



Diet-to-Go
Local Carb30 Menu

WEEK 1			
	BREAKFAST	LUNCH	DINNER
P i c k u p 1	TUESDAY		Pork Chop Pomodoro Asparagus & Peppers Italian Green Beans
	WEDNESDAY	Cheese Omelet Spinach, Salsa Bacon	Fiesta Burger Seasoned Green Beans Guacamole
	THURSDAY	Scrambled Eggs Canadian Bacon Spinach, Cauliflower	Chicken Fontina Red Peppers & Onions Broccoli Florets with Almonds
	FRIDAY	Ratatouille Omelet Asparagus Spears	Baked Chicken with Goat Cheese Artichoke Medley Cauliflower
P i c k u p 2	SATURDAY	Western Omelet Fajita Veggies Sausage Links	Prime Rib Red Wine Sauce Kale, Cauliflower
	SUNDAY	Vegetable Quiche Sausage Patty Spinach	Chicken Parmesan over Ratatouille Broccoli Florets
	MONDAY	Pork Chop Breakfast Egg Patty Cheddar Cheese Green Beans	Chicken Italiano Italian Meatballs Fajita Veggies Asparagus Parmesan
	TUESDAY	Greek Mushroom	Hamburger Pizza Seasoned Squash
		Meatloaf with Tomato Sauce Creamed Spinach Brussel Sprouts	Baked Salmon Creamy Dill Sauce Spinach, Green Beans Tomatoes
WEEK 2			
	BREAKFAST	LUNCH	DINNER
P i c k u p 1	TUESDAY		Herbed Catfish Collard Green Mix Artichoke Medley Broccoli Florets
	WEDNESDAY	Cheese Omelet Spinach, Salsa Bacon	Beef Casserole Asparagus & Red Peppers
	THURSDAY	Scrambled Eggs Rancheros Chicken Sausage	Roasted Pork Loin Morel Sauce, Spinach Green Beans & Red Peppers
	FRIDAY	Spinach Quiche Sausage Link Green Beans Red Peppers	Chicken and Bacon Cheddar Melt Mustard Greens Broccoli & Cajun Cream Sauce
P i c k u p 2	SATURDAY	Western Omelet Fajita Veggies Sausage Links	Grilled Pork Chop Green Peppercorn Sauce Garlic Cauliflower Puree Green Beans
	SUNDAY	Vegetable Quiche Sausage Patty Spinach	Spicy Salmon Spinach Salad, Bacon Round Marinated Vegetable Blend
	MONDAY	Pork Chop Breakfast Egg Patty Cheddar Cheese Green Beans	Lemon Herb Chicken Cheesy Broccoli, Bacon Green Beans
		Beef Short Ribs Mushroom Sauce Kale, Red Peppers	Grilled Chicken Breast Curried Vegetables Asparagus & Red Peppers



