



Diet-to-Go
MAIL ORDER LOW-CARB MENU

WEEK 1			
	BREAKFAST	LUNCH	DINNER
DAY 1			Cod Loin Lemon Herb Sauce Artichoke Barigoule Zucchini Squash Blend
DAY 2	Feta Frittata Turkey Sausage Asparagus	Tilapia Vera Cruz Cauliflower Mash Green Bean Mix	Chipotle Flat Iron Steak Caramelized Onions Creamed Spinach Asparagus
DAY 3	Florentine Casserole Turkey Bacon	Charmoula Pork Loin Spinach, Fajita-Style Broccoli	Grilled Chicken Cauliflower Mash Stewed Tomatoes
DAY 4	Andouille, Shrimp and Egg Hash Chicken Sausage	Portobello Lasagna Mediterranean Veggie Mix	Italian Meatballs Pomodoro Sauce Seasoned Artichoke Hearts
DAY 5	Steak & Eggs Mushroom Cream Sauce Asparagus	Chicken Souffle Dilled Green Beans	Pork Chop Pomodoro Asparagus & Peppers Italian Green Beans
DAY 6	Cheese Omelet Spinach, Salsa Bacon	Fiesta Burger Seasoned Green Beans Guacamole	Roasted Half of Chicken Cauliflower Puree
DAY 7	Scrambled Eggs Canadian Bacon Spinach, Cauliflower	Chicken Fontina Red Peppers & Onions Broccoli Florets with Almonds	Creole Catfish Lemon Herb Sauce Greens, Artichoke Mix Broccoli Florets
DAY 8	Ratatouille Omelet Asparagus Spears	Baked Chicken with Goat Cheese Artichoke Medley Cauliflower	
WEEK 2			
	BREAKFAST	LUNCH	DINNER
DAY 1			Chicken Marsala Green Beans & Peppers Broccoli Florets Fajita Veggies
DAY 2	Western Omelet Fajita Veggies Sausage Links	Old Fashioned Pot Roast Mushroom Sauce Collard Greens Green Beans	Prime Rib Red Wine Sauce Kale, Cauliflower
DAY 3	Vegetable Quiche Sausage Patty Spinach	Chicken Parmesan Ratatouille Broccoli Florets	Chicken Italiano Italian Meatballs Fajita Veggies Asparagus Parmesan
DAY 4	Pork Chop Breakfast Egg Patty Cheddar Cheese Green Beans	Hamburger Pizza Seasoned Squash	Baked Salmon Creamy Dill Sauce Spinach, Green Beans Tomatoes
DAY 5	Greek Mushroom	Meatloaf with Tomato Sauce Creamed Spinach Brussel Sprouts	Herbed Catfish Collard Green Mix, Artichoke Medley Broccoli Florets
DAY 6	Cheese Omelet Spinach, Salsa Bacon	Beef Casserole Asparagus & Red Peppers	Chicken Tenders Red Pepper Sauce Veggie Mix, Brussel Sprouts
DAY 7	Scrambled Eggs Rancheros Chicken Sausage	Roasted Pork Loin Morel Sauce, Spinach Green Beans & Red Peppers	Chicken Roma Cauliflower Italian Green Beans
DAY 8	Spinach Quiche Sausage Link Green Beans Red Peppers	Chicken and Bacon Cheddar Melt Mustard Greens Broccoli & Cajun Cream Sauce	



