



Diet-to-Go
MAIL ORDER LOW-FAT TRADITIONAL MENU

WEEK 1			
	BREAKFAST	LUNCH	DINNER
ARRIVAL DAY			Harissa Salmon Mandarin Orange Cous Cous Mediterranean Veggies
DAY 1	Egg Quesadilla Potato Cake Citrus Cup	Roasted Tomato & Basil Soup Corn & Spinach Salad Yogurt Drink	Chicken Stroganoff on Bow Tie Pasta Broccoli & Carrots with Toasted Almonds
DAY 2	Fruit & Granola Parfait Muffin	Hungarian Turkey over Basmati Rice Pilaf Mixed Beans	Lobster and Veggie Ravioli over Veggies
DAY 3	Mango-Cranberry Muffin Orange Marmalade Yogurt Smoothie	Curry Chicken Salad Mandarin Oranges Melba Toast	Italian Meatball on Fettucini Pomodoro Sauce Veggie Blend
DAY 4	Noodle Kugel Applesauce Cranberry Juice	Chicken Alfredo Melt Roasted Veggie Salad Apple	Penne Pasta with Turkey Meat Sauce Carrot Coins Sugar Snap Peas
DAY 5	Blueberry Pancakes Maple Syrup Turkey Sausage	Tuna Meltovers Citrus Fruit Cup	Chicken Pizza Broccoli Florets Cheese Wedge and Crackers
DAY 6	Fruit Ambrosia Granola Bar	Turkey Ham Salad Pretzel Roll Lentil Chili	Turkey Chili Pasta Salad Primavera Savory Corn Bread Muffin
DAY 7	Ratatouille Omelet Asparagus Spears	Szechuan Turkey Burger on a Multi-Grain Roll Beet and Carrot Salad	
WEEK 2			
	BREAKFAST	LUNCH	DINNER
ARRIVAL DAY			Baked Atlantic Salmon Stuffed Baked Potato Baby Carrots Pineapple Crisp
DAY 1	Omelet Pomodoro Sicilian Asparagus Cuts and Tips	Mirkin Burger on a Kaiser Roll American Cheese Salsa Cup Melon Mix	Italian Chicken Cous Cous Pilaf Whole Green Beans Focaccia Roll
DAY 2	Plain Bagel Cream Cheese Orange Juice	Meatloaf on a Wheat Sub Roll with BBQ Sauce Creamy Veggie Salad Strawberries	Cioppino Seafood Medley Petite Grain Roll Cream Cheese & Chives Chocolate Pudding
DAY 3	Blueberry Muffin Raspberry Preserves Yogurt Orange Juice	Blue Crab Ravioli Soup Jello	Mexican Style Burrito Spanish Rice and a Side of Refried Beans Fajita Veggies Salsa Cup
DAY 4	Greek Stuffed Mushroom V8	Grilled Turkey Ham & Cheese Sandwich Mushroom & Artichoke Salad Apricot Pudding	Herb Crusted Whitefish Creamy Polenta Broccoli Florets Sesame Breadsticks
DAY 5	Oat & Raisin Scone Orange Marmalade Orange Juice	Salmon Burger on a Multi-Grain Roll Mango Salsa Veggie Chips V8	Vegetable Ravioli with a Ratatouille Mix and Red Pepper Sauce Chocolate Mousse
DAY 6	Scrambled Eggs Rancheros	Hummus Pocket Bread Citrus Fruit Cup	Porcini Mushroom Chicken Wild Rice Pilaf Italian Veggie Blend
DAY 7	Tomato Mushroom Omelet Brussel Sprout Mix	New Mediterranean Pasta Salad with Tuna	



