



Diet-to-Go
MAIL ORDER LOW-CARB MENU

WEEK 1			
	BREAKFAST	LUNCH	DINNER
ARRIVAL DAY			Cod Loin with Lemon Herb Sauce Artichoke Barigoule Zucchini Squash Blend
DAY 1	Feta Frittata Turkey Sausage Asparagus	Tilapia Vera Cruz Cauliflower Mash Green Bean Mix	Chipotle Flat Iron Steak Caramelized Onions Creamed Spinach Asparagus
DAY 2	Florentine Casserole Turkey Bacon	Charmoula Pork Loin Spinach Fajita-Style Broccoli	Grilled Chicken Cauliflower Mash Stewed Tomatoes
DAY 3	Andouille, Shrimp and Egg Hash Chicken Sausage	Portobello Lasagna Mediterranean Veggie Mix	Italian Meatballs Pomodoro Sauce Seasoned Artichoke Hearts
DAY 4	Steak & Eggs Mushroom Cream Sauce Asparagus	Chicken Souffle Dilled Green Beans	Pork Chop Pomodoro Asparagus & Peppers Italian Green Beans
DAY 5	Cheese Omelet Spinach, Salsa Bacon	Fiesta Burger Seasoned Green Beans Guacamole	Roasted Half of Chicken Cauliflower Puree
DAY 6	Scrambled Eggs Canadian Bacon Spinach, Cauliflower	Chicken Fontina Red Peppers and Onions Broccoli Florets	Creole Catfish Lemon Herb Sauce Greens, Artichoke Mix Broccoli
DAY 7	Spinach Quiche Sausage Link Green Beans and Red Peppers	Baked Chicken with Goat Cheese Artichoke Medley Cauliflower	
WEEK 2			
	BREAKFAST	LUNCH	DINNER
ARRIVAL DAY			Chicken Marsala Green Beans & Peppers Broccoli Florets
DAY 1	Western Omelet Fajita Veggies Sausage Links	Old Fashioned Pot Roast Mushroom Sauce, Collard Greens Green Beans	Prime Rib Red Wine Sauce Kale Cauliflower
DAY 2	Vegetable Quiche Sausage Patty Spinach	Chicken Parmesan Ratatouille Broccoli Florets	Chicken Italiano Italian Meatballs, Fajita Veggies Asparagus Parmesan
DAY 3	Pork Chop Breakfast Egg Patty, Bacon Cheddar Cheese, Green Beans	Hamburger Pizza Seasoned Squash	Baked Salmon Creamy Dill Sauce, Spinach Green Beans, Tomatoes
DAY 4	Tomato-Mushroom Omelet Mustard Greens, Sausage Patty Cheddar Cheese, Green Beans	Meatloaf with Tomato Sauce Creamed Spinach Brussel Sprouts	Herbed Catfish Collard Green Mix Artichoke Medley Broccoli Florets
DAY 5	Cheese Omelet Spinach, Salsa Bacon	Beef Casserole Asparagus & Diced Red Peppers	Chicken Tenders Red Pepper Sauce Veggie Mix Brussel Sprouts
DAY 6	Scrambled Eggs Canadian Bacon, Spinach Cauliflower	Roasted Pork Loin Morel Sauce and Spinach Green Beans & Red Peppers	Chicken Roma Cauliflower Italian Green Beans
DAY 7	Spinach Quiche Sausage Link Green Beans and Red Peppers	Chicken & Bacon Cheddar Melt Mustard Greens Broccoli & Cajun Cream Sauce	



