



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

WEEK 1			
	BREAKFAST	LUNCH	DINNER
ARRIVAL DAY			Texas Tofu Chili Lentil Corn Muffin Sour Cream
DAY 1	Egg Quesadilla Potato Cake Citrus Cup	Zucchini & Potato Cakes Remoulade V8	Shaw's Shepherds Pie Asparagus Melange'
DAY 2	Fruit and Granola Parfait Muffin	Portobello Lasagna	Stuffed Cabbage Rolls w/ Tomato Puree
DAY 3	Mango-Cranberry Muffin Orange Marmalade Yogurt Smoothie	Marinara Veggie Burger Veggie Chips w/ Spinach Dip	Ravioli Provencale' Cardinal Sauce Vegetable Mix
DAY 4	Noodle Kugel Applesauce Cranberry Juice	Savory White Bean Burrito Mexicali Rice Mixed Veggies	Penne Pasta with Tomato Sauce Carrot Coins Zucchini
DAY 5	Blueberry Pancakes Maple Syrup Soy Sausage Patty	Claire's Quinoa Salad Black Bean Salad Orange	Johnny's Veggie Pizza Broccoli Florets
DAY 6	Fruit Ambrosia Granola Bar	Spanish Stuffed Peppers Green Pepper, Rice, Parmesan & Sauce Mediterranean Veggie Blend Black Beans	Asian Soy over Sesame Rice Soy Nuggets with Sesame Rice Blend Sugar Snap Peas
DAY 7	Ratatouille Omelet Asparagus Spears	Mushroom Ravioli with Tomato-Onion Sauce German Veggie Blend	
WEEK 2			
	BREAKFAST	LUNCH	DINNER
			Black Bean Chili Sour Cream Jalapeno Corn Bread Herb Dip
DAY 1	Omelet Pomodoro Sicilian Asparagus Cuts & Tips	Mirkin Burger Kaiser Roll, American Cheese, BBQ Sauce Melon Mix	Mushroom Ravioli with a Ratatouille Mix Parmesan Cheese Seasoned Brussel Sprouts
	Plain Bagel Cream Cheese Orange Juice	Southwestern Sandwich Black Bean Burger on a Multi-Grain Roll with Sliced Tomato, Salsa Cup Apple	Tuscan Soy Nuggets over an Italian Veggie Cous Cous Asparagus Parmesan
DAY 3	Blueberry Muffin Raspberry Preserves Organic Yogurt Orange Juice	Greek Pasta Salad Bowtie Pasta w/ Feta, Cucumber, Black Olives, Red Onion, Asparagus & Diced Red Peppers Apple Juice	Mexican Style Burrito Spanish Rice Side of Refried Beans Fajita Veggies Salsa Cup
DAY 4	Greek Stuffed Mushroom V8	Spinach-Red Pepper Meltover Mushroom & Artichoke Salad Cranberry Juice	Tomato Veggie Pie Zucchini & Yellow Pepper Medley
DAY 5	Oat & Raisin Scone Orange Marmalade Orange Juice	Tuscan Bean Salad with Parmesan Cheese Garlic Bread Stick	Vegetable Ravioli with a Ratatouille Mix & Red Pepper Sauce Chocolate Mousse
DAY 6	Scrambled Eggs Rancheros	Hummus Pocket Bread Citrus Fruit Cup	White Bean & Veggie Casserole Wild Rice Pilaf
DAY 7	Tomato Mushroom Omelet Brussel Sprout Medley	"The Jamie" Tomato, Swiss, Pesto, & Blue Cheese on French Toast Black Bean Soup Apple Juice	



