



Diet-to-Go
Mail Order Balance Menu

WEEK 1			
	BREAKFAST	LUNCH	DINNER
DAY 1			Harissa Salmon Mandarin Orange Almond Cous Cous Veggie Blend
DAY 2	Egg Quesadilla Potato Cake Citrus Cup	Roasted Tomato and Basil Soup Corn & Spinach Salad	Parmesan-Spinach Stuffed Chicken Italian Veggie Blend Almonds
DAY 3	Fruit & Granola Parfait Oatmeal Blueberry Bar	Hungarian Turkey Basmati Rice Pilaf Veggie Blend	Lobster and Veggie Ravioli Red Pepper Cream Sauce Italian Veggie Blend
DAY 4	Mango Cranberry Muffin Orange Marmalade Greek Yogurt	Curry Chicken Salad Sandwich Orange Segments	Italian Meatballs on Fettucini Pomodoro Sauce Veggie Blend
DAY 5	Noodle Kugel (Sweet Casserole) Applesauce	Chicken Alfredo Melt Roasted Veggie Salad	Penne Pasta Turkey Meat Sauce Carrot Coins, Sugar Snap Peas
DAY 6	Blueberry Pancakes Turkey Sausage, Blueberry Syrup Fajita Veggies	Tuna Meltovers Citrus Fruit Cup	Chicken Pizza Broccoli
DAY 7	Coconut Parfait Cherry Almond Oatmeal Bar	Turkey Ham Salad Pretzel Roll Pineapple Crisp	Turkey Chili Pasta Salad Primavera Cornbread Muffin
DAY 8	Ratatouille Omelet Asparagus Spears	Szechuan Turkey Burger on Rice Pilaf Cauliflower	
WEEK 2			
	BREAKFAST	LUNCH	DINNER
DAY 1			Baked Atlantic Salmon with Pineapple Salsa Turnip & Parsnip Veggie Ginger Carrots
DAY 2	Omelet Pomodoro Sicilian Asparagus Cuts & Tips	Mirkin Burger (Veggie Burger) Kaiser Roll, Salsa Fruit Salad	Italian Chicken Cous Cous Pilaf Green Beans
DAY 3	Whole Wheat Bagel Veggie Cream Cheese Tropical Fruit Salad	Turkey Meatloaf with Peach BBQ Sauce, Veggie Mash Brussel Sprouts	Cioppino Seafood Medley Fennel Veggie Salad
DAY 4	Chocolate Zucchini Bread Orange Cranberry Cream Cheese Orange Sections	Blue Crab Ravioli Soup Vanilla Fruit Gelatin Peanuts & Raisins	Mexican Style Burrito Spanish Rice, Refried Beans Fajita Veggies, Salsa
DAY 5	Greek Mushroom Applesauce	"The Kelly" (French Toast on Roasted Red Pepper, Swiss Cheese, Tomato, Pesto Sauce, Cream Cheese), Orange Sections	Herb Crusted Whitefish Polenta, Broccoli Lemon
DAY 6	Oat & Raisin Scone Apple Butter Greek Yogurt	Salmon Burger with Mango Salsa Cracked Wheat Pilaf Broccoli & Cauliflower	Vegetable Ravioli Red Pepper Sauce Ratatouille, Broccoli
DAY 7	Scrambled Eggs Rancheros Whole Wheat Tortilla Chicken Chorizo Sausage Mango Salad	Mediterranean Tapas Red Pepper Hummus Baba Ganouj, Tabouleh Whole Wheat Pita Bread	Porcini Mushroom Chicken Wild Rice Pilaf Italian Veggie Blend
DAY 8	Tomato Mushroom Omelet Creamed Spinach Italian Roasted Potatoes	Greek Pasta Salad with Tuna	