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TUESDAY

Tomato Mushroom Omelet
Sausage Patty
Mustard Greens

Chicken Alfredo
Creamy Veggie Mix
Broccoli Florets



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WEEK 3				
	BREAKFAST	LUNCH	DINNER	
P i c k u p 1	TUESDAY		Chicken Breast with Bacon Red Pepper Sauce, Collard Greens Asparagus & Peppers Brussel Sprouts	
	WEDNESDAY	Cheese Omelet Spinach, Salsa Bacon	Chicken Pesto Cheddar Melt Broccoli Florets, Cauliflower Mustard Greens	Crab-Stuffed Flounder Cauliflower, Creamed Spinach Green Beans
	THURSDAY	Kale & Swiss Frittata Chicken Sausage	Hamburger with Swiss Cheese Creamed Spinach Green Beans	Chicken Fontina Red Peppers & Onions Broccoli Florets with Almonds
	FRIDAY	Spinach Quiche Sausage Link Green Beans Red Peppers	Turkey Steak Lemon Herb Sauce Kale Mix, Zucchini Vegetable Blend Italian Green Beans	Chicken Alfredo Creamy Veggie Mix Broccoli Florets
	SATURDAY	Western Omelet Fajita Veggies Sausage Links	Pork Chop Pomodoro Green Beans, Fajita Veggies Parmesan Cheese	Whitefish Parmesan Pesto Cauliflower
	SUNDAY	Eggs Florentine Chicken Sausage	Cioppino Seafood Medley Cheesy Broccoli with Bacon	Chicken Marsala Green Beans, Fajita Veggies Broccoli Florets
	P i c k u p 2	MONDAY	Pork Chop Breakfast Egg Patty Cheddar Cheese Green Beans	Baked Chicken with Goat Cheese Artichoke Mix Broccoli Florets
TUESDAY		Tomato Mushroom Omelet Sausage Patty Mustard Greens	Beef Short Ribs Mushroom Sauce Asparagus & Peppers	
WEEK 4				
		BREAKFAST	LUNCH	DINNER
P i c k u p 1	TUESDAY		Chicken Meatloaf Chipotle Ketchup Creamed Spinach Green Beans with Almonds	
	WEDNESDAY	Mediterranean Egg Casserole Chicken Sausage	Chicken Roma Collard Greens Mix Cauliflower	Chicken Fajitas Fajita Veggies Broccoli Puree, Brussel Sprouts
	THURSDAY	Scrambled Eggs Canadian Bacon Spinach, Cauliflower	Baked Cajun Salmon Cream Sauce Asparagus & Broccoli	Roasted Half of Chicken Cauliflower Puree
	FRIDAY	Spinach Quiche Sausage Link Green Beans Red Peppers	Veal Parmesan Italian Green Bean Blend	Cumin Salmon Mustard Greens Zucchini Veggie Medley
	SATURDAY	Western Omelet Fajita Veggies Sausage Links	Andouille Sausage Fajita Veggies, Mozzarella Cheese Zucchini & Squash	Chicken Parmesan over Ratatouille Broccoli Florets
	SUNDAY	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
	P i c k u p 2	MONDAY	Salmon & Leek Frittata Brussels Sprouts	Baked Turkey Cutlet Curry Sauce, Onions & Peppers Cauliflower



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TUESDAY

Tomato Mushroom Omelet
Sausage Patty
Mustard Greens

Lemon Herb Chicken
Cheesy Broccoli with Bacon
Green Beans



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WEEK 5				
	BREAKFAST	LUNCH	DINNER	
P i c k u p 1	TUESDAY		Wasabi Catfish Oriental Pea Puree Stir Fry Veggies	
	WEDNESDAY	Three Cheese Quiche Sausage Links Peppers & Onions	Pascale' Creole Shrimp Stew String Cheese	Veal Sorrento with Ham Seasoned Yellow Squash & Broccoli
	THURSDAY	Scrambled Eggs Benedict Canadian Bacon Roasted Red Pepper Sauce Asparagus	Chimichura Salmon Marinated Asparagus	Beef Short Ribs Bordelaise Sauce Celery Puree Green Bean Blend
	FRIDAY	Spicy Ham and Egg Sofrito	Parmesan Chicken Wings Blue Cheese Dressing Artichoke Salad	Cod Loin Lemon Herb Sauce Artichoke Barigoule Zucchini Squash Blend
	SATURDAY	Feta Frittata Turkey Sausage Asparagus	Tilapia Vera Cruz Cauliflower Mash Green Bean Mix	Chipotle Flat Iron Steak Caramelized Onions Creamed Spinach Asparagus
	SUNDAY	Florentine Casserole Turkey Bacon	Charmoula Pork Loin Spinach, Fajita-Style Broccoli	Grilled Chicken Cauliflower Mash Stewed Tomatoes
	P i c k u p 2	MONDAY	Andouille, Shrimp and Egg Hash Chicken Sausage	Portobello Lasagna Veggie Mix
TUESDAY		Steak & Eggs Mushroom Cream Sauce Asparagus	Chicken Souffle Dilled Green Beans	

LOW CARB SUBSTITUTION MENU

LOW CARB SUBSTITUTION MENU	
L o w C a r b S u b s t i t u t i o n M e n u	BREAKFAST
	Power Protein Box: Hard-boiled Eggs, Cheese Wedge, Plain Greek Yogurt with Almonds
	Scrambled Eggs with Turkey Sausage
	Veggie & Cheese Omelet with Fire-Roasted Tomatoes
	LUNCH
	Indian Turkey over Creamed Spinach & Cauliflower, Broccoli
	Basil Parmesan Chicken, Broccoli, Cauliflower, Spinach
	Tuna Salad, Mediterranean Veggies, Provolone Cheese
	DINNER
	Blackened Salmon on Spinach Cauliflower Puree, Brussels Sprouts, Lemon Wedge
	Teriyaki Flat Iron Steak, Wasabi Cauliflower Mash, Broccoli with Fajita Veggies
	Tuscan Chicken, Creamed Spinach with Red Peppers, Green Beans



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