



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

| WEEK 1 | | | |
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| | 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 and Granola Parfait Muffin | Portobello Lasagna | Stuffed Cabbage Rolls w/ Tomato Puree |
| DAY 3 | Mango-Cranberry Muffin Orange Marmalade Yogurt Smoothie | Marinara Veggie Burger Veggie Chips w/ Spinach Dip | Ravioli Provencale' Cardinal Sauce Vegetable Mix |
| DAY 4 | Noodle Kugel Applesauce Cranberry Juice | Savory White Bean Burrito Mexicali Rice Mixed Veggies | Penne Pasta with Tomato Sauce Carrot Coins Zucchini |
| DAY 5 | Blueberry Pancakes Maple Syrup Soy Sausage Patty | Claire's Quinoa Salad Black Bean Salad Orange | Johnny's Veggie Pizza Broccoli Florets |
| DAY 6 | Fruit Ambrosia Granola Bar | Spanish Stuffed Peppers Green Pepper, Rice, Parmesan & Sauce Mediterranean Veggie Blend Black Beans | Asian Soy over Sesame Rice Soy Nuggets with Sesame Rice Blend Sugar Snap Peas |
| DAY 7 | Ratatouille Omelet Asparagus Spears | Mushroom Ravioli with Tomato-Onion Sauce German Veggie Blend | |
| WEEK 2 | | | |
| | BREAKFAST | LUNCH | DINNER |
| | | | Black Bean Chili Sour Cream Jalapeno Corn Bread Herb Dip |
| DAY 1 | Omelet Pomodoro Sicilian Asparagus Cuts & Tips | Mirkin Burger Kaiser Roll, American Cheese, BBQ Sauce Melon Mix | Mushroom Ravioli with a Ratatouille Mix Parmesan Cheese Seasoned Brussel Sprouts |
| | Plain Bagel Cream Cheese Orange Juice | Southwestern Sandwich Black Bean Burger on a Multi-Grain Roll with Sliced Tomato, Salsa Cup Apple | Tuscan Soy Nuggets over an Italian Veggie Cous Cous Asparagus Parmesan |
| DAY 3 | Blueberry Muffin Raspberry Preserves Organic Yogurt Orange Juice | Greek Pasta Salad Bowtie Pasta w/ Feta, Cucumber, Black Olives, Red Onion, Asparagus & Diced Red Peppers Apple Juice | Mexican Style Burrito Spanish Rice Side of Refried Beans Fajita Veggies Salsa Cup |
| DAY 4 | Greek Stuffed Mushroom V8 | Spinach-Red Pepper Meltover Mushroom & Artichoke Salad Cranberry Juice | Tomato Veggie Pie Zucchini & Yellow Pepper Medley |
| DAY 5 | Oat & Raisin Scone Orange Marmalade Orange Juice | Tuscan Bean Salad with Parmesan Cheese Garlic Bread Stick | Vegetable Ravioli with a Ratatouille Mix & Red Pepper Sauce Chocolate Mousse |
| DAY 6 | Scrambled Eggs Benedict | Hummus Pocket Bread Citrus Fruit Cup | White Bean & Veggie Casserole Wild Rice Pilaf |
| DAY 7 | Tomato Mushroom Omelet Brussel Sprout Medley | "The Jamie" Tomato, Swiss, Pesto, & Blue Cheese on French Toast Black Bean Soup Apple Juice | |



