

## Personal Gourmet Nutritionals & Ingredients

### MONTH # 1

<u>Tuesday's choices</u>	<u>300- 350 calories</u>			<u>500-550 calories</u>			<u>Ingredients</u>
	<u>Fat</u>	<u>SMALL Proteins</u>	<u>Carbohydrates</u>	<u>Fat</u>	<u>LARGE Proteins</u>	<u>Carbohydrates</u>	
<u>BEEF</u>							
Hosin Top Sirloin Steak w/ Rose's Fried Rice & Stir Fry Edamame	16.2g	23.4g	38.4g	30 g	41g	72g	Beef, steak spices, salt, pepper, rice, edamame, oil, soy , sesame oil, hot chillis, rice, water, vegetable oil, onion, garlic, ginger, green peas, carrots, green onions
Feta Burger w/ Tzatziki Sauce over Whole Wheat Couscous & Dried fruit Pilaf & Seasonal Vegetables	10.2g	22g	40.8g	18g	37g	69g	beef, garlic, oregano, salt, pepper, coucous, dried cranberry, red bell pepper, parsley, orange concentrate, vegetable oil, tzatziki, (yogourt, garlic, lemon juice, herbs),seasonal vegetables
Old Fashion Beef Brisket served with Roasted potatoes & Sauteed Mushrooms	16g	21.2g	24.4g	28g	35g	40g	beef brisket, carrots, onions, celery, garlic, red wine, bay leaf, thyme, stock, oil,, mushrooms, salt, pepper
<u>CHICKEN</u>							
Chicken Kofta w/ Hummus, basmati rice and seasonal vegetables	7.0 g	22 g	36 g	11 g	38 g	60	Chicken, salt, peppers, oil, onion, garlic, chickpeas, tahini paste, lemon juice, olive oil, cumin, basmati rice, seasonal vegetables
Grilled Chicken In A Sesame Orange Sauce over a wild and brown rice with dried fruit pilaf served with seasonal vegetables	9g	24g	38.4g	15 g	40g	64g	chicken, wild rice, brown rice, dried cranberry, parmesan, dried apricot, green beans, orange zest, orange concentrate, sesame oil, vegetable oil
Chicken Caesar Salad Wrap with grated Parmesan cheese and light Caesar dressing served with caesar salad	9g	24.4g	26.4g	15g	44g	44g	whole wheat wrap, ceasar dressing, romaine lettuce, chicken breast, parmesan cheese
<u>FISH</u>							
Grilled Salmon Teriyaki with orange and dried cranberry couscous, and steamed green beans with toasted sunflower seeds	15.6g	22.2g	26.4g	23 g	40g	55g	salmon, salt, pepper, orange concertrate, dried cranberry, , green beans, sunflower seeds, salt, pepper, soy sauce, brown sugar, honey, ginger, garlic power
<u>PASTA</u>							
Whole Wheat Pasta With Sun Dried Tomato Sauce with sauteed bell peppers and Parmesan cheese	9g	13.2g	52.8g	18 g	18g	88g	Whole wheat penne pasta, sun dried tomatoe pesto (sundried tomatoes, oil), peppers, parmesan cheese, salt, pepper, oil
<u>ENTREE SALADS</u>							
Oriental Salad w/ Lemon Grass Miso Beef with edamadm, green beans, asparagus, mandarin oranges & ginger dressing.	12.6g	28.2g	18g	20 g	32g	20g	beef, ginger, garlic, miso, lemon grass, steak spices, vegetable oil, edamame, green bean, asparagus, red bell pepper, water chestnut, baby corn, mandarin orange, salt pepper
Quinoa Salad with grilled salmon w/ baby kale, sugar snap peas in a lemon dressing.	15.6g	20.6g	21.6g	26 g	32g	36g	Salmon, salt, pepper, oil, quinoa, kale, sugar snap peas, lemon, salt, pepper, mustard, olive oil
<u>VEGETARIAN</u>							
Vegetarian Chili with grated cheese and light sour cream served with grilled asparagus	10.4g	13.8g	46.2g	18 g	23g	77g	zucchini, eggplant, carrots, celery, onion, tomato paste, kidney beans, garlic, oregano, paprika, cooked barley, vegetable stock, salt, pepper, vegetable oil
<u>VEGAN</u>							
Indian Butter tofu w/ basmati rice & green peas	9g	13 g	32.8g	15g	23g	55g	Tofu, basmati rice, plain yoghurt, lemon juice, tandoori spice, vegetable oil, onion, , garlic, cumin, cayenne, tomatoes, white sugar, heavy cream, green peas, salt, pepper
<u>LOW CARB</u>							
Grilled Salmon Teriyaki w/ orange & dried cranberry cauliflower rice & steamed green beans w/ toasted sunflower seed	14.6g	24.2g	8.4g	23 g	40g	14g	salmon, salt, pepper, orange concertrate, cranberry, cauliflower, green beans, sunflower seeds, salt, pepper, soy sauce, brown sugar, honey, ginger, garlic power, vegetable oil
Chicken kofta with hummus, carrot rice & broccoli	6.6 g	23 g	9 g	11 g	38 g	15 g	ground chicken, salt, pepper, onion, garlic, oil, hummus (chickpeas, tahini paste, oil,) carrots, broccoli, vegetable oil
Old Fashioned Beef Brisket severed with cauliflower rice & sauteed mushroom	16 g	21 g	6 g	28 g	35 gm	10 g	beef brisket, carrots, onions, celery, garlic, red wine, bay leaf, thyme, stock, oil, cauliflower, mushrooms, salt, pepper, vegetable oil
<u>BREAKFAST (half wrap for 300 cal / full wrap for 500 cal)</u>							

