

## Diet-to-Go LOCAL LOW-CARB MENU

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

## Diet-to-Go LOCAL LOW-CARB MENU

WEEK 3				
	BREAKFAST	LUNCH	DINNER	
P i c k u p 1	<b>TUESDAY</b>		Chicken Breast with Bacon Red Pepper Sauce, Collard Greens Asparagus & Peppers Brussel Sprouts	
	<b>WEDNESDAY</b>	Cheese Omelet Spinach, Salsa Bacon	Chicken Pesto Cheddar Melt Broccoli Florets, Cauliflower Mustard Greens	Crab-Stuffed Flounder Cauliflower, Creamed Spinach Green Beans
	<b>THURSDAY</b>	Scrambled Egg Canadian Bacon Spinach, Cauliflower	Hamburger with Swiss Cheese Creamed Spinach Green Beans	Chicken Fontina Red Peppers and Onion Broccoli Florets
	<b>FRIDAY</b>	Spinach Quiche Sausage Link Green Beans Red Peppers	Turkey Steak in Lemon Herb Sauce Kale Mix, Zucchini Vegetable Blend Italian Green Beans	Chicken Alfredo Creamy Veggie Mix Broccoli Florets
	<b>SATURDAY</b>	Western Omelet Fajita Veggies Sausage Links	Pork Chop Pomodoro Green Beans, Fajita Veggies Parmesan Cheese	Whitefish Parmesan Pesto Cauliflower
	<b>SUNDAY</b>	Vegetable Quiche Sausage Patty Spinach	Cioppino Seafood Medley Cheesy Broccoli with Bacon	Chicken Marsala Green Beans, Fajita Veggies Broccoli Florets
	<b>MONDAY</b>	Pork Chop Breakfast Egg Patty, Bacon Cheddar Cheese Green Beans	Baked Chicken with Goat Cheese Artichoke Mix Broccoli Florets	Prime Rib Red Wine Sauce Kale, Broccoli Florets
P i c k u p 2	<b>TUESDAY</b>	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	<b>TUESDAY</b>		Turkey Meatloaf in Tomato Sauce Creamed Spinach Green Beans	
	<b>WEDNESDAY</b>	Cheese Omelet Spinach, Salsa Bacon	Chicken Roma Collard Greens Mix Cauliflower	Spicy Chicken Fajita Veggies, Guacamole Broccoli Florets, Brussel Sprouts
	<b>THURSDAY</b>	Scrambled Egg Canadian Bacon Spinach, Cauliflower	Baked Cajun Salmon Cream Sauce Asparagus & Broccoli	Roasted Half of Chicken Cauliflower Puree
	<b>FRIDAY</b>	Spinach Quiche Sausage Link Green Beans Red Peppers	Veal Parmesan Italian Green Bean Blend	Cumin Salmon Mustard Greens Zucchini Veggie Medley
	<b>SATURDAY</b>	Western Omelet Fajita Veggies Sausage Links	Andouille Sausage Fajita Veggies, Mozzarella Cheese Zucchini & Squash	Chicken Parmesan over Ratatouille Broccoli Florets
	<b>SUNDAY</b>	Vegetable Quiche Sausage Patty Spinach	Boston Cod in Lemon Herb Sauce, Greens, Red Pepper & Mushroom Blend Green Beans	Turkey Steak Creamed Spinach Brussel Sprouts Red Pepper Sauce
	<b>MONDAY</b>	Pork Chop Breakfast Egg Patty, Bacon Cheddar Cheese Green Beans	Baked Turkey Cutlet Curry Sauce, Onions & Peppers Cauliflower	Hamburger Alfredo Pizza Asparagus Spears, Fajita Veggies Cauliflower
P i c k u p 2	<b>TUESDAY</b>	Tomato Mushroom Omelet Sausage Patty Mustard Greens	Lemon Herb Chicken Cheesy Broccoli with Bacon Green Beans	

**Diet-to-Go**  
**LOCAL LOW-CARB MENU**

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