

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

WEEK 1			
	BREAKFAST	LUNCH	DINNER
ARRIVAL DAY			Harissa Salmon Mandarin Orange Almond Cous Cous Veggie Blend
DAY 1	Egg Quesadilla Potato Cake Citrus Cup	Roasted Tomato & Basil Soup Corn & Spinach Salad	Parmesan-Spinach Stuffed Chicken Italian Veggie Blend Almonds
DAY 2	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 3	Mango Cranberry Muffin Orange Marmalade Greek Yogurt	Curry Chicken Salad Sandwich Orange Segments	Italian Meatballs on Fettucini Pomodoro Sauce Veggie Blend
DAY 4	Noodle Kugel (Sweet Casserole) Applesauce	Chicken Alfredo Melt Roasted Veggie Salad	Penne Pasta Turkey Meat Sauce Carrot Coins, Sugar Snap Peas
DAY 5	Blueberry Pancakes Turkey Sausage Blueberry Syrup Fajita Veggies	Tuna Meltovers Citrus Fruit Cup	Chicken Pizza Broccoli Peanut & Cranberry Snack Mix
DAY 6	Fruit Ambrosia Cherry Almond Oatmeal Bar	Turkey Ham Salad Pretzel Roll Lentil Chili	Turkey Chili Cornbread Muffin
DAY 7	Ratatouille Omelet Asparagus Spears	Szechuan Turkey Burger on Rice Pilaf Cauliflower	
WEEK 2			
	BREAKFAST	LUNCH	DINNER
ARRIVAL DAY			Baked Atlantic Salmon with Pineapple Salsa Turnip & Parsnip Veggie Ginger Carrots
DAY 1	Omelet Pomodoro Sicilian Asparagus Cuts and Tips	Mirkin Burger (Veggie Burger) Kaiser Roll, Salsa Fruit Salad	Italian Chicken Cous Cous Pilaf Green Beans Focaccia Roll
DAY 2	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 3	Chocolate Zucchini Bread Orange Sections	Blue Crab Ravioli Soup Vanilla Fruit Gelatin	Mexican Style Burrito Spanish Rice, Refried Beans Fajita Veggies, Salsa
DAY 4	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 5	Oat & Raisin Scone Apple Butter Greek Yogurt	Salmon Burger with Mango Salsa Cracked Wheat Pilaf Broccoli & Cauliflower	Vegetable Ravioli Red Pepper Sauce Ratatouille, Broccoli Chocolate Mousse
DAY 6	Scrambled Eggs Rancheros Whole Wheat Tortilla Chicken Chorizo Sausage	Mediterranean Tapas Red Pepper Hummus Baba Ganouj, Tabouleh Whole Wheat Pita Bread	Porcini Mushroom Chicken Wild Rice Pilaf Italian Veggie Blend
DAY 7	Tomato Mushroom Omelet Creamed Spinach Italian Roasted Potatoes	Greek Pasta Salad with Tuna	

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WEEK 3			
	BREAKFAST	LUNCH	DINNER
ARRIVAL DAY			Orange Roughy Fish Lemon Herb Sauce Israeli Cous Cous
DAY 1	Whole Wheat Bagel Date & Raisin Cream Cheese Orange Mango Salad	Shrimp Mango Bisque Jicama & Orange Salad Seasoned Pita	Turkey Tamale Pie Baked Potato Sour Cream & Chives Corn on the Cob
DAY 2	Fajita Omelet Mozzarella Cheese Orange Segments	Chicken Vegetable Stew with Peanuts Broccoli	Baked Spaghetti Pie Cauliflower
DAY 3	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 4	Raisin Bran Muffin Strawberry Preserves Greek Yogurt	Chicken Philly Sub Multigrain Sub Roll Provolone Cheese, Veggie Slaw	Turkey Picadillo Brown Rice Pilaf Apricot Glazed Asparagus
DAY 5	Cornbread Muffin Cranberry Cream Cheese Greek Yogurt	Chicken Pesto Salad Whole Wheat Roll	Macaroni and Cheese Carrot Coins, Broccoli
DAY 6	Kale & Swiss Frittata Chicken Sausage	Grilled Cheese Lentil Chili Brownie	Thai Turkey Tenderloin Stir Fry Rice Green Bean Medley
DAY 7	Breakfast Pizza Spiced Apples	Turkey Burger Pretzel Roll, Ketchup Orange & Craisin Salad	