Mexican Breakfast Wrap with scrambled eggs, black beans, roasted red peppers, and Monterrey jack cheese, with fresh fruit	15g	14.2g	31.2g	25g	24g	52g	Eggs, black beans, red pappers, salt, pepper, monterrey jack cheese, whole wheat wrap, fruit salad
Omelette caprese w/ plum tomatoes, pesto, mozzarella, w/ multi grain bread & fruit <b>SNACKS</b>	14.2g	15.4g	16g	24g	26g	27g	Eggs, tomatoes, pesto , bocconcini, mozzarella, mulit grain bread, salt, pepper, fruits salad- pineapple, cantaloupe , honeydew
Baked Apple with cinnamon, brown sugar and dried cranberries			135 calories	0 g	0 g	50 g	red delicious apple, cinnamon, brown sugar, orange concertrate, dried cranberries
Edamame salad			100 cal	3 gm	4 gm	7 gm	Edamame, corn, water chestnuts, red & orange peppers, soy sauce, sesame oil, cilantro, lemon, olive oil, salt, pepper
Chef's Charcuterie with Prosciutto, Brie cheese, grapes and crackers			200 cal	12 g	14 g	19 carb	Prosciutto, Brie cheese, grapes & whole grain crackers
Bocconcini cheese, grape tomatoes, & pesto			150 cal	14 g	5 g	4 g	Bocconcini cheese, grape tomatoes, & pesto
Poached pear with vanilla yogourt			180 cal	1 gm	2 g	47 g	pear, nutmeg, brown sugar, sweet red wine, water, vanilla yogourt
Baby shrimp cocktail with cocktail sauce			120 cal	1 g	22 g	7 g	shrimp, cocktail sauce- ketchup, lemon, horseradish, worcestershire, salt

**Thursday's choices**

<b><u>BEEF</u></b>	<b>Fat</b>	<b><u>300</u> calories</b> <b>Protiens</b>	<b>Carbohydrates</b>	<b>Fat</b>	<b><u>500</u> calories</b> <b>Proteins</b>	<b>Carbohydrates</b>	<b>Ingredients</b>
Mongolian Beef and Vegetable Stirfry with bell pepper, celery and lemongrass served over rice noodles	16.6g	20.8g	34.2g	27g	35g	57g	beef, salt, pepper, soy, honey, so, garlic, ginger, bell pepper, green onion, celery, rice noodle, lemon grass, stir fried vegetables. Oil
Grilled Beef Soft Taco served open-faced with bell peppers, onions, black beans, shredded lettuce, salsa and light sour cream	14g	24g	18.6g	23g	40g	31g	beef, garlic, dry oregano, vegetable oil, salt, pepper, bell peppers, white onion, romanie lettuce, sour cream, salsa, black beans, cheddar cheese, whole wheat wrap
Beef Cheddar Cheese Burger topped with caramelized onions, and served with "smashed" cheddar baby potatoes and seasonal vegetables	17g	22g	19g	29g	38g	32g	beef, salt, pepper, oil, potatoes, seasoned vegetables, carmelized onion, cheddar cheese
Flat Iron Steak with Tomatoes and Mushrooms served over lentils with seasonal vegetables	16.8g	23.4g	14g	28g	39g	24g	beef, spices, lentil, cherry tomato, mushroom, parsley, broccoli, salt, pepper, seasoned vegetables, oil

