



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 Brussels 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 Red Peppers
	THURSDAY	Scrambled Eggs Rancheros Chicken Sausage	Chicken Tenders Red Pepper Sauce Veggie Mix, Brussel Sprouts
	FRIDAY	Scrambled Eggs Rancheros Chicken Sausage	Roasted Pork Loin Morel Sauce, Spinach Green Beans
	SATURDAY	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	SUNDAY	Western Omelet Fajita Veggies Sausage Links	Chicken Roma Cauliflower Italian Green Beans
	MONDAY	Vegetable Quiche Sausage Patty Spinach	Clippino Seafood Medley Italian Green Beans Cauliflower
	TUESDAY	Tomato Mushroom Omelet Sausage Patty Mustard Greens	Grilled Pork Chop Green Peppercorn Sauce Garlic Cauliflower Puree, Green Beans
		Pork Chop Breakfast Egg Patty, Cheddar Cheese Green Beans	Lemon Herb Chicken Cheesy Broccoli with Bacon Green Beans
		Beef Short Ribs Mushroom Sauce, Kale Broccoli & Red Peppers	Grilled Chicken Breast Curried Vegetables Asparagus
		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, Brussels Sprouts
	WEDNESDAY	Cheese Omelet Spinach, Salsa Bacon	Chicken Pesto Cheddar Melt Broccoli Florets, Cauliflower Mustard Greens
	THURSDAY	Kale & Swiss Frittata Chicken Sausage	Hamburger with Swiss Cheese Creamed Spinach Green Beans
	FRIDAY	Spinach Quiche Sausage Link Green Beans Red Peppers	Turkey Steak Lemon Herb Sauce Kale Mix, Zucchini Vegetable Blend Italian Green Beans
	SATURDAY	Western Omelet Fajita Veggies Sausage Links	Whitefish Parmesan Pesto Cauliflower
P i c k u p 2	SUNDAY	Eggs Florentine Chicken Sausage	Chicken Marsala Green Beans, Fajita Veggies Broccoli Florets
	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
	THURSDAY	Scrambled Eggs Canadian Bacon Spinach, Cauliflower	Baked Cajun Salmon Cream Sauce Asparagus & Broccoli
	FRIDAY	Spinach Quiche Sausage Link Green Beans, Red Peppers	Veal Parmesan Italian Green Bean Mixture
	SATURDAY	Western Omelet Fajita Veggies Sausage Links	Chicken Parmesan over Ratatouille Broccoli Florets
P i c k u p 2	SUNDAY	Vegetable Quiche Sausage Patty Spinach	Boston Cod in Lemon Herb Sauce Greens, Red Pepper & Mushroom Blend Green Beans
	MONDAY	Salmon & Leek Frittata Brussels Sprouts	Turkey Steak Creamed Spinach Brussels Sprouts, Red Pepper Sauce
	TUESDAY	Tomato Mushroom Omelet Sausage Patty Mustard Greens	Hamburger Alfredo Pizza Asparagus Spears, Fajita Veggies Cauliflower
		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 P i c k u p 2	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	Chimichurra 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
	MONDAY	Andouille, Shrimp and Egg Hash Chicken Sausage	Portobello Lasagna Veggie Mix	Italian Meatballs Pomodoro Sauce Seasoned Artichoke Hearts
TUESDAY	Steak and Eggs Mushroom Cream Sauce Asparagus	Chicken Souffle Dilled Green Beans		

Carb30 Substitution Menu

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

Basil Parmesan Chicken, Broccoli, Cauliflower, Spinach

Garden Salad with Chicken, Lemon Basil Vinaigrette

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

Indian Turkey over Creamed Spinach & Cauliflower, Broccoli

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