

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

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

WEEK 2			
	BREAKFAST	LUNCH	DINNER
			Black Bean Chili Jalapeño Cornbread Sour Cream
<b>DAY 1</b>	Omelet Pomodoro Sicilian Asparagus Cuts & Tips	Mirkin Burger (Veggie Burger) Kaiser Roll, Salsa Fruit Salad	Mushroom Ravioli with Ratatouille Sauce Brussel Sprouts Parmesan Cheese
	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
<b>DAY 3</b>	Chocolate Zucchini Bread Orange Cranberry Cream Cheese Orange Sections	Greek Pasta Salad Asparagus Spears, Red Peppers Apple Juice	Mexican Style Burrito Spanish Rice, Refried Beans Fajita Veggies, Salsa
<b>DAY 4</b>	Greek Mushroom Applesauce	Spinach-Red Pepper Meltover Mushroom & Artichoke Salad Cranberry Juice	Tomato Veggie Pie Zucchini & Yellow Pepper Medley
<b>DAY 5</b>	Oat & Raisin Scone Apple Butter Greek Yogurt	Tuscan Bean Salad Parmesan Cheese Garlic Bread Stick	Vegetable Ravioli Red Pepper Sauce Ratatouille, Broccoli Chocolate Mousse
<b>DAY 6</b>	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
<b>DAY 7</b>	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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<b>WEEK 3</b>			
	<b>BREAKFAST</b>	<b>LUNCH</b>	<b>DINNER</b>
<b>ARRIVAL DAY</b>			Stuffed Shells with Roasted Red Pepper Sauce Baby Carrots
<b>DAY 1</b>	Whole Wheat Bagel Date & Raisin Cream Cheese Orange Mango Salad	Black Bean & Feta Cheese Wrap Wild Rice Salad Sour Cream	Veggie Tamale Pie Corn on the Cob
<b>DAY 2</b>	Fajita Omelet Mozzarella Cheese Orange Segments	Mediterranean Melt Bean Salad Peach & Pear Parfait	Baked Spaghetti Pie Cauliflower
<b>DAY 3</b>	Mushroom Strata Soy Sausage Tropical Fruit Salad	Moroccan Lentil Salad Whole Wheat Pita Bread Yogurt Mint Sauce, Applesauce	Eggplant Parmesan German Veggie Blend
<b>DAY 4</b>	Raisin Bran Muffin Strawberry Preserves Greek Yogurt	Vegetables in Curry Sauce Basmati Rice Indian Bean Mix	Soy Stir Fry Brown Rice Soy Chicken Nuggets
<b>DAY 5</b>	Cornbread Muffin Cranberry Cream Cheese Greek Yogurt	Cold Bean & Pasta Salad Moroccan Carrot Salad Applesauce	Macaroni and Cheese Carrot Coins Broccoli
<b>DAY 6</b>	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
<b>DAY 7</b>	Breakfast Pizza Spiced Apples	Spinach Quesadilla Black Bean & Mint Salad Asparagus Spears	

<b>WEEK 4</b>			
	<b>BREAKFAST</b>	<b>LUNCH</b>	<b>DINNER</b>
<b>ARRIVAL DAY</b>			Fettucini in White Sauce Whole Grain Roll Red Pepper Spread Broccoli
<b>DAY 1</b>	Apple Pancakes Soy Sausage Apple Syrup	Mexican Pizza Pomodoro Rice V8	Soy Parmesan Italian Veggie Blend
<b>DAY 2</b>	Granola & Yogurt	Spinach Tomato Melt Peach Crisp	Soy Creole over Veggies Brown Rice
<b>DAY 3</b>	Strawberry Banana Muffin Vanilla Cream Cheese Peach & Pear Parfait	Patty Melt Texas Caviar Citrus Fruit Cup	Tomato Veggie Pie Cous Cous
<b>DAY 4</b>	Eggs Florentine Soy Sausage Orange Sections	Grilled Veggie Burrito Creamy Corn Polenta	Lentil Loaf Sweet Potatoes Green Beans
<b>DAY 5</b>	Cranapple Muffin Cran-Orange Cream Cheese Pineapple	Curried Cous Cous Flat Bread, String Cheese Orange Juice	Bean Burritos Red Rice, Veggies Salsa
<b>DAY 6</b>	Baked Cinnamon Bar Spiced Apples	Black Bean Soup Soft Pretzel Mandarin Pudding	Stuffed Shells with Spinach Sauce Honey Wheat Roll Carrots
<b>DAY 7</b>	Whole Wheat Monte Cristo Raspberry Maple Syrup Citrus Yogurt Salad	Claire's Quinoa Salad White Bean Salad Applesauce	



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**WEEK 5**

	<b>BREAKFAST</b>	<b>LUNCH</b>	<b>DINNER</b>
<b>ARRIVAL DAY</b>			Armenian Stew Cauliflower Rice Seasoned Brussel Sprouts
<b>DAY 1</b>	Waffles Peaches & Apples in Syrup	Black Bean & Feta Cheese Wrap Wild Rice Salad Cranberry Juice	Eggplant Parmesan German Veggie Blend
<b>DAY 2</b>	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
<b>DAY 3</b>	Peach Pecan Oatmeal Bar Tropical Fruit Salad	Vegetables in Curry Sauce Basmati Rice Indian Bean Mix	Chugwater Chili Drop Biscuit
<b>DAY 4</b>	Tropical Fruit Salad Greek Burrito Soy Sausage Fajita Veggies	Tomato Pesto Meltover Apple Cake	Cauliflower and Pea Paprikash Egg Noodles
<b>DAY 5</b>	Whole Grain Pancakes Strawberry Maple Syrup Soy Sausage	Portobello Meltover Nutty Wheatberry Salad V8 Fusion	Tuscan Vegetable Stack Sundried Tomato Rice
<b>DAY 6</b>	Egg and Broccoli Pie Applesauce	Vegetable Quesadilla Brazilian Rice Salsa	Channa Masala (ChickPeas) Basmati Rice Minted Carrots
<b>DAY 7</b>	Whole Grain French Toast Mango Cranberry Syrup	Ciabatta Bake Quinoa Salad Strawberry Banana Yogurt Parfait	

**SUBSTITUTION MENU**

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**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