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WEEK 3			
	BREAKFAST	LUNCH	DINNER
ARRIVAL DAY			Orange Roughy Fish Israeli Cous Cous Mediterranean Veggie Blend
DAY 1	Plain Bagel Cream Cheese Apple Juice	Shrimp Mango Bisque Jicama Salad Seasoned & Toasted Pita V8 Juice	Tamale Pie with Ground Turkey Baked Potato Sour Cream & Chives Corn on the Cob
DAY 2	Fajita Omelet Seasoned Artichokes	Sliced Turkey Breast on a Multi-Grain Roll with Mayo Tomato & Mushroom Salad	Vegetarian Spaghetti Pie Spaghetti with Sauce & Mozzarella Cheese Cauliflower Florets
DAY 3	Mushroom Strata	Bistro Chicken Salad Sesame Breadsticks	Barbecue Chicken & Sauce Anise Roasted Potatoes Baked Beans Green Beans & Almonds
DAY 4	Raisin Bran Muffin Strawberry Preserves Yogurt	Deli Chicken, Spiced & Marinated Peppers & Onions, Honey Mustard, Mayo & American Cheese on a Wheat Sub Roll Peach Pudding	Turkey Picadillo Brown Rice Pilaf Apricot Glazed Asparagus
DAY 5	Corn Bread Muffin Orange Marmalade Cream Cheese Orange Juice	Chicken Pesto Salad	Macaroni & Cheese Carrot Coins Broccoli Florets
DAY 6	Asparagus & Swiss Frittata	Grilled Cheese Sandwich Lentil Chili Brownie	Thai Turkey with Orange Cilantro Sauce Stir Fry Rice Green Bean Medley
DAY 7	Breakfast Pizza Apple Juice	Turkey Burger on a Multi-Grain Roll w/ Ketchup Mandarin Orange Cup	
WEEK 4			
	BREAKFAST	LUNCH	DINNER
ARRIVAL DAY			Shrimp Fettucini Broccoli Florets Honey Wheat Roll
DAY 1	Apple Pancakes Maple Syrup Turkey Sausage	Shrimp & Pasta Salad Cocktail Sauce Honey Wheat Roll	Whitefish Parmesan Baby Carrots Whole Grain Roll
DAY 2	Granola Yogurt Apple Juice	Tuna Meltovers Peach Crisp	Chicken Creole Creole Vegetables Brown Rice Whole Grain Roll
DAY 3	Strawberry Banana Muffin Vanilla Cream Cheese Apple	Chicken Salad on a Kaiser Roll Tomato & Mushroom Salad Citrus Fruit Cup	Tomato Veggie Pie Cous Cous Cheese Wedge and Crackers
DAY 4	Eggs Florentine Chicken Sausage Asparagus Spears	Thai Chicken & Mushroom Soup	Old Fashioned Meatloaf Sweet Potatoes Whole Green Beans
DAY 5	Cranapple Muffin CranOrange Cream Cheese Orange	Waldorf Chicken Salad Snack Mix	Chicken Fajita Side of Refried Beans Baby Carrots Salsa Cup
DAY 6	Homemade Cinnamon Power Bar Orange Juice	Black Bean Soup Soft Pretzel String Cheese	Stir Fry Chicken Oriental Veggies Brown Rice
DAY 7	Whole Wheat Monte Cristo Raspberry Jam, Maple Syrup Fruit Cup	Wahoo Fish Burger on a Multi-Grain Roll with Tartar Sauce V8 Juice Apple	



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WEEK 5			
	BREAKFAST	LUNCH	DINNER
ARRIVAL DAY			Herbed Baked Atlantic Salmon Brown Rice & Veggies Carrot & Jicama Medley
DAY 1	Waffles Peaches & Apples in Syrup	Grilled Turkey Ham & Swiss with Russian Dressing Mushroom & Artichoke Salad Citrus Fruit Cup	Chicken Parmesan Broccoli Florets Whole Grain Roll
DAY 2	Peachy Keen Muffin Apple Butter Cranberry Juice	Aztec Quinoa Salad	Turkey Salisbury Steak with Gravy Mashed Potatoes Whole Green Beans Sesame Breadsticks
DAY 3	Cranberry Oat Scone Orange Marmalade Orange Juice	Turkey Cutlet Sub Seasoned Turkey Cutlet & Pepper Relish on a Wheat Sub Roll Applesauce	Chugwater Chili Sour Cream Shredded Mozzarella Biscuit
DAY 4	Greek Style Burrito Chicken Sausage Fajita Veggies	Tomato Pesto Meltover Apple Cake	Curried Shrimp Basmati Rice Minted Peas
DAY 5	Whole Grain Pancakes Strawberry Maple Syrup Turkey Sausage	Tuscan Boat Nutty Wheatberry Salad Yogurt Smoothie	Chicken Brunswick Stew Corn & Lentil Loaf
DAY 6	Egg and Broccoli Pie Apple Juice	Michigan Turkey Salad Dakota Roll	Blackened Turkey Carrot Chipotle Puree Asparagus Risotto
DAY 7	Whole Grain French Toast Mango Cranberry Syrup Orange Juice	Turkey Swiss Sandwich Tomato Relish Veggie Chips Red Pepper Hummus V8	