



WEEK 1

Breakfast

Egg White Frittatas

Egg White Frittatas served with organic sausage and blueberries

Chicken Sausage/Honeydew

Organic Chicken Sausage slices served with a side of fresh honeydew slices

Cottage Cheese/Cracker/Strawberries

Organic cottage cheese on whole grain Kalvi cracker served with a side of fresh strawberry slices

Eggs/Cantaloupe/Canadian Bacon

Organic Canadian Bacon served with a hardboiled egg and side of fresh cantaloupe

Lunch

Ginger Shrimp Lettuce Wraps

Shrimp Lettuce Wraps with sprouts, cucumber, and tomato served with healthy ginger dressing for dipping

Ham Rollups

Fresh cucumber with shredded parmesan cheese, romaine lettuce, carrots and bean sprouts wrapped in ham slices
Served with a side of mustard dressing for dipping

Steak Salad

Diced tender steak served on a bed of organic mixed greens, tomatoes, cucumbers, bell peppers and onions.
Served with a side of healthy Teriyaki dressing

Greek Salad with Chicken

Organic mixed greens topped with tomatoes, cucumbers, onions, kalamata olives, and grilled chicken breast
Served with a side of healthy lemon dressing

Dinner

Crab Cakes and Arugula Salad

Crab Cakes served with a side of rosemary tomato slices and arugula salad

Turkey Burger with Sweet Potato Wedges

Handmade turkey burger with savory seasonings served with a side of sweet potato wedges and healthy ketchup

Cruciferous Chicken

Grilled herbed chicken breast served with a side of steamed broccoli and cauliflower

Salmon & Asparagus Stalks

Mustard glazed fresh salmon filet with a side of grilled asparagus stalks and tomatoes



WEEK 2

Breakfast

Crustless Veggie Quiche/Strawberries

Baked vegetable quiche with fresh onions, mushrooms and cheese served with a side of fresh strawberries

Turkey Bacon/Egg/Seasonal Fruit

Turkey Bacon slices served with a hardboiled egg and side of seasonal fruit

Greek Yogurt/Blueberries/Sausage Patties

Greek Yogurt and Blueberries with pork sausage patties

Cantaloupe/Walnuts/Cheese

Sliced Grapefruit served with raw walnuts and organic string cheese

Lunch

Mediterranean Chicken Sampler

Satay Chicken and Greek yogurt sauce for dipping served with a side of sliced cucumbers, bell peppers, carrots and hummus.

Cobb Salad

*Romaine lettuce, cubed turkey, ham and egg topped with shredded carrots, cucumbers & cherry tomatoes
Served with healthy Dijon style dressing.*

Steak Salad

*Diced tender steak served on a bed of organic mixed greens, tomatoes, cucumbers, bell peppers and onions
Served with a side of healthy Teriyaki dressing.*

Turkey Roll-ups

*Crunchy bell pepper strips, organic cheese, mixed greens and sprouts rolled in sliced turkey
Healthy dressing provided for dipping.*

Dinner

Chicken Breast & Collard Greens

Herb roasted chicken breast served with a healthy version of southern style collards

London Broil & Beans

London broil served with a side of fresh green beans and roasted garlic. Served with vanilla cream dessert!

Tilapia & Bok Choy

Tilapia baked in an herbed lemon sauce served with braised Bok Choy

Italian Turkey Meatloaf & Sautéed Veggies

Italian seasoned meatloaf served with sautéed mushrooms, onions and green peppers.



WEEK 3

Breakfast

Crustless Spinach & Feta Quiche/Seasonal Fruit

Spinach and Feta Quiche served with a side of fresh seasonal fruit

Chicken Sausage/Egg/Grapefruit

Organic Applegate Chicken Sausage served with hardboiled egg and fresh grapefruit slices

Yogurt/Almond/Strawberries

Organic Greek yogurt topped with raw slivered almonds served with a side of fresh strawberries

Cottage Cheese/Cracker/Cantaloupe

Organic Lemon Verbena cottage cheese on whole grain Kalvi cracker served with a side of fresh cantaloupe

Lunch

Mediterranean Tuna Salad

Mediterranean tuna salad served on a bed of organic mixed greens, tomatoes, cucumbers and bell peppers
Served with a side of healthy lime dressing

Chicken Lettuce Wraps

Two chicken lettuce wraps with sprouts, cucumber, tomato, chickpeas and a healthy side of dressing for dipping

Guatemalan Soup and Spinach Salad

Spicy Chicken Guatemalan Soup with a side spinach salad and healthy dressing

Roast Beef Wraps

Roasted red bell peppers, spinach, mozzarella wrapped in sliced roast beef
Served with a side of French onion dip.

Dinner

Dill Salmon & Super Veggie Medley

Dill Salmon served with an organic, steamed cauliflower, zucchini, squash, onion, and carrot medley

Turkey & Veggies

Herbed turkey breast served with grilled squash, zucchini and tomato

Shrimp Medley

Sautéed shrimp with a vegetable medley of lightly sautéed broccoli, bell peppers and onions

Chef Special – Seasonal Steak Surprise

Grilled Steak Surprise (could be a filet, stir-fry, kabobs, etc) with a side of seasonal chef-picked veggie(s)



WEEK 4

Breakfast

Crustless Ham Quiche/Cantaloupe

Baked ham and cheese quiche served with a side of fresh cantaloupe

Turkey Bacon/Egg/Blueberries

Turkey Bacon slices served with a hardboiled egg and side of blueberries

Strawberry Breakfast Parfait

Greek Yogurt layered with fresh, sliced strawberries with a side of organic chicken sausage

Honeydew/Brazil Nuts/Cheese

Sliced honeydew served with raw Brazil nuts and organic string cheese

Lunch

Kielbasa, Sauerkraut, & Salad

Sauerkraut filled smoked Kielbasa served with an organic arugula salad and healthy dressing

Greek Salad with Chicken

Organic lettuce topped with tomatoes, cucumbers, onions, kalamata olives, and grilled chicken breast. Served with a side of healthy lemon dressing

Salmon Salad

Salmon salad served on a bed of organic mixed greens, tomatoes, cucumbers, carrots and pine nuts. Served with a side of healthy lemon dressing

Autumn Salad

Fresh spinach, cherry tomatoes and baked squash topped with feta cheese and crumbled bacon. Served with an herbed vinaigrette dressing

Dinner

Steak Kabobs & Super Salad

Tender steak kabobs served with a side Super Salad

Chicken Sausage Stir Fry

Organic Applegate Chicken Sausage slices served with sautéed onions and green peppers.

Salmon & Brussels Sprouts with Vanilla Cream Dessert

Baked salmon topped with roasted red peppers served with a side of sautéed herbed Brussels sprouts. Served with vanilla cream dessert

Tilapia and Asparagus

Grilled lemon-herbed Tilapia served with a side of fresh asparagus stalks