



**Diet-to-Go**  
Mail Order Balance-D Menu

**WEEK 1**

**BREAKFAST**

**LUNCH**

**DINNER**

**DAY 1**

Harissa Salmon  
Mandarin Orange Almond Cous Cous  
Veggie Blend

**DAY 2**

Sunny Breakfast Box  
Plain Greek Yogurt, Snack Mix  
Orange Sections

Veggie Burrito  
Vegetable Blend  
Peanuts

Parmesan-Spinach Stuffed Chicken  
Italian Veggie Blend  
Almonds

**DAY 3**

Egg & Cheese Breakfast Sandwich  
Tropical Fruit Cup

Sliced Turkey  
Mashed Potatoes, Gravy  
Green Beans

Portobello Lasagna  
Veggie Mix

**DAY 4**

Cinnamon Walnut Cereal  
Plain Greek Yogurt

Eggplant Parmesan  
Italian Veggie Blend

Italian Meatballs on Fettucini  
Pomodoro Sauce  
Veggie Blend

**DAY 5**

Whole Wheat Bagel with Peanut Butter  
Mango & Raspberry Fruit Cup

Turkey Salisbury Steak  
Mashed Potatoes, Gravy  
Green Beans

Blackened Salmon  
Spinach Cauliflower Puree  
Brussels Sprouts, Lemon Wedge

**DAY 6**

Egg & Cheese Breakfast Sandwich  
Tropical Fruit Cup

Tuna Meltovers  
Citrus Fruit Cup

Chicken Pizza  
Broccoli

**DAY 7**

Cinnamon Walnut Cereal  
Plain Greek Yogurt

Aztec Quinoa Salad  
Orange Sections  
Almonds

Turkey Chili  
Pasta Salad Primavera  
Cornbread Muffin

**DAY 8**

Whole Wheat Bagel with Peanut Butter  
Mango & Raspberry Fruit Cup

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**

Sunny Breakfast Box  
Plain Greek Yogurt, Snack Mix  
Orange Sections

Eggplant Parmesan  
Italian Veggie Blend

Italian Chicken  
Cous Cous Pilaf  
Green Beans

**DAY 3**

Egg & Cheese Breakfast Sandwich  
Tropical Fruit Cup

Sliced Turkey  
Mashed Potatoes, Gravy  
Green Beans

Cioppino Seafood Medley  
Fennel Veggie Salad

**DAY 4**

Cinnamon Walnut Cereal  
Plain Greek Yogurt

Basil Parmesan Chicken  
Spinach, Cauliflower and Broccoli

Southwestern Turkey Burrito  
Refried Beans, Fajita Veggies  
Salsa

**DAY 5**

Whole Wheat Bagel with Peanut Butter  
Mango & Raspberry Fruit Cup

Deluxe Turkey Sandwich  
Oat Flatbread, Sauteed Veggie Slaw  
Mustard

Blackened Salmon  
Spinach Cauliflower Puree  
Brussels Sprouts, Lemon Wedge

**DAY 6**

Egg & Cheese Breakfast Sandwich  
Tropical Fruit Cup

Salmon Burger with Mango Salsa  
Cracked Wheat Pilaf  
Broccoli & Cauliflower

Turkey Salisbury Steak  
Mashed Potatoes, Gravy  
Green Beans

**DAY 7**

Cinnamon Walnut Cereal  
Plain Greek Yogurt

Chicken Roma  
Cauliflower  
Italian Green Beans

Porcini Mushroom Chicken  
Wild Rice Pilaf  
Italian Veggie Blend

**DAY 8**

Whole Wheat Bagel with Peanut Butter  
Mango & Raspberry Fruit Cup

Greek Pasta Salad with Tuna



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**WEEK 3**

	<b>BREAKFAST</b>	<b>LUNCH</b>	<b>DINNER</b>
<b>DAY 1</b>			Pomodoro Orange Roughy Israeli Cous Cous Mediterranean Veggies
<b>DAY 2</b>	Sunny Breakfast Box Plain Greek Yogurt, Snack Mix Orange Sections	Shrimp Mango Bisque Jicama & Orange Salad Pita	Indian Turkey Tenderloin Creamed Spinach & Cauliflower Puree Broccoli
<b>DAY 3</b>	Egg & Cheese Breakfast Sandwich Tropical Fruit Cup	Chicken Vegetable Stew with Peanuts Broccoli	Eggplant Parmesan Italian Veggie Blend
<b>DAY 4</b>	Cinnamon Walnut Cereal Plain Greek Yogurt	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
<b>DAY 5</b>	Whole Wheat Bagel with Peanut Butter Mango & Raspberry Fruit Cup	Deluxe Turkey Sandwich Oat Flatbread, Sauteed Veggie Slaw Mustard	Turkey Picadillo Brown Rice Pilaf Apricot Glazed Asparagus
<b>DAY 6</b>	Egg & Cheese Breakfast Sandwich Tropical Fruit Cup	Chicken Pesto Salad Whole Wheat Roll	Crab Stuffed Flounder Creamed Spinach Cauliflower Puree
<b>DAY 7</b>	Cinnamon Walnut Cereal Plain Greek Yogurt	Blackened Salmon Spinach Cauliflower Puree Brussels Sprouts, Lemon Wedge	Thai Turkey Tenderloin Stir Fry Rice Green Bean Medley
<b>DAY 8</b>	Whole Wheat Bagel with Peanut Butter Mango & Raspberry Fruit Cup	Sliced Turkey Mashed Potatoes, Gravy Green Beans	

