



Diet-to-Go
MAIL ORDER LOW-CARB MENU
 5 DAY MEAL PLAN

WEEK 1			
	BREAKFAST	LUNCH	DINNER
ARRIVAL DAY			Grilled Chicken Cauliflower Mash Stewed Tomatoes
DAY 1	Andouille, Shrimp & Egg Hash Chicken Sausage	Portobello Lasagna Mediterranean Veggie Mix	Italian Meatballs Pomodoro Sauce Seasoned Artichoke Hearts
DAY 2	Steak & Eggs Mushroom Cream Sauce Asparagus	Chicken Souffle Dilled Green Beans	Pork Chop with Pomodoro Sauce Asparagus & Peppers Italian Green Beans
DAY 3	Cheese Omelet with Spinach & Salsa Bacon	Fiesta Burger Guacamole Seasoned Green Beans	Roasted Half of Chicken Cauliflower Puree
DAY 4	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 Broccoli Florets
DAY 5	Spinach Quiche Sausage Link Green Beans & Red Peppers	Baked Chicken with Goat Cheese Artichoke Medley Cauliflower	
WEEK 2			
	BREAKFAST	LUNCH	DINNER
ARRIVAL DAY			Chicken Italiano Italian Meatballs with Fajita Veggies Asparagus Parmesan
DAY 1	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 w/ Spiced Tomatoes
DAY 2	Tomato-Mushroom Omelet with Mustard Greens Sausage Patty Cheddar Cheese & Green Beans	Meatloaf with Tomato Sauce Parmesan Cheese & Creamed Spinach Brussel Sprouts	Herbed Catfish with a Collard Green Mix Artichoke Medley Broccoli Florets
DAY 3	Cheese Omelet with Spinach and Salsa Bacon	Beef Casserole Asparagus & Diced Red Peppers	Chicken Tenders w/ Red Pepper Sauce Parmesan Cheese & a Veggie Mix Brussel Sprouts
DAY 4	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
DAY 5	Spinach Quiche Sausage Link Green Beans & Red Peppers	Chicken & Bacon Cheddar Melt with Mustard Greens Broccoli & Cajun Cream Sauce	



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WEEK 3			
	BREAKFAST	LUNCH	DINNER
ARRIVAL DAY			Lemon Herb Chicken Cheesy Broccoli w/ Bacon Green Beans
DAY 1	Pork Chop Breakfast Pork Chop, Egg Patty, Bacon, Cheddar Cheese & Green Beans	Beef Short Ribs with Creamy Mushroom Sauce Kale & Red Pepper Broccoli Florets	Grilled Chicken Breast w/ Curried Vegetables Asparagus & Red Peppers
DAY 2	Tomato-Mushroom Omelet with Mustard Greens Sausage Patty	Chicken Alfredo with a Creamy Veggie Mix Broccoli Florets	Chicken Breast with Bacon Red Pepper Sauce & a Collard Green Mix Asparagus & Peppers Brussel Sprouts
DAY 3	Cheese Omelet with Spinach & Salsa Bacon	Chicken Pesto Cheddar Melt with a Mustard Green Mix Broccoli Florets Cauliflower	Crab-Stuffed Flounder Cauliflower w/ Creamed Spinach Green Beans & Parmesan
DAY 4	Scrambled Egg Breakfast Egg Patties, Canadian Bacon, Cheddar Cheese, Spinach & Cauliflower	Hamburger with Swiss Cheese & Creamed Spinach Green Bean Mix	Chicken Fontina Red Peppers & Onion Broccoli Florets
DAY 5	Spinach Quiche Sausage Link Green Beans & Red Peppers	Turkey Steak in Lemon Herb Sauce with a Kale Mix Zucchini Vegetable Blend Italian Green Beans	

WEEK 4			
	BREAKFAST	LUNCH	DINNER
ARRIVAL DAY			Chicken Marsala Green Beans & Fajita Veggies Broccoli Florets
DAY 1	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
DAY 2	Tomato-Mushroom Omelet with Mustard Greens Sausage Patty	Beef Short Ribs in a Creamy Mushroom Sauce Asparagus & Peppers	Turkey Meatloaf in a Tomato Sauce with Parmesan Cheese & Creamed Spinach Green Beans
DAY 3	Cheese Omelet with Spinach & Salsa Bacon	Chicken Roma with Collard Greens Mix Cauliflower	Chicken Fajita Meal Spicy Chicken with Fajita Veggies & Guacamole Broccoli Florets and Brussel Sprouts
DAY 4	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
DAY 5	Spinach Quiche Sausage Link Green Beans & Red Peppers	Veal Parmesan Italian Green Bean Mixture	



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WEEK 5			
	BREAKFAST	LUNCH	DINNER
ARRIVAL DAY			Turkey Steak with Creamed Spinach Brussel Sprouts & Red Pepper Sauce
DAY 1	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
DAY 2	Tomato-Mushroom Omelet with Mustard Greens Sausage Patty	Lemon Herb Chicken Cheesy Broccoli with Bacon Green Beans	Wasabi Catfish Oriental Pea Puree Stir Fry Veggies
DAY 3	Three Cheese Quiche Sausage Links Peppers and Onions	Pascale' Creole Shrimp Stew String Cheese	Veal Sorrento w/ Ham Seasoned Yellow Squash & Broccoli
DAY 4	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
DAY 5	Spicy Ham & Egg Sofrito	Parmesan Chicken Wings Blue Cheese Dressing Artichoke Salad	