



Diet-to-Go
Mail Order Carb30 Menu

WEEK 1			
	BREAKFAST	LUNCH	DINNER
DAY 1			Cod Loin Lemon Herb Sauce Artichoke Barigoule Zucchini Squash Blend
DAY 2	Feta Frittata Turkey Sausage Asparagus	Tilapia Vera Cruz Cauliflower Mash Green Bean Mix	Chipotle Flat Iron Steak Caramelized Onions Creamed Spinach Asparagus
DAY 3	Florentine Casserole Turkey Bacon	Charmoula Pork Loin Spinach, Fajita-Style Broccoli	Grilled Chicken Cauliflower Mash Stewed Tomatoes
DAY 4	Andouille, Shrimp and Egg Hash Chicken Sausage	Portobello Lasagna Mediterranean Veggie Mix	Italian Meatballs Pomodoro Sauce Seasoned Artichoke Hearts
DAY 5	Steak & Eggs Mushroom Cream Sauce Asparagus	Chicken Souffle Dilled Green Beans	Pork Chop Pomodoro Asparagus & Peppers Italian Green Beans
DAY 6	Cheese Omelet Spinach, Salsa Bacon	Fiesta Burger Seasoned Green Beans Guacamole	Roasted Half of Chicken Cauliflower Puree
DAY 7	Scrambled Eggs Canadian Bacon Spinach, Cauliflower	Chicken Fontina Red Peppers & Onions Broccoli Florets with Almonds	Creole Catfish Lemon Herb Sauce Greens, Artichoke Mix Broccoli Florets
DAY 8	Ratatouille Omelet Asparagus Spears	Baked Chicken with Goat Cheese Artichoke Medley Cauliflower	
WEEK 2			
	BREAKFAST	LUNCH	DINNER
DAY 1			Chicken Marsala Green Beans & Peppers Broccoli Florets Fajita Veggies
DAY 2	Western Omelet Fajita Veggies Sausage Links	Old Fashioned Pot Roast Mushroom Sauce Collard Greens Green Beans	Prime Rib Red Wine Sauce Kale, Cauliflower
DAY 3	Vegetable Quiche Sausage Patty Spinach	Chicken Parmesan Ratatouille Broccoli Florets	Chicken Italiano Italian Meatballs Fajita Veggies Asparagus Parmesan
DAY 4	Pork Chop Breakfast Egg Patty Cheddar Cheese Green Beans	Hamburger Pizza Seasoned Squash	Baked Salmon Creamy Dill Sauce Spinach, Green Beans Tomatoes
DAY 5	Greek Mushroom	Meatloaf with Tomato Sauce Creamed Spinach Brussel Sprouts	Herbed Catfish Collard Green Mix, Artichoke Medley Broccoli Florets
DAY 6	Cheese Omelet Spinach, Salsa Bacon	Beef Casserole Asparagus & Red Peppers	Chicken Tenders Red Pepper Sauce Veggie Mix, Brussel Sprouts
DAY 7	Scrambled Eggs Rancheros Chicken Sausage	Roasted Pork Loin Morel Sauce, Spinach Green Beans & Red Peppers	Chicken Roma Cauliflower Italian Green Beans



DAY 8

Spinach Quiche
Sausage Link
Green Beans
Red Peppers

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Chicken and Bacon Cheddar Melt
Mustard Greens
Broccoli & Cajun Cream Sauce



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WEEK 3

BREAKFAST

LUNCH

DINNER

DAY 1

Cioppino Seafood Medley
Italian Green Beans
Cauliflower

DAY 2

Western Omelet
Fajita Veggies
Sausage Links

Andouille Sausage
Fajita Veggies, Mozzarella Cheese
Zucchini & Squash Mix

Grilled Pork Chop
Green Peppercorn Sauce
Garlic Cauliflower Puree
Green Beans

DAY 3

Vegetable Quiche
Sausage Patty
Spinach

Spicy Salmon
Spinach Salad, Bacon Round
Marinated Vegetable Blend

Lemon Herb Chicken
Cheesy Broccoli
Green Beans

DAY 4

Pork Chop Breakfast
Egg Patty
Cheddar Cheese
Green Beans

Beef Short Ribs
Mushroom Sauce
Kale, Red Peppers
Broccoli

Grilled Chicken Breast
Curried Vegetables
Asparagus & Red Peppers

DAY 5

Tomato-Mushroom Omelet
Sausage Patty
Mustard Greens

Chicken Alfredo
Creamy Veggie Mix
Broccoli Florets

Chicken Breast with Bacon
Red Pepper Sauce, Collard Greens
Asparagus and Peppers
Brussel Sprouts