**WEEK 4**

	<b>BREAKFAST</b>	<b>LUNCH</b>	<b>DINNER</b>
<b>DAY 1</b>			Basil Parmesan Chicken Spinach, Cauliflower and Broccoli
<b>DAY 2</b>	Sunny Breakfast Box Plain Greek Yogurt, Snack Mix Orange Sections	Chicken Alfredo Creamy Vegetable Mix Broccoli Florets	Whitefish Parmesan Ginger Orange Carrots
<b>DAY 3</b>	Egg & Cheese Breakfast Sandwich Tropical Fruit Cup	Tuna Meltovers Peach Crisp	Chicken Creole Brown Rice
<b>DAY 4</b>	Cinnamon Walnut Cereal Plain Greek Yogurt	Stewed Veggies with Chicken Brown Rice	Chicken Marsala Green Beans, Fajita Veggies Broccoli Florets
<b>DAY 5</b>	Whole Wheat Bagel with Peanut Butter Mango & Raspberry Fruit Cup	Indian Turkey Tenderloin Creamed Spinach & Cauliflower Puree Broccoli	Santa Fe Chicken Burger Chipotle Ketchup Roasted Sweet Potatoes Italian Veggie Blend
<b>DAY 6</b>	Egg & Cheese Breakfast Sandwich Tropical Fruit Cup	Blackened Salmon Spinach Cauliflower Puree Brussels Sprouts, Lemon Wedge	Chicken Fajita Refried Beans, Carrots Salsa, Sour Cream
<b>DAY 7</b>	Cinnamon Walnut Cereal Plain Greek Yogurt	Chicken Roma Collard Greens Mix Cauliflower	Stir Fry Chicken Oriental Veggies Brown Rice
<b>DAY 8</b>	Whole Wheat Bagel with Peanut Butter Mango & Raspberry Fruit Cup	Eggplant Parmesan Italian Veggie Blend	



**Diet-to-Go**  
Mail Order Balance-D Menu

WEEK 5

**BREAKFAST**

**LUNCH**

**DINNER**

**DAY 1**

Herbed Baked Salmon  
Brown Rice & Veggies  
Carrot & Jicama Medley

**DAY 2**

Sunny Breakfast Box  
Plain Greek Yogurt, Snack Mix  
Orange Sections

Deluxe Turkey Sandwich  
Oat Flatbread, Sauteed Veggie Slaw  
Mustard

Chicken Parmesan  
Broccoli Florets

**DAY 3**

Egg & Cheese Breakfast Sandwich  
Tropical Fruit Cup

Chicken Black Bean Wrap  
Aztec Quinoa Salad  
Sour Cream

Turkey Salisbury Steak  
Mashed Potatoes, Gravy  
Green Beans

**DAY 4**

Cinnamon Walnut Cereal  
Plain Greek Yogurt

Italian Chicken Burger  
Whole Wheat Bun  
Sauteed Veggie Slaw

Eggplant Parmesan  
Italian Veggie Blend

**DAY 5**

Whole Wheat Bagel with Peanut Butter  
Mango & Raspberry Fruit Cup

Sliced Turkey  
Mashed Potatoes, Gravy  
Green Beans

Wasabi Catfish  
Oriental Pea Puree  
Stir Fry Veggies

**DAY 6**

Egg & Cheese Breakfast Sandwich  
Tropical Fruit Cup

Basil Parmesan Chicken  
Spinach, Cauliflower and Broccoli

Chicken and Three Grain  
Broccoli

**DAY 7**

Cinnamon Walnut Cereal  
Plain Greek Yogurt

Indian Turkey Tenderloin  
Creamed Spinach & Cauliflower Puree  
Broccoli

Blackened Turkey Loin  
Carrot Chipotle Puree  
Italian Veggie Blend  
Asparagus Risotto

**DAY 8**

Whole Wheat Bagel with Peanut Butter  
Mango & Raspberry Fruit Cup

Deluxe Turkey Sandwich  
Oat Flatbread, Sauteed Veggie Slaw



**BALANCE D - SUBSTITUTION MENU**

**BREAKFAST**

Egg & Cheese Breakfast Sandwich, Tropical Fruit Cup

Cinnamon Walnut Cereal, Plain Greek Yogurt

Sunny Breakfast Box: Plain Greek Yogurt, Snack Mix, Mango & Raspberry Fruit Cup

**LUNCH**

Basil Parmesan Chicken, Broccoli, Cauliflower, Spinach

Deluxe Turkey Sandwich, Oat Flatbread, Peach Super Slaw, Mustard

**DINNER**

Blackened Salmon on Spinach Cauliflower Puree, Brussels Sprouts, Lemon Wedge

Eggplant Parmesan, Italian Veggie Blend

Indian Turkey Tenderloin over Creamed Spinach & Cauliflower Puree, Broccoli

Sliced Turkey, Mashed Potatoes, Gravy, Green Beans

Turkey Salisbury Steak, Mashed Potatoes, Gravy, Green Beans

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