

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

<b>WEEK 1</b>			
	<b>BREAKFAST</b>	<b>LUNCH</b>	<b>DINNER</b>
<b>ARRIVAL DAY</b>			Harissa Salmon Mandarin Orange Cous Cous Veggies
<b>DAY 1</b>	Egg Quesadilla Potato Cake Citrus Cup	Roasted Tomato & Basil Soup Corn & Spinach Salad Yogurt Drink	Chicken Stroganoff Broccoli & Carrots
<b>DAY 2</b>	Fruit and Granola Parfait Cornbread Muffin	Hungarian Turkey Basmati Rice Pilaf Mixed Beans	Lobster and Veggie Ravioli Cardinal Sauce Mixed Veggies
<b>DAY 3</b>	Mango Cranberry Muffin Orange Marmalade Yogurt Smoothie	Curry Chicken Sandwich Mandarin Oranges Melba Toast	Italian Meatball on Fettucini Pomodoro Sauce Veggie Blend
<b>DAY 4</b>	Noodle Kugel (Sweet Cassrole) Applesauce Cranberry Juice	Chicken Alfredo Melt Roasted Veggie Salad Apple	Penne Pasta Turkey Meat Sauce Carrot Coins, Sugar Snap Peas
<b>DAY 5</b>	Blueberry Pancakes Turkey Sausage Maple Syrup Veggies	Tuna Meltovers Citrus Fruit Cup	Chicken Pizza Broccoli Florets Crackers & Cheese Wedge
<b>DAY 6</b>	Fruit Ambrosia Granola Bar	Turkey Ham Salad Pretzel Roll Lentil Chili	Turkey Chili Pasta Salad Primavera Cornbread Muffin
<b>DAY 7</b>	Ratatouille Omelet Asparagus Spears	Szechuan Turkey Burger Multi-Grain Roll Beet & Carrot Salad	
<b>WEEK 2</b>			
	<b>BREAKFAST</b>	<b>LUNCH</b>	<b>DINNER</b>
<b>ARRIVAL DAY</b>			Baked Atlantic Salmon Stuffed Baked Potato Carrots Pineapple Crisp
<b>DAY 1</b>	Omelet Pomodoro Sicilian Asparagus Cuts and Tips	Mirkin Burger (Veggie Burger) Kaiser Roll, American Cheese, Salsa Melon Mix	Italian Chicken Cous Cous Pilaf Green Beans Focaccia Roll
<b>DAY 2</b>	Whole Wheat Bagel Cream Cheese Orange Juice	Meatloaf Sub Tomato, BBQ Sauce Creamy Veggie Salad Strawberries	Cioppino Seafood Medley Roll, Cream Cheese & Chives Chocolate Pudding
<b>DAY 3</b>	Blueberry Muffin Raspberry Preserves Yogurt, Orange Juice	Blue Crab Ravioli Soup Vanilla Fruit Gelatin	Mexican Style Burrito Spanish Rice, Refried Beans Fajita Veggies, Salsa
<b>DAY 4</b>	Greek Stuffed Mushroom Orange and Raisin Salad	Grilled Turkey Ham & Cheese Mushroom & Artichoke Salad Apricot Pudding	Herb Crusted Whitefish Creamy Polenta, Broccoli Sesame Breadsticks Lemon
<b>DAY 5</b>	Oat & Raisin Scone Orange Marmalade Orange Juice	Salmon Burger Multi-Grain Roll Mango Salsa, V8	Vegetable Ravioli Ratatouille Chocolate Mousse
<b>DAY 6</b>	Scrambled Eggs Rancheros Whole Wheat Tortilla Chicken Chorizo Sausage	Hummus Pocket Bread Citrus Fruit Cup String Cheese	Mushroom Chicken Wild Rice Pilaf Italian Veggie Blend
<b>DAY 7</b>	Tomato Mushroom Omelet Brussel Sprout Medley	Mediterranean Pasta Salad with Tuna	



