

Diet-to-Go
MAIL ORDER LOW-FAT VEGETARIAN MENU

WEEK 1			
	BREAKFAST	LUNCH	DINNER
DAY 1			Texas Tofu Chili Lentil Corn Muffin Sour Cream
DAY 2	Egg Quesadilla Potato Cake Citrus Cup	Zucchini & Potato Cakes Remoulade V8	Shaw's Shepherds Pie Asparagus Melange
DAY 3	Fruit & Granola Parfait Oatmeal Blueberry Bar	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	Penne Pasta Meatless Soy Tomato Sauce Carrot Coins, Zucchini
DAY 6	Blueberry Pancakes Maple Syrup Soy Sausage	Claire's Quinoa Salad Black Bean Salad Orange Sections	Johnny's Veggie Pizza Broccoli
DAY 7	Fruit Ambrosia 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 Brussel 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, Red Peppers	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 Chocolate Mousse
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 German 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 Brussel Sprouts
DAY 2	Waffles Peaches & Apples in Syrup	Black Bean & Feta Cheese Wrap Wild Rice Salad	Eggplant Parmesan German 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	

SUBSTITUTION MENU

BREAKFAST

Apple Pancakes, Soy Sausage, Apple Syrup
Blueberry Pancakes, Maple Syrup, Soy Sausage
Cinnamon Raisin Bagel, Cream Cheese, Applesauce
Waffles, Light Syrup
Whole Wheat Bagel, Cream Cheese, Applesauce

LUNCH

Black Bean Soup, Soft Pretzel
Grilled Cheese Sandwich, Applesauce
Grilled Veggie Sandwich, Multigrain Roll, Cauliflower Tabouli
Southwestern Sandwich (Black Bean Burger), Multigrain Roll, Salsa, Applesauce
Tomato Meltover, Applesauce

DINNER

Chugwater Chili, Low-Fat Chocolate Pudding, Roll, Cream Cheese Cup
Eggplant Parmesan, Green Beans
Johnny's Veggie Pizza, Broccoli
Stuffed Shells with Tomato Sauce, Baby Carrots

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