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WEEK 3			
	BREAKFAST	LUNCH	DINNER
ARRIVAL DAY			Cioppino Seafood Medley Italian Green Beans Cauliflower
DAY 1	Western Omelet Fajita Veggies Sausage Links	Andouille Sausage Fajita Veggies, Mozzarella Cheese Zucchini & Squash Mix	Grilled Pork Chop Garlic Cauliflower Puree Green Beans
DAY 2	Vegetable Quiche Sausage Patty Spinach	Spicy Salmon Spinach Salad, Bacon Round Marinated Vegetable Blend	Lemon Herb Chicken Cheesy Broccoli Green Beans
DAY 3	Pork Chop Breakfast Egg Patty, Bacon Cheddar Cheese, Green Beans	Beef Short Ribs Mushroom Sauce Kale & Red Peppers Broccoli	Grilled Chicken Breast Curried Vegetables Asparagus & Red Peppers
DAY 4	Tomato-Mushroom Omelet Mustard Greens, Sausage Patty Cheddar Cheese, Green Beans	Chicken Alfredo Creamy Veggie Mix Broccoli Florets	Chicken Breast with Bacon Red Pepper Sauce, Collard Green Mix Asparagus and Peppers Brussel Sprouts
DAY 5	Cheese Omelet Spinach, Salsa Bacon	Chicken Pesto Cheddar Melt Broccoli Florets Cauliflower	Crab-Stuffed Flounder Cauliflower, Creamed Spinach Green Beans
DAY 6	Scrambled Eggs Canadian Bacon, Spinach Cauliflower	Hamburger with Swiss Cheese Creamed Spinach Green Beans	Chicken Fontina Red Peppers and Onion Broccoli Florets
DAY 7	Spinach Quiche Sausage Link Green Beans and Red Peppers	Turkey Steak Lemon Herb Sauce Kale Mix, Zucchini Vegetable Blend Italian Green Beans	
WEEK 4			
	BREAKFAST	LUNCH	DINNER
ARRIVAL DAY			Chicken Alfredo Creamy Veggie Mix Broccoli Florets
DAY 1	Western Omelet Fajita Veggies Sausage Links	Pork Chop Pomodoro Green Beans, Fajita Veggies Parmesan Cheese	Whitefish Parmesan Pesto Cauliflower
DAY 2	Vegetable Quiche Sausage Patty Spinach	Cioppino Seafood Medley Cheesy Broccoli with Bacon	Chicken Marsala Green Beans, Fajita Veggies Broccoli Florets
DAY 3	Pork Chop Breakfast Egg Patty, Bacon Cheddar Cheese, Green Beans	Baked Chicken with Goat Cheese Artichoke Mix, Broccoli	Prime Rib Red Wine Sauce, Kale Broccoli Florets
DAY 4	Tomato-Mushroom Omelet Mustard Greens, Sausage Patty	Beef Short Ribs Mushroom Sauce Asparagus & Peppers	Turkey Meatloaf in Tomato Sauce Creamed Spinach Green Beans
DAY 5	Cheese Omelet Spinach, Salsa Bacon	Chicken Roma Collard Greens Mix Cauliflower	Spicy Chicken with Fajita Veggies Guacamole, Broccoli Florets Brussel Sprouts
DAY 6	Scrambled Eggs Canadian Bacon, Spinach Cauliflower	Baked Cajun Salmon Cream Sauce, Asparagus Broccoli	Roasted Half of Chicken Cauliflower Puree
DAY 7	Spinach Quiche Sausage Link Green Beans and Red Peppers	Veal Parmesan Italian Green Bean Blend	



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WEEK 5			
	BREAKFAST	LUNCH	DINNER
ARRIVAL DAY			Cumin Salmon Mustard Greens Zucchini Veggie Medley
DAY 1	Western Omelet Fajita Veggies Sausage Links	Andouille Sausage Fajita Veggies, Mozzarella Cheese Zucchini & Squash	Chicken Parmesan over Ratatouille Broccoli Florets
DAY 2	Vegetable Quiche Sausage Patty Spinach	Boston Cod Lemon Herb Sauce Greens, Red Pepper & Mushroom Blend Green Beans	Turkey Steak Creamed Spinach Brussel Sprouts, Red Pepper Sauce
DAY 3	Pork Chop Breakfast Egg Patty, Bacon Cheddar Cheese, Green Beans	Baked Turkey Cutlet Curry Sauce, Onions & Peppers Cauliflower	Hamburger Alfredo Pizza Asparagus Spears Fajita Veggies, Cauliflower
DAY 4	Tomato-Mushroom Omelet Mustard Greens, Sausage Patty	Lemon Herb Chicken Cheesy Broccoli with Bacon Green Beans	Wasabi Catfish Oriental Pea Puree Stir Fry Veggies
DAY 5	Three Cheese Quiche Sausage Links Peppers and Onions	Pascale' Creole Shrimp Stew String Cheese	Veal Sorrento with Ham Seasoned Yellow Squash & Broccoli
DAY 6	Scrambled Eggs Benedict Canadian Bacon Roasted Red Pepper Sauce Asparagus	Chimichurra Salmon Marinated Asparagus	Beef Short Ribs Bordelaise Sauce Celery Puree Green Bean Blend
DAY 7	Spicy Ham and Egg Sofrito	Parmesan Chicken Wings Blue Cheese Dressing Artichoke Salad	