



Diet-to-Go
Mail Order Vegetarian Menu

WEEK 1

	BREAKFAST	LUNCH	DINNER
DAY 1			Texas Tofu Chili Lentil Corn Muffin Sour Cream
DAY 2	Egg Quesadilla Potato Cake Orange Segments	Zucchini & Potato Cakes Remoulade V8	Shaw's Shepherds Pie Asparagus Melange
DAY 3	Fruit & Granola Parfait Oatmeal Blueberry Bar	Vegetarian Portobello Lasagna White Bean Salad	Stuffed Cabbage Rolls Tomato Puree Cauliflower
DAY 4	Mango Cranberry Muffin Orange Marmalade Greek Yogurt	Marinara Veggie Burger Cauliflower Tabouli	Ravioli Provencale Red Pepper Cream Sauce Italian Veggie Blend
DAY 5	Noodle Kugel (Sweet Casserole) Applesauce	Savory White Bean Burrito Rice Pilaf Veggie Blend	Vegetarian Penne Pasta Meatless Soy Tomato Sauce Carrot Coins, Sugar Snap Peas
DAY 6	Blueberry Pancakes Blueberry Syrup Soy Sausage	Aztec Quinoa Salad Oranges Almonds	Johnny's Veggie Pizza Broccoli
DAY 7	Coconut Parfait Cherry Almond Oatmeal Bar	Spanish Stuffed Peppers over Rice Mediterranean Veggie Blend Black Beans	Asian Soy over Sesame Rice Sugar Snap Peas
DAY 8	Ratatouille Omelet Asparagus Spears	Mushroom Ravioli Tomato Onion Sauce German Veggie Blend	

WEEK 2

	BREAKFAST	LUNCH	DINNER
DAY 1			Black Bean Chili Jalapeño Cornbread Sour Cream
DAY 2	Omelet Pomodoro Sicilian Asparagus Cuts & Tips	Mirkin Burger (Veggie Burger) Kaiser Roll, Salsa Fruit Salad	Mushroom Ravioli with Ratatouille Sauce Brussels Sprouts Parmesan Cheese
DAY 3	Whole Wheat Bagel Veggie Cream Cheese Tropical Fruit Salad	Southwestern Sandwich (Black Bean Burger) Multigrain Roll, Salsa Applesauce	Tuscan Soy over Veggie Cous Cous Asparagus Parmesan
DAY 4	Chocolate Zucchini Bread Orange Cranberry Cream Cheese Orange Sections	Greek Pasta Salad Asparagus Spears	Mexican Style Burrito Spanish Rice, Refried Beans Fajita Veggies, Salsa
DAY 5	Greek Mushroom Applesauce	Spinach-Red Pepper Meltover Spiced Apples	Tomato Veggie Pie Zucchini & Yellow Pepper Medley
DAY 6	Oat & Raisin Scone Apple Butter Greek Yogurt	Tuscan Bean Salad Parmesan Cheese Garlic Bread Stick	Vegetable Ravioli Red Pepper Sauce Ratatouille, Broccoli
DAY 7	Scrambled Eggs Rancheros Whole Wheat Tortilla Soy Sausage Mango Salad	Mediterranean Tapas Red Pepper Hummus Baba Ganouj, Tabouleh Whole Wheat Pita Bread	White Bean and Veggie Casserole Wild Rice Pilaf
DAY 8	Tomato Mushroom Omelet Creamed Spinach Italian Roasted Potatoes	"The Jamie" (French Toast, Swiss Cheese, Tomato, Pesto Sauce, Blue Cheese) Spiced Apples	



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WEEK 3

BREAKFAST

LUNCH

DINNER

DAY 1

Stuffed Shells with
Roasted Red Pepper Sauce
Baby Carrots

DAY 2

Whole Wheat Bagel
Date & Raisin Cream Cheese
Orange Mango Salad

Black Bean & Feta Cheese Wrap
Wild Rice Salad

Veggie Tamale Pie
Corn on the Cob

DAY 3

Fajita Omelet
Mozzarella Cheese
Orange Segments

Mediterranean Melt
Bean Salad
Peach & Pear Parfait

Baked Spaghetti Pie
Cauliflower

DAY 4

Mushroom Strata
Soy Sausage
Tropical Fruit Salad

Moroccan Lentil Salad
Whole Wheat Pita Bread
Yogurt Mint Sauce, Applesauce

Eggplant Parmesan
Italian Veggie Blend

DAY 5

Raisin Bran Muffin
Strawberry Preserves
Greek Yogurt

Vegetables in Curry Sauce
Basmati Rice
Indian Bean Mix

Soy Stir Fry
Brown Rice
Soy Chicken Nuggets

DAY 6

Cornbread Muffin
Cranberry Cream Cheese
Greek Yogurt

Cold Bean & Pasta Salad
Moroccan Carrot Salad
Applesauce

Macaroni and Cheese
Carrot Coins
Broccoli

DAY 7

Kale & Swiss Frittata
Soy Sausage

"The Kelly"
(French Toast on Roasted Red Pepper,
Swiss Cheese, Tomato, Pesto Sauce,
Cream Cheese), Brownie, Citrus Salad

