



**Diet-to-Go**  
**MAIL ORDER LOW-CARB MENU**

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



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



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