<b><u>CHICKEN</u></b>	<b>Fat</b>	<b>Protiens</b>	<b>Carbohydrates</b>	<b>Fat</b>	<b>Proteins</b>	<b>Carbohydrates</b>	<b>Ingredients</b>
Indian Butter Chicken with basmati rice and green peas	9g	22.8g	32g	15g	38g	53g	Tofu, basmati rice, plain yoghurt, lemon juice, tandoori spice, vegetable oil, onion, , garlic, cumin, cayenne, tomatoes, white sugar, heavy cream, green peas, salt, pepper
Baked Vietnamese Caramel Chicken served over egg noodles and edamame with grilled asparagus	9.2g	27g	27.6g	15g	45g	59g	chicken, sweet chilli, plum sauce, soy sauce, vegetable oil, salt, pepper, chow mein egg noodle, asparagus
BBQ Pulled Chicken Salad with caramelized onions, grilled vegetables & basmati rice <b>FISH</b>	9.2g	24g	30.6g	15g	40g	50g	chicken, bbq sauce, salt, pepper, onoins, garlic, vegetables, basmati rice, oil
Grilled Pesto Large Shrimp with brown rice and grilled peppers	10g	18.6g	31.8g	17g	31g	53g	shrimp, herbed oil, brown rice, bell peppers, pesto, feta, salt, pepper
Salmon with Sun Dried Tomato and Olive crust with herbed quinoa and broccoli <b>PASTA</b>	15.6g	24.8g	27.4g	26g	40g	45g	salmon, herbed quinoa, olive sun dried tomato, salt, pepper
Three Cheese Beef Lasagna served with a seasonal grilled vegetable medley.	14.4g	22g	24g	24g	37g	40g	beef, celery, carrots, onion, tomatoes, mozzarella, ricotta, parmesan, pasta, salt, pepper, oil

<b><u>ENTREE SALADS</u></b>	<b>Fat</b>	<b>Protiens</b>	<b>Carbohydrates</b>	<b>Fat</b>	<b>Proteins</b>	<b>Carbohydrates</b>	<b>Ingredients</b>
Edamame and Charred Corn Salad with chicken medallions with sesame dressing.	11 g	22 g	20 g	18 g	36 g	33 g	edamame, corn, water chesnuts, red bell peppers, green onion, seasame seeds, cilantro, lemon, salt, pepper, oil
Lemon Couscous Salad With Shrimp, tomatoes, mint & Feta cheese in a lemon vinaigrette	9.4g	18.8g	36g	15g	30g	60g	couscous, cherry tomato, cucumber, mint, salt, pepper, lemon zest, shrimp, feta, oil
Tabbouleh Salad With Grilled tofu snow peas, red peppers with ginger dressing	14.5 g	14 g	29 g	24 g	23 g	49 g	tabbouleh, tofu, tomato, cucumber, green onion, black olives, feta, avocado, lemon, salt pepper, parsely, oil

**VEGETARIAN**

Fajatas with sauteed onions, bell peppers, beans, cheese, salsa & light sour cream	11 g	14 g	24 g	18 g	23 g	41 g	chicken, bell peppers, onion, black bean, havarti cheese, whole wheat tortilla, salt, pepper, oil
Baked eggplant parmesan & grilled zucchini	14.4g	17g	26.4g	24g	29g	44g	eggplant, parmesan cheese, zucchini, salt, pepper, oil
<b>VEGAN</b>							
Beet burger with grilled potato wedges & mushrooms.	9 g	12 g	30 g	15 g	20 g	50 g	beets, flake oats, lentils, all-purpose flour, onion, garlic, thyme leaves. Oil, potato, mushroom, salt, pepper
Grilled tofu with avocado, tomato & black bean salsa with herbed quinoa	10 g	15 g	27 g	16 g	25 g	46 g	Tofu, avocado, tomato, black beans, herbed quinoa, salt, pepper, oil
Vegan Falafel wrap served with mixed greens							n/a = chickpeas, onion, parsley, garlic, salt, pepper, cumin, coriander