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WEEK 3			
	BREAKFAST	LUNCH	DINNER
ARRIVAL DAY			Stuffed Shells with Roasted Red Pepper Sauce Baby Carrots
DAY 1	Plain Bagel Cream Cheese Apple Juice	Black Bean & Feta Cheese Wrap Wild Rice Salad Orange Juice	Veggie Tamale Pie Corn on the Cob
DAY 2	Fajita Omelet Seasoned Artichokes	Mediterranean Melt Bean Salad Pear	Vegetarian Spaghetti Pie Spaghetti with Sauce & Mozzarella Cheese Cauliflower Florets
DAY 3	Mushroom Strata	Moroccan Lentil Salad Whole Wheat Pita Bread Yogurt Mint Sauce Apple	Eggplant Parmesan German Veggie Blend
DAY 4	Raisin Bran Muffin Strawberry Preserves Organic Yogurt	Vegetables Smothered in Curry Sauce Basmati Rice Indian Bean Mix	Soy Stir Fry Soy Nuggets with Stir Fry Veggies and Brown Rice
DAY 5	Corn Bread Muffin Orange Marmalade Cream Cheese Orange Juice	Cold Bean & Pasta Salad Moroccan Carrot Salad Apple	Macaroni & Cheese Carrot Coins Broccoli Florets
DAY 6	Asparagus & Swiss Frittata	"The Kelly" - Tomato, Swiss, Pesto, Red Pepper & Cream Cheese on French Toast Apple Juice Brownie	Chickpea BBQ on a Kaiser Roll Cole Slaw
DAY 7	Breakfast Pizza Apple Juice	Spinach Quesadilla Black Bean & Mint Salad Asparagus Spears	
WEEK 4			
	BREAKFAST	LUNCH	DINNER
ARRIVAL DAY			Fettucini in White Sauce Broccoli Florets Whole Grain Roll with Red Pepper Spread
DAY 1	Apple Pancakes Maple Syrup Soy Sausage Patty	Mexican Pizza with Salsa Pomodoro Rice V8 Juice	Soy Parmesan Soy Patty, Pasta, Tomato Sauce & Cheeses Italian Veggie Blend
DAY 2	Granola Organic Yogurt Apple Juice	Spinach Tomato Melt Peach Crisp	Soy Creole over Veggies Soy Nuggets & Creole Veggies Brown Rice
DAY 3	Strawberry Banana Muffin Vanilla Cream Cheese Apple	Patty Melt - Soy Patty, Tomato Sauce & Mozzarella on a Multi-Grain Roll Texas Caviar Everything Flat Bread Citrus Fruit Cup	Tomato Veggie Pie Cous Cous Angel Food Cake
DAY 4	Eggs Florentine Soy Sausage Asparagus Spears	Grilled Veggie Burrito Peppers, Onion, Garlic, Eggplant, Mushroom, Sauce & Mozzarella Creamy Corn Polenta	Lentil Loaf Sweet Potatoes Whole Green Beans
DAY 5	Cranapple Muffin CranOrange Cream Cheese Orange	Curried Cous Cous Creamed Spinach Everything Flat Bread String Cheese Orange Juice	Bean Burritos Red Rice California Veggie Blend Salsa Cup
DAY 6	Homemade Cinnamon Power Bar Orange Juice	Black Bean Soup Soft Pretzel Mandarin Pudding	Stuffed Shells with Spinach Sauce Baby Carrots Honey Wheat Roll
DAY 7	Whole Wheat Monte Cristo Raspberry Maple Syrup Citrus Yogurt Salad	Claire's Quinoa Salad Bean Salad Apple	



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WEEK 5			
	BREAKFAST	LUNCH	DINNER
ARRIVAL DAY			Armenian Stew Cauliflower Rice Seasoned Brussel Sprouts
DAY 1	Waffles Peaches & Apples in Syrup	Black Bean & Feta Cheese Wrap Wild Rice Salad Orange Juice	Eggplant Parmesan German Veggie Blend
DAY 2	Peachy Keen Muffin Apple Butter Cranberry Juice	Moroccan Lentil Salad Whole Wheat Pita Bread Yogurt Mint Sauce Apple	Soy Salisbury Steak with Gravy Mashed Potatoes Whole Green Beans
DAY 3	Cranberry Oat Scone Orange Marmalade Orange Juice	Vegetables Smothered in Curry Sauce Basmati Rice White Bean & Veggie Mix	Chugwater Chili Sour Cream Shredded Mozzarella Biscuit
DAY 4	Greek Style Burrito Soy Sausage Fajita Veggies	Tomato Pesto Meltover Apple Cake	Cauliflower & Pea Paprikash over Egg Noodles
DAY 5	Whole Grain Pancakes Strawberry Maple Syrup Soy Sausage	Portobello Meltover Nutty Wheatberry Salad Yogurt Smoothie	Tuscan Vegetable Stack Sundried Tomato Rice
DAY 6	Egg and Broccoli Pie Apple Juice	Vegetable Quesadilla Brazilian Rice Salsa	Channa Masala Basmati Rice Minted Carrots
DAY 7	Whole Grain French Toast Mango Cranberry Syrup Orange Juice	Ciabatta Bake Quinoa Salad Apple	