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<b>WEEK 3</b>			
	<b>BREAKFAST</b>	<b>LUNCH</b>	<b>DINNER</b>
<b>ARRIVAL DAY</b>			Orange Roughy Fish Israeli Cous Cous Mediterranean Veggies
<b>DAY 1</b>	Whole Wheat Bagel Cream Cheese Apple Juice	Shrimp Mango Bisque Jicama & Orange Salad Pita, V8	Tamale Pie Baked Potato Sour Cream & Chives Corn on the Cob
<b>DAY 2</b>	Fajita Omelet Mozzarella Cheese Seasoned Artichokes	Sliced Turkey Breast Sandwich Multi-Grain Roll, Mayo Mushroom Salad	Baked Spaghetti Pie Cauliflower
<b>DAY 3</b>	Mushroom Strata Chicken Sausage V8	Bistro Chicken Salad Sesame Breadsticks	Barbecue Chicken Anise Roasted Potatoes Baked Beans Green Beans
<b>DAY 4</b>	Raisin Bran Muffin Strawberry Preserves Yogurt	Chicken Philly Sub Honey Mustard, Mayo American Cheese	Turkey Picadillo Brown Rice Pilaf Apricot Glazed Asparagus
<b>DAY 5</b>	Corn Bread Muffin Orange Marmalade Cream Cheese Orange Juice	Chicken Pesto Salad Whole Wheat Roll	Macaroni & Cheese Carrot Coins Broccoli Florets
<b>DAY 6</b>	Asparagus and Swiss Frittata V8 Fusion	Grilled Cheese Lentil Chili Brownie	Thai Turkey Tenderloin Stir Fry Rice Green Bean Medley
<b>DAY 7</b>	Breakfast Pizza Apple Juice	Turkey Burger Multi-Grain Roll Mandarin Orange	

<b>WEEK 4</b>			
	<b>BREAKFAST</b>	<b>LUNCH</b>	<b>DINNER</b>
<b>ARRIVAL DAY</b>			Shrimp Fettucini Broccoli Honey Wheat Roll
<b>DAY 1</b>	Apple Pancakes Maple Syrup, Turkey Sausage Asparagus Cuts & Tips	Shrimp and Pasta Salad Cocktail Sauce Honey Wheat Roll	Whitefish Parmesan Baby Carrots Whole Grain Roll
<b>DAY 2</b>	Granola and Yogurt Apple Juice	Tuna Meltovers Peach Crisp	Chicken Creole Brown Rice Whole Grain Roll
<b>DAY 3</b>	Strawberry Banana Muffin Vanilla Cream Cheese Apple	Chicken Salad Sandwich Tomato & Mushroom Salad Citrus Fruit Cup	Tomato Veggie Pie Cous Cous Crackers & Cheese Wedge
<b>DAY 4</b>	Eggs Florentine Chicken Sausage Asparagus Spears	Thai Chicken & Mushroom Soup Coconut Mango Rice	Turkey Meatloaf Sweet Potatoes Green beans
<b>DAY 5</b>	Cranapple Muffin Cran-Orange Cream Cheese Orange	Waldorf Chicken Salad Snack Mix, V8	Chicken Fajita Refried Beans Carrots, Salsa
<b>DAY 6</b>	Homemade Cinnamon Bar Orange Juice	Black Bean Soup Soft Pretzel String Cheese	Stir Fry Chicken Oriental Veggies Brown Rice
<b>DAY 7</b>	Whole Wheat Monte Cristo Raspberry Maple Syrup Citrus Yogurt Salad Asparagus	Wahoo Fish Burger Tartar Sauce Apple, V8	



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<b>WEEK 5</b>			
	<b>BREAKFAST</b>	<b>LUNCH</b>	<b>DINNER</b>
<b>ARRIVAL DAY</b>			Herbed Baked Atlantic Salmon Brown Rice & Veggies Carrot & Jicama Medley, Lemon
<b>DAY 1</b>	Waffles Peaches & Apples in Syrup	Rueben Sandwich Russian Dressing Mushroom & Artichoke Salad Citrus Fruit Cup	Chicken Parmesan Broccoli Florets Whole Grain Roll
<b>DAY 2</b>	Peachy Keen Muffin Apple Butter Cranberry Juice	Aztec Chicken and Quinoa Salad	Turkey Salisbury Steak Mashed Potatoes, Gravy Green Beans Sesame Breadsticks
<b>DAY 3</b>	Cranberry Oat Scone Orange Marmalade Orange Juice	Turkey Cutlet Sandwich Pepper Relish Applesauce	Chugwater Chili Sour Cream, Mozzarella Cornbread Biscuit
<b>DAY 4</b>	Greek-Style Burrito Chicken Sausage Fajita Veggies	Tomato Pesto Meltover Apple Cake	Curried Shrimp Basmati Rice Minted Peas
<b>DAY 5</b>	Whole Grain Pancakes Strawberry Maple Syrup Turkey Sausage	Tuscan Boat (Stuffed Potatoes) Nutty Wheatberry Salad V8 Fusion	Chicken Brunswick Stew Corn & Lentil Loaf
<b>DAY 6</b>	Egg and Broccoli Pie Apple Juice	Michigan Turkey Sandwich Dakota Roll	Blackened Turkey Carrot Chipotle Puree Asparagus Risotto
<b>DAY 7</b>	Whole Grain French Toast Mango Cranberry Syrup Orange Juice	Turkey Swiss Sandwich Relish, V8	