Diet-to-Go
MAIL ORDER LOW-CARB MENU

WEEK 3			
	BREAKFAST	LUNCH	DINNER
DAY 1			Cioppino Seafood Medley Italian Green Beans Cauliflower
DAY 2	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
DAY 3	Vegetable Quiche Sausage Patty Spinach	Spicy Salmon Spinach Salad, Bacon Round Marinated Vegetable Blend	Lemon Herb Chicken Cheesy Broccoli Green Beans
DAY 4	Pork Chop Breakfast Egg Patty Cheddar Cheese Green Beans	Beef Short Ribs Mushroom Sauce Kale, Red Peppers Broccoli	Grilled Chicken Breast Curried Vegetables Asparagus & Red Peppers
DAY 5	Tomato-Mushroom Omelet Sausage Patty Mustard Greens	Chicken Alfredo Creamy Veggie Mix Broccoli Florets	Chicken Breast with Bacon Red Pepper Sauce, Collard Greens Asparagus and Peppers Brussel Sprouts
DAY 6	Cheese Omelet Spinach, Salsa Bacon	Chicken Pesto Cheddar Melt Broccoli Florets, Cauliflower Mustard Greens	Crab-Stuffed Flounder Cauliflower, Creamed Spinach Green Beans
DAY 7	Kale & Swiss Frittata Chicken Sausage	Hamburger with Swiss Cheese Creamed Spinach Green Beans	Chicken Fontina Red Peppers & Onions Broccoli Florets with Almonds
DAY 8	Spinach Quiche Sausage Link Green Beans Red Peppers	Turkey Steak Lemon Herb Sauce Kale Mix, Zucchini Vegetable Blend Italian Green Beans	
WEEK 4			
	BREAKFAST	LUNCH	DINNER
DAY 1			Chicken Alfredo Creamy Veggie Mix Broccoli Florets
DAY 2	Western Omelet Fajita Veggies Sausage Links	Pork Chop Pomodoro Green Beans, Fajita Veggies Parmesan Cheese	Whitefish Parmesan Pesto Cauliflower
DAY 3	Eggs Florentine Chicken Sausage	Cioppino Seafood Medley Cheesy Broccoli with Bacon	Chicken Marsala Green Beans, Fajita Veggies Broccoli Florets
DAY 4	Pork Chop Breakfast Egg Patty Cheddar Cheese Green Beans	Baked Chicken with Goat Cheese Artichoke Mix Broccoli Florets	Prime Rib Red Wine Sauce Kale, Broccoli Florets
DAY 5	Tomato-Mushroom Omelet Sausage Patty Mustard Greens	Beef Short Ribs Mushroom Sauce Asparagus & Peppers	Chicken Meatloaf Chipotle Ketchup Creamed Spinach Green Beans with Almonds
DAY 6	Cheese Omelet Spinach, Salsa Bacon	Chicken Roma Collard Greens Mix Cauliflower	Chicken Fajitas Fajita Veggies Broccoli Puree, Brussel Sprouts
DAY 7	Mediterranean Egg Casserole Chicken Sausage	Baked Cajun Salmon Cream Sauce Asparagus & Broccoli	Roasted Half of Chicken Cauliflower Puree
DAY 8	Spinach Quiche Sausage Link Green Beans Red Peppers	Veal Parmesan Italian Green Bean Blend	

Diet-to-Go
MAIL ORDER LOW-CARB MENU

WEEK 5			
	BREAKFAST	LUNCH	DINNER
DAY 1			Cumin Salmon Mustard Greens Zucchini Veggie Medley
DAY 2	Western Omelet Fajita Veggies Sausage Links	Andouille Sausage Fajita Veggies, Mozzarella Cheese Zucchini & Squash Mix	Chicken Parmesan over Ratatouille Broccoli Florets
DAY 3	Vegetable Quiche Sausage Patty Spinach	Boston Cod Lemon Herb Sauce, Greens Red Pepper & Mushroom Blend Green Beans	Turkey Steak Creamed Spinach Brussel Sprouts Red Pepper Sauce
DAY 4	Salmon & Leek Frittata Brussels Sprouts	Baked Turkey Cutlet Curry Sauce, Onions & Peppers Cauliflower	Hamburger Alfredo Pizza Asparagus Spears, Fajita Veggies Cauliflower
DAY 5	Tomato-Mushroom Omelet Sausage Patty Mustard Greens	Lemon Herb Chicken Cheesy Broccoli with Bacon Green Beans	Wasabi Catfish Oriental Pea Puree Stir Fry Veggies
DAY 6	Three Cheese Quiche Sausage Links Peppers & Onions	Pascale' Creole Shrimp Stew String Cheese	Veal Sorrento with Ham Seasoned Yellow Squash & Broccoli
DAY 7	Scrambled Eggs Benedict Canadian Bacon Roasted Red Pepper Sauce Asparagus	Chimichurra Salmon Marinated Asparagus	Beef Short Ribs Bordelaise Sauce Celery Puree Green Bean Blend
DAY 8	Spicy Ham and Egg Sofrito	Parmesan Chicken Wings Blue Cheese Dressing Artichoke Salad	

LOW CARB SUBSTITUTION MENU

BREAKFAST

- Power Protein Box: Egg Salad, Cheese Wedge, Plain Greek Yogurt with Almonds
- Scrambled Eggs with Turkey Sausage
- Veggie & Cheese Omelet with Fire-Roasted Tomatoes

LUNCH

- Indian Turkey over Creamed Spinach & Cauliflower, Broccoli
- Basil Parmesan Chicken, Broccoli, Cauliflower, Spinach
- Tuna Salad, Mediterranean Veggies, Provolone Cheese

DINNER

- Blackened Salmon on Spinach Cauliflower Puree, Brussels Sprouts, Lemon Wedge
- Teriyaki Flat Iron Steak, Wasabi Cauliflower Mash, Broccoli with Fajita Veggies
- Tuscan Chicken, Creamed Spinach with Red Peppers, Green Beans