



Diet-to-Go
Mail Order Balance Menu

WEEK 1

BREAKFAST

LUNCH

DINNER

DAY 1

Harissa Salmon
Mandarin Orange Almond Cous Cous
Veggie Blend

DAY 2

Egg Quesadilla
Potato Cake
Citrus Cup

Roasted Tomato & Basil Soup
Corn & Spinach Salad

Parmesan-Spinach Stuffed Chicken
Italian Veggie Blend
Almonds

DAY 3

Fruit & Granola Parfait
Oatmeal Blueberry Bar

Hungarian Turkey
Basmati Rice Pilaf
Veggie Blend

Lobster and Veggie Ravioli
Red Pepper Cream Sauce
Italian Veggie Blend

DAY 4

Mango Cranberry Muffin
Orange Marmalade
Greek Yogurt

Curry Chicken Salad Sandwich
Orange Segments

Italian Meatballs on Fettucini
Pomodoro Sauce
Veggie Blend

DAY 5

Noodle Kugel
(Sweet Casserole)
Applesauce

Chicken Alfredo Melt
Roasted Veggie Salad

Penne Pasta
Turkey Meat Sauce
Carrot Coins, Sugar Snap Peas

DAY 6

Blueberry Pancakes
Turkey Sausage
Blueberry Syrup
Fajita Veggies

Tuna Meltovers
Citrus Fruit Cup

Chicken Pizza
Broccoli
Peanut & Cranberry Snack Mix

DAY 7

Fruit Ambrosia
Cherry Almond Oatmeal Bar

Turkey Ham Salad
Pretzel Roll
Lentil Chili

Turkey Chili
Cornbread Muffin

DAY 8

Ratatouille Omelet
Asparagus Spears

Szechuan Turkey Burger on Rice Pilaf
Cauliflower

WEEK 2

BREAKFAST

LUNCH

DINNER

DAY 1

Baked Atlantic Salmon with Pineapple Salsa
Turnip & Parsnip Veggie
Ginger Carrots

DAY 2

Omelet Pomodoro
Sicilian Asparagus Cuts and Tips

Mirkin Burger (Veggie Burger)
Kaiser Roll, Salsa
Fruit Salad

Italian Chicken
Cous Cous Pilaf
Green Beans
Focaccia Roll

DAY 3

Whole Wheat Bagel
Veggie Cream Cheese
Tropical Fruit Salad

Turkey Meatloaf with
Peach BBQ Sauce, Veggie Mash
Brussel Sprouts

Cioppino Seafood Medley
Fennel Veggie Salad

DAY 4

Chocolate Zucchini Bread
Orange Sections

Blue Crab Ravioli Soup
Vanilla Fruit Gelatin

Mexican Style Burrito
Spanish Rice, Refried Beans
Fajita Veggies, Salsa

DAY 5

Greek Mushroom
Applesauce

"The Kelly"
(French Toast on Roasted Red Pepper,
Swiss Cheese, Tomato, Pesto Sauce,
Cream Cheese), Orange Sections

Herb Crusted Whitefish
Polenta, Broccoli
Lemon

DAY 6

Oat & Raisin Scone
Apple Butter
Greek Yogurt

Salmon Burger with Mango Salsa
Cracked Wheat Pilaf
Broccoli & Cauliflower

Vegetable Ravioli
Red Pepper Sauce
Ratatouille, Broccoli
Chocolate Mousse

DAY 7

Scrambled Eggs Rancheros
Whole Wheat Tortilla
Chicken Chorizo Sausage

Mediterranean Tapas
Red Pepper Hummus
Baba Ganouj, Tabouleh
Whole Wheat Pita Bread

Porcini Mushroom Chicken
Wild Rice Pilaf
Italian Veggie Blend

DAY 8

Tomato Mushroom Omelet
Creamed Spinach
Italian Roasted Potatoes

Greek Pasta Salad with Tuna



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WEEK 3

BREAKFAST

LUNCH

DINNER

DAY 1

Orange Roughy Fish
Lemon Herb Sauce
Israeli Cous Cous

DAY 2

Whole Wheat Bagel
Date & Raisin Cream Cheese
Orange Mango Salad

Shrimp Mango Bisque
Jicama & Orange Salad
Seasoned Pita

Turkey Tamale Pie
Baked Potato
Sour Cream & Chives
Corn on the Cob

DAY 3

Fajita Omelet
Mozzarella Cheese
Orange Segments

Chicken Vegetable Stew with Peanuts
Broccoli

Baked Spaghetti Pie
Cauliflower

DAY 4

Mushroom Strata
Chicken Sausage
Tropical Fruit Salad

Bistro Chicken Salad
(Chicken Breast Tenders with
Pasta, Vegetables, Sauce)
Mini Mango Walnut Muffin