Chickpea BBQ
Kaiser Roll
Cole Slaw

DAY 8

Breakfast Pizza
Spiced Apples

Spinach Quesadilla
Black Bean & Mint Salad
Asparagus Spears

WEEK 4

BREAKFAST

LUNCH

DINNER

DAY 1

Fettucini in White Sauce
Whole Grain Roll
Red Pepper Spread
Broccoli

DAY 2

Apple Pancakes
Soy Sausage
Apple Syrup

Mexican Pizza
Pomodoro Rice
V8

Soy Parmesan
Italian Veggie Blend

DAY 3

Granola & Yogurt

Spinach Tomato Melt
Peach Crisp

Soy Creole over Veggies
Brown Rice

DAY 4

Strawberry Banana Muffin
Vanilla Cream Cheese
Peach & Pear Parfait

Soy Patty Melt
Texas Caviar
Citrus Fruit Cup

Tomato Veggie Pie
Cous Cous

DAY 5

Eggs Florentine
Soy Sausage
Orange Sections

Grilled Veggie Burrito
Creamy Corn Polenta

Lentil Loaf
Sweet Potatoes
Green Beans

DAY 6

Cranapple Muffin
Cran-Orange Cream Cheese
Pineapple

Curried Cous Cous
Veggie Cream Cheese
Multigrain Roll

Bean Burritos
Red Rice, Veggies
Salsa

DAY 7

Baked Cinnamon Bar
Spiced Apples

Black Bean Soup
Soft Pretzel

Stuffed Shells with Spinach Sauce
Honey Wheat Roll
Carrots

DAY 8

Whole Wheat Monte Cristo
Raspberry Maple Syrup
Citrus Yogurt Salad

Claire's Quinoa Salad
White Bean Salad
Applesauce



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WEEK 5

BREAKFAST

LUNCH

DINNER

DAY 1

Armenian Stew
Cauliflower Rice
Seasoned Brussels Sprouts

DAY 2

Waffles
Peaches & Apples in Syrup

Black Bean & Feta Cheese Wrap
Wild Rice Salad

Eggplant Parmesan
Italian Veggie Blend

DAY 3

Peachy Keen Muffin
Apple Butter
Greek Yogurt

Moroccan Lentil Salad
Whole Wheat Pita Bread
Yogurt Mint Sauce
Strawberry Yogurt Parfait

Soy Salisbury Steak
Mashed Potatoes, Gravy
Green Beans

DAY 4

Peach Pecan Oatmeal Bar
Tropical Fruit Salad

Vegetables in Curry Sauce
Basmati Rice
Indian Bean Mix

Chugwater Chili
Drop Biscuit

DAY 5

Tropical Fruit Salad
Greek Burrito
Soy Sausage
Fajita Veggies

Tomato Pesto Meltover
Apple Cake

Cauliflower and Pea Paprikash
Egg Noodles

DAY 6

Whole Grain Pancakes
Strawberry Maple Syrup
Soy Sausage

Portobello Meltover
Nutty Wheatberry Salad

Tuscan Vegetable Stack
Sundried Tomato Rice

DAY 7

Egg and Broccoli Pie
Applesauce

Vegetable Quesadilla
Brazilian Rice
Salsa

Channa Masala
(ChickPeas)
Basmati Rice
Minted Carrots

DAY 8

Whole Grain French Toast
Mango Cranberry Syrup

Ciabatta Bake
Quinoa Salad
Strawberry Banana Yogurt Parfait



Vegetarian Substitution Menu

BREAKFAST

Apple Pancakes, Light Syrup, Soy Sausage
Blueberry Pancakes, Maple Syrup, Soy Sausage
Cinnamon Raisin Bagel, Golden Raisin Cream Cheese, Greek Yogurt
Cinnamon Walnut Cereal, Plain Greek Yogurt
Egg & Cheese Breakfast Sandwich, Tropical Fruit Cup
Power Protein Box: Egg Salad, Cheese Wedge, Plain Greek Yogurt with Almonds
Sunny Breakfast Box: Plain Greek Yogurt, Snack Mix, Orange Segments
Vegetarian Whole Wheat Monte Cristo, Raspberry Maple Syrup, Sweet Plantains
Veggie & Cheese Omelet with Fire-Roasted Tomatoes
Waffles with Peaches & Apples in Syrup
Whole Wheat Bagel with Peanut Butter, Mango & Raspberry Fruit Cup

LUNCH

Grilled Cheese Sandwich, Tomato Basil Soup, Brownie

Peanut Butter and Pita, Cheddar Cheese, Carrots

Southwestern Sandwich (Black Bean Burger), Multigrain Roll, Salsa, Green Veggie Slaw

Tomato Pesto Meltover, Spiced Apples

Tuna Salad, Mediterranean Veggies, Provolone Cheese

DINNER

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

Eggplant Parmesan, Italian Veggie Blend

Johnny's Veggie Pizza, Broccoli

Stuffed Shells with Tomato Sauce, Sauteed Veggie Slaw

Whitefish Parmesan, Baby Carrots & Peas

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