WEEK 4			
	BREAKFAST	LUNCH	DINNER
ARRIVAL DAY			Shrimp Fettucini Honey Wheat Roll Broccoli
DAY 1	Apple Pancakes Turkey Sausage, Apple Syrup Asparagus Cuts & Tips	Shrimp and Pasta Salad Cocktail Sauce Honey Wheat Roll	Whitefish Parmesan Ginger Orange Carrots
DAY 2	Granola & Yogurt	Tuna Meltovers Peach Crisp	Chicken Creole Brown Rice
DAY 3	Strawberry Banana Muffin Vanilla Cream Cheese Peach & Pear Parfait	Stewed Veggies with Chicken Brown Rice	Tomato Veggie Pie Cous Cous
DAY 4	Eggs Florentine Chicken Sausage Orange Sections	Thai Chicken and Mushroom Soup Coconut Mango Rice Sweet Plantains	Turkey Meatloaf Sweet Potatoes Green beans
DAY 5	Cranapple Muffin Cran-Orange Cream Cheese Pineapple	Waldorf Chicken Sandwich Snack Mix V8	Chicken Fajita Refried Beans, Carrots Salsa, Sour Cream
DAY 6	Baked Cinnamon Bar Spiced Apples	Black Bean Soup Soft Pretzel String Cheese	Stir Fry Chicken Oriental Veggies Brown Rice
DAY 7	Whole Wheat Monte Cristo Raspberry Maple Syrup Citrus Yogurt Salad	Captain Stewart's Seafood Sandwich Pretzel Roll, Tartar Sauce Mandarin Oranges	

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WEEK 5

	BREAKFAST	LUNCH	DINNER
ARRIVAL DAY			Herbed Baked Atlantic Salmon Brown Rice & Veggies Carrot & Jicama Medley
DAY 1	Waffles with Peaches & Apples in Syrup	Rueben Sandwich Russian Dressing Mushroom & Artichoke Salad Citrus Fruit Cup	Chicken Parmesan Broccoli Florets
DAY 2	Peachy Keen Muffin Apple Butter Greek Yogurt	Aztec Quinoa Salad	Turkey Salisbury Steak Mashed Potatoes, Gravy Green Beans
DAY 3	Peach Pecan Oatmeal Bar Tropical Fruit Salad	Chicken Florentine Burger Apple Jello	Chugwater Chili Drop Biscuit
DAY 4	Greek Burrito Chicken Sausage Fajita Veggies	Tomato Pesto Meltover Apple Cake	Curried Shrimp Basmati Rice Minted Carrots
DAY 5	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 6	Egg and Broccoli Pie Applesauce	Michigan Turkey Sandwich Strawberry Banana Yogurt Parfait Yogurt Drink	Blackened Turkey Loin Carrot Chipotle Puree Italian Veggie Blend Asparagus Risotto
DAY 7	Whole Grain French Toast Mango Cranberry Syrup	Turkey Swiss Sandwich Relish, Cauliflower Tabouli	

SUBSTITUTION MENU

BREAKFAST

Apple Pancakes, Turkey Sausage, Apple Syrup, Asparagus Cuts & Tips
Blueberry Pancakes, Maple Syrup, Turkey Sausage
Cinnamon Raisin Bagel, Cream Cheese, Applesauce
Waffles, Light Syrup
Whole Wheat Bagel, Cream Cheese, Applesauce

LUNCH

Black Bean Soup, Soft Pretzel
Chicken Burger, BBQ sauce, Peach & Pear Parfait
Deluxe Turkey Sandwich, Multigrain Roll, Golden Sauce, Applesauce
Grilled Cheese Sandwich, Applesauce
Grilled Turkey Ham and Cheese Sandwich, Applesauce
Grilled Veggie Sandwich, Multigrain Roll, Cauliflower Tabouli
Smoked Chicken Sandwich, Whole Wheat Bread, BBQ Sauce, Orange Sections
Southwestern Sandwich (Black Bean Burger), Multigrain Roll, Salsa, Applesauce
Tomato Meltover, Applesauce
Turkey Pastrami on Rye Bread, Deli Mustard, Citrus Fruit Cup

DINNER

Asian Flat Iron Steak, Wasabi Mashed Potatoes, Sugar Snap Pea Vegetable Blend
Chicken Parmesan, Carrots, Roll
Chugwater Chili, Low-Fat Chocolate Pudding, Roll, Cream Cheese Cup
Cioppino Seafood Medley, Roll, Cream Cheese Cup, Chocolate Pudding
Eggplant Parmesan, Green Beans
Indian Turkey Tenderloin, Red Pepper Yogurt Sauce, Potato Medley, Veggie Blend
Johnny's Veggie Pizza, Broccoli
Sliced Turkey Dinner, Mashed Potatoes, Gravy, Green Beans
Stuffed Shells with Tomato Sauce, Baby Carrots
Turkey Salisbury Steak, Mashed Potatoes, Gravy, Green Beans
Turkey BBQ Melts, Peach Salsa, Coleslaw
Whitefish Parmesan, Whole Grain Roll, Baby Carrots