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| WEEK 3 | | | |
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| | BREAKFAST | LUNCH | DINNER |
| ARRIVAL DAY | | | Stuffed Shells with Roasted Red Pepper Sauce Baby Carrots |
| DAY 1 | Plain Bagel Cream Cheese Apple Juice | Black Bean & Feta Cheese Wrap Wild Rice Salad Orange Juice | Veggie Tamale Pie Corn on the Cob |
| DAY 2 | Fajita Omelet Seasoned Artichokes | Mediterranean Melt Bean Salad Pear | Vegetarian Spaghetti Pie Spaghetti with Sauce & Mozzarella Cheese Cauliflower Florets |
| DAY 3 | Mushroom Strata | Moroccan Lentil Salad Whole Wheat Pita Bread Yogurt Mint Sauce Apple | Eggplant Parmesan German Veggie Blend |
| DAY 4 | Raisin Bran Muffin Strawberry Preserves Organic Yogurt | Vegetables Smothered in Curry Sauce Basmati Rice Indian Bean Mix | Soy Stir Fry Soy Nuggets with Stir Fry Veggies and Brown Rice |
| DAY 5 | Corn Bread Muffin Orange Marmalade Cream Cheese Orange Juice | Cold Bean & Pasta Salad Moroccan Carrot Salad Apple | Macaroni & Cheese Carrot Coins Broccoli Florets |
| DAY 6 | Asparagus & Swiss Frittata | "The Kelly" - Tomato, Swiss, Pesto, Red Pepper & Cream Cheese on French Toast Apple Juice Brownie | Chickpea BBQ on a Kaiser Roll Cole Slaw |
| DAY 7 | Breakfast Pizza Apple Juice | Spinach Quesadilla Black Bean & Mint Salad Asparagus Spears | |
| WEEK 4 | | | |
| | BREAKFAST | LUNCH | DINNER |
| ARRIVAL DAY | | | Fettucini in White Sauce Broccoli Florets Whole Grain Roll with Red Pepper Spread |
| DAY 1 | Apple Pancakes Maple Syrup Soy Sausage Patty | Mexican Pizza with Salsa Pomodoro Rice V8 Juice | Soy Parmesan Soy Patty, Pasta, Tomato Sauce & Cheeses Italian Veggie Blend |
| DAY 2 | Granola Organic Yogurt Apple Juice | Spinach Tomato Melt Peach Crisp | Soy Creole over Veggies Soy Nuggets & Creole Veggies Brown Rice |
| DAY 3 | Strawberry Banana Muffin Vanilla Cream Cheese Apple | Patty Melt - Soy Patty, Tomato Sauce & Mozzarella on a Multi-Grain Roll Texas Caviar Everything Flat Bread Citrus Fruit Cup | Tomato Veggie Pie Cous Cous Angel Food Cake |
| DAY 4 | Eggs Florentine Soy Sausage Asparagus Spears | Grilled Veggie Burrito Peppers, Onion, Garlic, Eggplant, Mushroom, Sauce & Mozzarella Creamy Corn Polenta | Lentil Loaf Sweet Potatoes Whole Green Beans |
| DAY 5 | Cranapple Muffin CranOrange Cream Cheese Orange | Curried Cous Cous Creamed Spinach Everything Flat Bread String Cheese Orange Juice | Bean Burritos Red Rice California Veggie Blend Salsa Cup |
| DAY 6 | Homemade Cinnamon Power Bar Orange Juice | Black Bean Soup Soft Pretzel Mandarin Pudding | Stuffed Shells with Spinach Sauce Baby Carrots Honey Wheat Roll |
| DAY 7 | Whole Wheat Monte Cristo Raspberry Maple Syrup Citrus Yogurt Salad | Claire's Quinoa Salad Bean Salad Apple | |



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| WEEK 5 | | | |
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| | 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 Orange Juice | Eggplant Parmesan German Veggie Blend |
| DAY 2 | Peachy Keen Muffin Apple Butter Cranberry Juice | Moroccan Lentil Salad Whole Wheat Pita Bread Yogurt Mint Sauce Apple | Soy Salisbury Steak with Gravy Mashed Potatoes Whole Green Beans |
| DAY 3 | Cranberry Oat Scone Orange Marmalade Orange Juice | Vegetables Smothered in Curry Sauce Basmati Rice White Bean & Veggie Mix | Chugwater Chili Sour Cream Shredded Mozzarella Biscuit |
| DAY 4 | Greek Style Burrito Soy Sausage Fajita Veggies | Tomato Pesto Meltover Apple Cake | Cauliflower & Pea Paprikash over Egg Noodles |
| DAY 5 | Whole Grain Pancakes Strawberry Maple Syrup Soy Sausage | Portobello Meltover Nuttly Wheatberry Salad Yogurt Smoothie | Tuscan Vegetable Stack Sundried Tomato Rice |
| DAY 6 | Egg and Broccoli Pie Apple Juice | Vegetable Quesadilla Brazilian Rice Salsa | Channa Masala Basmati Rice Minted Carrots |
| DAY 7 | Whole Grain French Toast Mango Cranberry Syrup Orange Juice | Ciabatta Bake Quinoa Salad Apple | |