Barbecue Chicken
Anise Roasted Potatoes
Baked Beans, Green Beans
BBQ Sauce

DAY 5

Raisin Bran Muffin
Strawberry Preserves
Greek Yogurt

Chicken Philly Sub
Multigrain Sub Roll
Provolone Cheese, Veggie Slaw

Turkey Picadillo
Brown Rice Pilaf
Apricot Glazed Asparagus

DAY 6

Cornbread Muffin
Cranberry Cream Cheese
Greek Yogurt

Chicken Pesto Salad
Whole Wheat Roll

Macaroni and Cheese
Carrot Coins, Broccoli

DAY 7

Kale & Swiss Frittata
Chicken Sausage

Grilled Cheese
Lentil Chili
Brownie

Thai Turkey Tenderloin
Stir Fry Rice
Green Bean Medley

DAY 8

Breakfast Pizza
Spiced Apples

Turkey Burger
Pretzel Roll, Ketchup
Orange & Craisin Salad

WEEK 4

BREAKFAST

LUNCH

DINNER

DAY 1

Shrimp Fettucini
Honey Wheat Roll
Broccoli

DAY 2

Apple Pancakes
Turkey Sausage, Apple Syrup
Asparagus Cuts & Tips

Shrimp and Pasta Salad
Cocktail Sauce
Honey Wheat Roll

Whitefish Parmesan
Ginger Orange Carrots

DAY 3

Granola & Yogurt

Tuna Meltovers
Peach Crisp

Chicken Creole
Brown Rice

DAY 4

Strawberry Banana Muffin
Vanilla Cream Cheese
Peach & Pear Parfait

Stewed Veggies with Chicken
Brown Rice

Tomato Veggie Pie
Cous Cous

DAY 5

Eggs Florentine
Chicken Sausage
Orange Sections

Thai Chicken and Mushroom Soup
Coconut Mango Rice
Sweet Plantains

Santa Fe Chicken Burger
Chipotle Ketchup
Roasted Sweet Potatoes
Italian Veggie Blend

DAY 6

Cranapple Muffin
Cran-Orange Cream Cheese
Pineapple

Waldorf Chicken Sandwich
Snack Mix

Chicken Fajita
Refried Beans, Carrots
Salsa, Sour Cream

DAY 7

Baked Cinnamon Bar
Spiced Apples

Black Bean Soup
Soft Pretzel
String Cheese

Stir Fry Chicken
Oriental Veggies
Brown Rice

DAY 8

Whole Wheat Monte Cristo
Raspberry Maple Syrup
Citrus Yogurt Salad
Asparagus

Captain Stewart's Seafood Sandwich
Pretzel Roll, Tartar Sauce
Orange Sections
V8



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WEEK 5

BREAKFAST

LUNCH

DINNER

DAY 1

Herbed Baked Atlantic Salmon
Brown Rice & Veggies
Carrot & Jicama Medley

DAY 2

Waffles with
Peaches & Apples in Syrup

Turkey Reuben Sandwich
Russian Dressing
Mushroom & Artichoke Salad
Citrus Fruit Cup

Chicken Parmesan
Broccoli Florets

DAY 3

Peachy Keen Muffin
Apple Butter
Greek Yogurt

Chicken Black Bean Wrap
Aztec Quinoa Salad
Sour Cream

Turkey Salisbury Steak
Mashed Potatoes, Gravy
Green Beans

DAY 4

Peach Pecan Oatmeal Bar
Tropical Fruit Salad

Chicken Florentine Burger
Apple Jello

Chugwater Chili
Drop Biscuit

DAY 5

Greek Burrito
Chicken Sausage
Fajita Veggies

Tomato Pesto Meltover
Apple Cake

Curried Shrimp
Basmati Rice
Minted Carrots

DAY 6

Whole Grain Pancakes
Strawberry Maple Syrup
Turkey Sausage
Asparagus

Tuscan Boat with Turkey
(Stuffed Potatoes)
Nutty Wheatberry Salad

Chicken and Turkey Brunswick Stew
Corn & Lentil Loaf

DAY 7

Egg and Broccoli Pie
Applesauce

Michigan Turkey Sandwich
Strawberry Banana Yogurt Parfait
Yogurt Drink

Blackened Turkey Loin
Carrot Chipotle Puree
Italian Veggie Blend
Asparagus Risotto

DAY 8

Whole Grain French Toast
Mango Cranberry Syrup

Turkey Swiss Sandwich
Relish, Cauliflower Tabouli

SUBSTITUTION MENU

BREAKFAST

Apple Pancakes, Turkey Sausage, Apple Syrup, Asparagus Cuts & Tips
Blueberry Pancakes, Maple Syrup, Turkey Sausage
Cinnamon Raisin Bagel, Cream Cheese, Applesauce
Waffles, Light Syrup
Whole Wheat Bagel, Cream Cheese, Applesauce

LUNCH

Black Bean Soup, Soft Pretzel
Chicken Burger, BBQ sauce, Peach & Pear Parfait
Deluxe Turkey Sandwich, Multigrain Roll, Golden Sauce, Applesauce
Grilled Cheese Sandwich, Applesauce
Grilled Turkey Ham and Cheese Sandwich, Applesauce
Grilled Veggie Sandwich, Multigrain Roll, Cauliflower Tabouli
Smoked Chicken Sandwich, Whole Wheat Bread, BBQ Sauce, Orange Sections
Southwestern Sandwich (Black Bean Burger), Multigrain Roll, Salsa, Applesauce
Tomato Meltover, Applesauce
Turkey Pastrami on Rye Bread, Deli Mustard, Citrus Fruit Cup

DINNER

Asian Flat Iron Steak, Wasabi Mashed Potatoes, Sugar Snap Pea Vegetable Blend
Chicken Parmesan, Carrots, Roll
Chugwater Chili, Low-Fat Chocolate Pudding, Roll, Cream Cheese Cup
Cioppino Seafood Medley, Roll, Cream Cheese Cup, Chocolate Pudding
Eggplant Parmesan, Green Beans
Indian Turkey Tenderloin, Red Pepper Yogurt Sauce, Potato Medley, Veggie Blend
Johnny's Veggie Pizza, Broccoli
Sliced Turkey Dinner, Mashed Potatoes, Gravy, Green Beans
Stuffed Shells with Tomato Sauce, Baby Carrots
Turkey Salisbury Steak, Mashed Potatoes, Gravy, Green Beans



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Turkey BBQ Melts, Peach Salsa, Coleslaw
Whitefish Parmesan, Whole Grain Roll, Baby Carrots