DAY 6

Cheese Omelet
Spinach, Salsa
Bacon

Chicken Pesto Cheddar Melt
Broccoli Florets, Cauliflower
Mustard Greens

Crab-Stuffed Flounder
Cauliflower, Creamed Spinach
Green Beans

DAY 7

Kale & Swiss Frittata
Chicken Sausage

Hamburger with Swiss Cheese
Creamed Spinach
Green Beans

Chicken Fontina
Red Peppers & Onions
Broccoli Florets with Almonds

DAY 8

Spinach Quiche
Sausage Link
Green Beans
Red Peppers

Turkey Steak
Lemon Herb Sauce
Kale Mix, Zucchini Vegetable Blend
Italian Green Beans

WEEK 4

BREAKFAST

LUNCH

DINNER

DAY 1

Chicken Alfredo
Creamy Veggie Mix
Broccoli Florets

DAY 2

Western Omelet
Fajita Veggies
Sausage Links

Pork Chop Pomodoro
Green Beans, Fajita Veggies
Parmesan Cheese

Whitefish Parmesan
Pesto Cauliflower

DAY 3

Eggs Florentine
Chicken Sausage

Cioppino Seafood Medley
Cheesy Broccoli with Bacon

Chicken Marsala
Green Beans, Fajita Veggies
Broccoli Florets

DAY 4

Pork Chop Breakfast
Egg Patty
Cheddar Cheese
Green Beans

Baked Chicken with Goat Cheese
Artichoke Mix
Broccoli Florets

Prime Rib
Red Wine Sauce
Kale, Broccoli Florets

DAY 5

Tomato-Mushroom Omelet
Sausage Patty
Mustard Greens

Beef Short Ribs
Mushroom Sauce
Asparagus & Peppers

Chicken Meatloaf
Chipotle Ketchup
Creamed Spinach
Green Beans with Almonds

DAY 6

Cheese Omelet
Spinach, Salsa
Bacon

Chicken Roma
Collard Greens Mix
Cauliflower

Chicken Fajitas
Fajita Veggies
Broccoli Puree, Brussel Sprouts

DAY 7

Mediterranean Egg Casserole
Chicken Sausage

Baked Cajun Salmon
Cream Sauce
Asparagus & Broccoli

Roasted Half of Chicken
Cauliflower Puree



DAY 8

Spinach Quiche
Sausage Link
Green Beans
Red Peppers

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Veal Parmesan
Italian Green Bean Blend



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WEEK 5

BREAKFAST

LUNCH

DINNER

DAY 1

Cumin Salmon
Mustard Greens
Zucchini Veggie Medley

DAY 2

Western Omelet
Fajita Veggies
Sausage Links

Andouille Sausage
Fajita Veggies, Mozzarella Cheese
Zucchini & Squash Mix

Chicken Parmesan over
Ratatouille
Broccoli Florets

DAY 3

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 4

Salmon & Leek Frittata
Brussels Sprouts

Baked Turkey Cutlet
Curry Sauce, Onions & Peppers
Cauliflower

Hamburger Alfredo Pizza
Asparagus Spears, Fajita Veggies
Cauliflower

DAY 5

Tomato-Mushroom Omelet
Sausage Patty
Mustard Greens

Lemon Herb Chicken
Cheesy Broccoli with Bacon
Green Beans

Wasabi Catfish
Oriental Pea Puree
Stir Fry Veggies

DAY 6

Three Cheese Quiche
Sausage Links
Peppers & Onions

Pascale' Creole Shrimp Stew
String Cheese

Veal Sorrento with Ham
Seasoned Yellow Squash & Broccoli

DAY 7

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 8

Spicy Ham and Egg Sofrito

Parmesan Chicken Wings
Blue Cheese Dressing
Artichoke Salad

LOW CARB SUBSTITUTION MENU

BREAKFAST

Power Protein Box: Egg Salad, 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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