauliflower
	SUNDAY	Vegetable Quiche Sausage Patty Spinach	Chicken Parmesan over Ratatouille Broccoli Florets	Chicken Italiano Italian Meatballs w/ Fajita Veggies Asparagus Parmesan
	MONDAY	Pork Chop Breakfast Pork Chop, Egg Patty, Bacon, Cheddar Cheese & Green Beans	Hamburger Pizza Seasoned Squash	Baked Salmon w/ Creamy Dill Sauce & Spinach Green Beans w/ Spiced Tomatoes
TUESDAY	Tomato-Mushroom Omelet w/ Mustard Greens Sausage Patty	Meatloaf w/ Tomato Sauce Parmesan Cheese & Creamed Spinach Brussel Sprouts		

WEEK 2				
	BREAKFAST	LUNCH	DINNER	
P i c k u p 1 P i c k u p 2	TUESDAY		Herbed Catfish w/ a Collard Green Mix Artichoke Medley Broccoli Florets	
	WEDNESDAY	Cheese Omelet w/ Spinach and Salsa Bacon	Beef Casserole Asparagus & Diced Red Peppers	Chicken Tenders w/ Red Pepper Sauce Parmesan Cheese & a Veggie Mix Brussel Sprouts
	THURSDAY	Scrambled Egg Breakfast Egg Patties, Canadian Bacon, Cheddar Cheese, Spinach & Cauliflower	Roasted Pork Loin w/ Morel Sauce & Spinach Green Beans & Red Peppers	Chicken Roma Cauliflower Italian Green Beans
	FRIDAY	Spinach Quiche Sausage Link Green Beans & Red Peppers	Chicken & Bacon Cheddar Melt w/ Mustard Greens Broccoli & Cajun Cream Sauce	Clippino Seafood Medley Italian Green Beans Cauliflower
	SATURDAY	Western Omelet w/ Fajita Veggies Sausage Links	Andouille Sausage w/ Sauced Fajita Veggies & Mozzarella Cheese Zucchini & Squash Mix	Grilled Pork Chop w/ Green Peppercorn Sauce and Garlic Cauliflower Puree Green Beans & Roasted Peppers
	SUNDAY	Vegetable Quiche Sausage Patty Spinach	Spicy Salmon & Spinach Salad w/ a Bacon Round Marinated Vegetable Blend	Lemon Herb Chicken Cheesy Broccoli w/ Bacon Green Beans
	MONDAY	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 w/ Curried Vegetables Asparagus & Red Peppers
TUESDAY	Tomato-Mushroom Omelet w/ Mustard Greens Sausage Patty	Chicken Alfredo w/ a Creamy Veggie Mix Broccoli Florets		

WEEK 3				
	BREAKFAST	LUNCH	DINNER	
P i c k U P 1	TUESDAY		Chicken Breast w/ Bacon Red Pepper Sauce & a Collard Green Mix Asparagus & Peppers Brussel Sprouts	
	WEDNESDAY	Cheese Omelet w/ Spinach and Salsa Bacon	Chicken Pesto Cheddar Melt with a Mustard Green Mix Broccoli Florets Cauliflower	Crab-Stuffed Flounder Cauliflower w/ Creamed Spinach Green Beans & Parmesan
	THURSDAY	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
	FRIDAY	Spinach Quiche Sausage Link Green Beans & Red Peppers	Turkey Steak in Lemon Herb Sauce with a Kale Mix Zucchini Vegetable Blend Italian Green Beans	Chicken Alfredo w/ a Creamy Veggie Mix Broccoli Florets
	SATURDAY	Western Omelet w/ Fajita Veggies Sausage Links	Pork Chop w/ Pomodoro Sauce and Parmesan Cheese Green Beans & Fajita Veggies	Whitefish Parmesan Pesto Cauliflower
P i c k U P 2	SUNDAY	Vegetable Quiche Sausage Patty Spinach	Cioppino Seafood Medley Cheesy Broccoli w/ Bacon	Chicken Marsala Green Beans & Fajita Veggies Broccoli Florets
	MONDAY	Pork Chop Breakfast Pork Chop, Egg Patty, Bacon, Cheddar Cheese & Green Beans	Baked Chicken w/ Goat Cheese Artichoke Mix Broccoli Florets	Prime Rib w/ Red Wine Sauce and Kale Broccoli Florets
	TUESDAY	Tomato-Mushroom Omelet w/ 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	TUESDAY		Turkey Meatloaf in Tomato Sauce w/ Parmesan Cheese & Creamed Spinach Green Beans	
	WEDNESDAY	Cheese Omelet w/ Spinach and Salsa Bacon	Chicken Roma w/ Collard Greens Mix Cauliflower	Chicken Fajita Meal Spicy Chicken with Fajita Veggies & Guacamole Broccoli Florets Brussel Sprouts
	THURSDAY	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 Asparagus Puree
	FRIDAY	Spinach Quiche Sausage Link Green Beans & Red Peppers	Veal Parmesan Italian Green Bean Mixture	Cumin Salmon w/ Mustard Greens Zucchini Veggie Medley
	SATURDAY	Western Omelet w/ Fajita Veggies Sausage Links	Andouille Sausage w/ Sauced Fajita Veggies and Mozzarella Cheese Zucchini & Squash Mix	Chicken Parmesan over Ratatouille Broccoli Florets
P i c k U P 2	SUNDAY	Vegetable Quiche Sausage Patty Spinach	Boston Cod in a Lemon Herb Sauce w/ Greens Red Pepper & Mushroom Blend Green Beans	Turkey Steak w/ Creamed Spinach Brussel Sprouts & Red Pepper Sauce
	MONDAY	Pork Chop Breakfast Pork Chop, Egg Patty, Bacon, Cheddar Cheese & Green Beans	Baked Turkey Cutlet in a Curry Sauce w/ Onions & Peppers Cauliflower	Hamburger Alfredo Pizza Asparagus Spears with Fajita Veggies Cauliflower
	TUESDAY	Tomato-Mushroom Omelet w/ Mustard Greens Sausage Patty	Lemon Herb Chicken Cheesy Broccoli w/ Bacon Green Beans	



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WEEK 5				
	BREAKFAST	LUNCH	DINNER	
P i c k	TUESDAY		Wasabi Catfish Oriental Pea Puree Stir Fry Veggies	
	WEDNESDAY	Three Cheese Quiche Sausage Links Peppers and Onions	Pascale' Creole Shrimp Stew String Cheese	Veal Sorrento w/Ham Seasoned Yellow Squash & Broccoli
U p	THURSDAY	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
	FRIDAY	Spicy Ham & Egg Sofrito	Parmesan Chicken Wings Blue Cheese Dressing Artichoke Salad	Cod Loin w/ Lemon Herb Sauce Artichoke Barigoule Zucchini Squash Blend
P i c k	SATURDAY	Feta Frittata Turkey Sausage Asparagus	Tilapia Vera Cruz Cauliflower Mash Green Bean Mix	Chipotle Flat Iron Steak Caramelized Onions Creamed Spinach
	SUNDAY	Florentine Casserole Turkey Bacon	Charmoula Pork Loin Spinach Fajita Style Broccoli	Grilled Chicken Cauliflower Mash Stewed Tomatoes
U p	MONDAY	Andouille, Shrimp & 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	

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