Diet-to-Go
Mail Order Balance Menu

WEEK 3

BREAKFAST

LUNCH

DINNER

DAY 1

Orange Roughy Fish
Lemon Herb Sauce, Israeli Cous Cous
Mediterranean Veggies

DAY 2

Whole Wheat Bagel
Date & Raisin Cream Cheese
Orange Mango Salad

Shrimp Mango Bisque
Jicama & Orange Salad
Pita

Turkey Tamale Pie
Baked Potato
Sour Cream & Chives
Corn on the Cob

DAY 3

Fajita Omelet
Mozzarella Cheese
Orange Segments

Chicken Vegetable Stew with Peanuts
Broccoli

Baked Spaghetti Pie
Cauliflower

DAY 4

Mushroom Strata
Chicken Sausage
Tropical Fruit Salad

Bistro Chicken Salad
(Chicken Breast Tenders with
Pasta, Vegetables, Sauce)
Mini Mango Walnut Muffin

Barbecue Chicken
Anise Roasted Potatoes
Baked Beans, Green Beans
BBQ Sauce

DAY 5

Raisin Bran Muffin
Strawberry Preserves
Greek Yogurt

Chicken Philly Sub
Multigrain Sub Roll, Honey Mustard Mayo
Provolone Cheese, Veggie Slaw

Turkey Picadillo
Brown Rice Pilaf
Apricot Glazed Asparagus

DAY 6

Cornbread Muffin
Cranberry Cream Cheese
Greek Yogurt

Chicken Pesto Salad
Whole Wheat Roll

Macaroni and Cheese
Carrot Coins, Broccoli

DAY 7

Kale & Swiss Frittata
Chicken Sausage

Grilled Cheese
Lentil Chili
Brownie

Thai Turkey Tenderloin
Stir Fry Rice
Green Bean Medley

DAY 8

Breakfast Pizza
Spiced Apples

Turkey Burger
Pretzel Roll, Ketchup
Orange & Craisin Salad

WEEK 4

BREAKFAST

LUNCH

DINNER

DAY 1

Shrimp Fettucini
Honey Wheat Roll
Broccoli

DAY 2

Apple Pancakes
Turkey Sausage, Apple Syrup
Asparagus Cuts & Tips

Shrimp and Pasta Salad
Cocktail Sauce
Honey Wheat Roll

Whitefish Parmesan
Ginger Orange Carrots

DAY 3

Granola & Yogurt

Tuna Meltovers
Peach Crisp

Chicken Creole
Brown Rice

DAY 4

Strawberry Banana Muffin
Vanilla Cream Cheese
Peach & Pear Parfait

Stewed Veggies with Chicken
Brown Rice

Tomato Veggie Pie
Cous Cous

DAY 5

Eggs Florentine
Chicken Sausage
Orange Sections
Asparagus

Thai Chicken and Mushroom Soup
Coconut Mango Rice
Sweet Plantains

Santa Fe Chicken Burger
Chipotle Ketchup
Roasted Sweet Potatoes
Italian Veggie Blend

DAY 6

Cranapple Muffin
Cran-Orange Cream Cheese
Pineapple

Waldorf Chicken Sandwich
Snack Mix

Chicken Fajita
Refried Beans, Carrots
Salsa, Sour Cream

DAY 7

Baked Cinnamon Bar
Spiced Apples

Black Bean Soup
Soft Pretzel

Stir Fry Chicken
Oriental Veggies
Brown Rice

DAY 8

Whole Wheat Monte Cristo
Raspberry Maple Syrup
Citrus Yogurt Salad
Asparagus

Captain Stewart's Seafood Sandwich
Pretzel Roll, Tartar Sauce
Orange Sections



Diet-to-Go
Mail Order Balance Menu

WEEK 5

BREAKFAST

LUNCH

DINNER

DAY 1

Herbed Baked Salmon
Brown Rice & Veggies
Carrot & Jicama Medley

DAY 2

Waffles with
Peaches & Apples in Syrup

Turkey Reuben Sandwich
Russian Dressing
Mushroom & Artichoke Salad
Citrus Fruit Cup

