



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

WEEK 1			
	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 Cornbread Muffin	Portobello Lasagna White Bean Salad	Stuffed Cabbage Rolls Tomato Puree Cauliflower
DAY 3	Mango Cranberry Muffin Orange Marmalade Yogurt Drink	Marinara Veggie Burger Veggie Chips Spinach Dip	Ravioli Provencale' Cardinal Sauce Vegetable Mix
DAY 4	Noodle Kugel (Sweet Casserole) Applesauce Cranberry Juice	Savory White Bean Burrito Rice Pilaf Mixed Veggies	Penne Pasta Tomato Sauce Carrot Coins Sugar Snap Peas
DAY 5	Blueberry Pancakes Maple Syrup Soy Sausage	Claire's Quinoa Salad Black Bean Salad Orange	Johnny's Veggie Pizza Broccoli Florets
DAY 6	Fruit Ambrosia Granola Bar	Spanish Stuffed Peppers over Rice Mediterranean Veggie Blend Black Beans	Asian Soy over Sesame Rice Sugar Snap Peas
DAY 7	Ratatouille Omelet Asparagus Spears	Mushroom Ravioli 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 (Veggie Burger) Kaiser Roll, American Cheese BBQ Sauce, Melon Mix	Mushroom Ravioli Ratatouille Sauce Parmesan Cheese
	Whole Wheat Bagel Cream Cheese Orange Juice	Southwestern Sandwich (Black Bean Burger) Multi-Grain Roll Salsa Cup, Apple	Tuscan Soy Nuggets Veggie Cous Cous Asparagus Parmesan
DAY 3	Blueberry Muffin Raspberry Preserves Yogurt, Orange Juice	Greek Pasta Salad Asparagus & Diced Red Peppers Apple Juice	Mexican Style Burrito Spanish Rice Refried Beans Fajita Veggies, Salsa
DAY 4	Greek Stuffed Mushroom V8, Raisin Salad	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 Parmesan Cheese Garlic Bread Stick	Vegetable Ravioli with Ratatouille Chocolate Mousse
DAY 6	Scrambled Eggs Rancheros Whole Wheat Tortilla Soy Sausage	Hummus Pocket Bread Citrus Fruit Cup	White Bean & Veggie Casserole Wild Rice Pilaf
DAY 7	Tomato Mushroom Omelet Brussel Sprout Medley	"The Jamie" Black Bean Soup Apple Juice	

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WEEK 3			
	BREAKFAST	LUNCH	DINNER
ARRIVAL DAY			Stuffed Shells with Roasted Red Pepper Sauce Baby Carrots
DAY 1	Whole Wheat 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 Mozzarella Cheese Seasoned Artichokes	Mediterranean Melt Bean Salad Pear	Baked Spaghetti Pie Cauliflower
DAY 3	Mushroom Strata Soy Sausage V8	Moroccan Lentil Salad Whole Wheat Pita Bread Yogurt Sauce, Apple	Eggplant Parmesan German Veggie Blend
DAY 4	Raisin Bran Muffin Strawberry Preserves Yogurt	Vegetables Smothered in Curry Sauce Basmati Rice, Indian Bean Mix	Soy Stir Fry 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
DAY 6	Asparagus & Swiss Frittata V8 Fusion	"The Kelly" Apple Juice Brownie	Chickpea BBQ 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, Whole Grain Roll Red Pepper Spread
DAY 1	Apple Pancakes Soy Sausage Maple Syrup	Mexican Pizza Pomodoro Rice Salsa, V8	Soy Parmesan Italian Veggie Blend
DAY 2	Granola Yogurt Apple Juice	Spinach Tomato Melt Peach Crisp	Soy Creole over Veggies Brown Rice
DAY 3	Strawberry Banana Muffin Vanilla Cream Cheese Apple	Patty Melt Texas Caviar, Flat Bread Citrus Fruit Cup	Tomato Veggie Pie Cous Cous Cheese Wegde & Crackers
DAY 4	Eggs Florentine Soy Sausage Asparagus Spears	Grilled Veggie Burrito Creamy Corn Polenta	Lentil Loaf Sweet Potatoes Green Beans
DAY 5	Cranapple Muffin Cran-Orange Cream Cheese Orange	Curried Cous Cous Creamed Spinach Flat Bread, String Cheese Orange Juice	Bean Burritos Red Rice, Veggie Blend Salsa
DAY 6	Homemade Cinnamon Bar Orange Juice	Black Bean Soup Soft Pretzel, String Cheese	Stuffed Shells with Spinach Sauce 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			
	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 Mashed Potatoes with Gravy Green Beans
DAY 3	Cranberry Oat Scone Orange Marmalade Orange Juice	Vegetables Smothered in Curry Sauce Basmati Rice, Indian Bean Mix	Chugwater Chili Sour Cream, Shredded Mozzarella Cornbread Biscuit
DAY 4	Greek-Style Burrito Soy Sausage Fajita Veggies	Tomato Pesto Meltover Apple Cake	Cauliflower and Pea Paprikash over Egg Noodles
DAY 5	Whole Grain Pancakes Strawberry Maple Syrup Soy Sausage	Portobello Meltover Nutty Wheatberry Salad V8 Fusion	Tuscan Vegetable Stack Sundried Tomato Rice Pilaf
DAY 6	Egg and Broccoli Pie Apple Juice	Vegetable Quesadilla Brazilian Rice Salsa	Channa Masala (ChickPeas) Basmati Rice Minted Carrots
DAY 7	Whole Grain French Toast Mango Cranberry Syrup Orange Juice	Ciabatta Bake Quinoa Salad Apple	