Chicken Parmesan
Broccoli Florets

DAY 3

Peachy Keen Muffin
Apple Butter
Greek Yogurt

Chicken Black Bean Wrap
Aztec Quinoa Salad
Sour Cream

Turkey Salisbury Steak
Mashed Potatoes, Gravy
Green Beans

DAY 4

Peach Pecan Oatmeal Bar
Tropical Fruit Salad

Chicken Florentine Burger
Apple Jello

Chugwater Chili
Drop Biscuit

DAY 5

Greek Burrito
Chicken Sausage
Fajita Veggies

Tomato Pesto Meltover
Apple Cake

Curried Shrimp
Basmati Rice
Minted Carrots & Peas

DAY 6

Whole Grain Pancakes
Strawberry Maple Syrup
Turkey Sausage
Asparagus

Tuscan Boat with Turkey
(Stuffed Potatoes)
Nutty Wheatberry Salad

Chicken and Turkey Brunswick Stew
Corn & Lentil Loaf

DAY 7

Egg and Broccoli Pie
Applesauce

Monterey Turkey Sandwich
Pretzel Roll
Orange Mango Salad

Blackened Turkey Loin
Carrot Chipotle Puree
Italian Veggie Blend
Asparagus Risotto

DAY 8

Whole Grain French Toast
Mango Cranberry Syrup

Turkey Swiss Sandwich
Relish, Cauliflower Tabouli

SUBSTITUTION MENU

BREAKFAST

Apple Pancakes, Light Syrup, Turkey Sausage, Asparagus Cuts & Tips
Blueberry Pancakes, Maple Syrup, Turkey Sausage, Fajita Veggies
Cinnamon Raisin Bagel, Golden Raisin Cream Cheese, Greek Yogurt
Power Protein Box, Egg Salad, Cheese Wedge, Plain Greek Yogurt with Almonds
Scrambled Eggs with Turkey Sausage
Veggie & Cheese Omelet with Fire-Roasted Tomatoes
Waffles with Peaches & Apples in Syrup
Whole Wheat Bagel with Peanut Butter, Mango & Raspberry Fruit Cup
Whole Wheat Monte Cristo, Raspberry Maple Syrup, Sweet Plantains

LUNCH

Basil Parmesan Chicken, Broccoli, Cauliflower, Spinach
Chicken Burger, Mango Pineapple BBQ Sauce, Peach Super Slaw
Deluxe Turkey Sandwich, Multigrain Roll, Peach Super Slaw, Orange Segments, Mustard
Grilled Cheese Sandwich, Tomato Basil Soup, Brownie
Grilled Turkey Ham and Cheese Sandwich, Spiced Apples
Peanut Butter and Pita, Cheddar Cheese, Carrots
Smoked Chicken Sandwich, Whole Wheat Bread, Creamy BBQ Sauce, Green Veggie Slaw
Southwestern Sandwich (Black Bean Burger), Multigrain Roll, Salsa, Green Veggie Slaw
Tomato Pesto Meltover, Spiced Apples
Tuna Salad, Mediterranean Veggies, Provolone Cheese
Turkey Pastrami on Rye Bread, Deli Mustard, Citrus Fruit Cup, Peanuts

DINNER

Asian Flat Iron Steak, Wasabi Mashed Potatoes, Sugar Snap Peas Vegetable Blend
Blackened Salmon on Spinach Cauliflower Puree, Brussels Sprouts, Lemon Wedge
Chicken Parmesan, Carrots & Broccoli
Eggplant Parmesan, Italian Veggie Blend
Indian Turkey Tenderloin over Creamed Spinach & Cauliflower Puree, Broccoli
Johnny's Veggie Pizza, Broccoli
Pulled Turkey BBQ Melts, Peach Salsa, Coleslaw
Sliced Turkey Dinner, Mashed Potatoes, Gravy, Green Beans
Stuffed Shells with Tomato Sauce, Sauteed Veggie Slaw
Teriyaki Flat Iron Steak, Wasabi Cauliflower Mash, Broccoli with Fajita Veggies
Turkey Salisbury Steak, Mashed Potatoes, Gravy, Green Beans
Tuscan Chicken, Creamed Spinach with Red Peppers, Green Beans
Whitefish Parmesan, Baby Carrots & Peas