**LOW CARB**

Mongolian Beef and Vegetable Stirfry with lemongrass served over cauliflower rice	12.6g	19.8g	6g	21g	33g	10g	beef, salt, pepper, soy, honey, so, garlic, ginger, bell pepper, green onion, celery, rice noodle, lemon grass, stir fried vegetables
Baked Vietnamese Caramel Chicken served over spaghetti squash, edamame and grilled asparagus	10.2g	27g	6 g	17g	45g	10g	chicken, sweet chilli, plum sauce, soy sauce, vegetable oil, salt, pepper, chow mein egg noodle, asparagus
Grilled pesto shrimp over cauliflower rice & grilled peppers	10 g	18 g	5 g	17 g	31 g	9 gm	shrimp, herb oil, pesto, feta, cauliflower, bell peppers, salt, pepper

**BREAKFAST**

Protein power breakfast with hard boiled eggs, fruit, cottage cheese & chia seeds with multigrain crackers	8 g	16	27 g	14 g	28 g	45 g	cottage cheese, chia seeds, egg, fruit- cantaloupe, honeydew, strawberry, pineapple, grapes, multi grain crackers
Fire grilled steak & scramble eggs with charred grape tomatoes	20 g	26.4	4.2 g	34 g	44 g	7 g	eggs, grape tomato, beef, sliced bread, fruit, salt, pepper, oil

**SNACKS**

Baked Apple with cinnamon, brown sugar and dried cranberries			135 calories	0 g	0 g	50 g	red delicious apple, cinnamon, brown sugar, orange concerntrate, dried cranberries
Edamame salad			100 cal	3 gm	4 gm	7 gm	Edamame, corn, water chestnuts, red & orange peppers, soy sauce, sesame oil, cilantro, lemon, olive oil, salt, pepper
Chef's Charcuterie with Prosciutto, Brie cheese, grapes and crackers			200 cal	12 g	14 g	19 carb	Prosciutto, Brie cheese, grapes & whole grain crackers
Bocconcini cheese, grape tomatoes, & pesto			150 cal	14 g	5 g	4 g	Bocconcini cheese, grape tomatoes, & pesto
Poached pear with vanilla yogourt			180 cal	1 gm	2 g	47 g	pear, nutmeg, brown sugar, sweet red wine, water, vanilla yogourt
Baby shrimp cocktail with cocktail sauce			120 cal	1 g	22 g	7 g	shrimp, cocktail sauce- ketchup, lemon, horseradish, worcestershire, salt

**MONTH # 2**

**Tuesday's choices**

<b>BEEF</b>	<b>Fat</b> chicken	<b>300</b> <b>calories</b> <b>Protiens</b>	<b>Carbohydrates</b>	<b>Fat</b> chicken	<b>500</b> <b>calories</b> <b>Protiens</b>	<b>Carbohydrates</b>	<b>Ingredients</b>
Beef & bean chili with grated cheese, light sour cream, with grilled asparagus	8.4g	26.4g	37.2g	14g	44g	62g	zucchini, eggplant, carrots, celery, onion, oil, tomato paste, kidney beans, garlic, oregano, paprika, cooked barley, vegetable stock, salt, pepper, asparagus
Pork Tenderloin with Apricot Salsa served with wild and brown rice and seasonal vegetables	12.6g	18g	41.4g	21g	30g	69g	pork, apricot, salt, pepper, wild rice, brown rice, seasoned vegetables
Beef Burger with Caramelized Onions and goat cheese served with asparagus and sweet potatoes	14.4g	21.6g	24g	24g	36g	45g	beef, garlic, oregano, sweet potato, asparagus, onions, goat cheese, salt, pepper, oil
<b>CHICKEN</b>							
Chicken Fajitas with sauteed onions, cheese, salsa and light sour cream	13.2g	18g	37.8g	22g	32g	63g	chicken, bell peppers, onion, black bean, havarti cheese, tortilla, salt, pepper, oil
Chicken Milanese served with sauteed kale, cherry tomatoes, and feta with a side of roasted potatoes		NO info on file - nutritional		n/a			chicken, kale, tomato, feta cheese, potato, seasonal vegetables, salt pepper, oil

Chipotle Turkey Wrap <b>FISH</b>	NO info on file - nutrients			n/a			Chipotle mayo, lettuce, tomato, turkey breast, bacon, white wrap
Grilled white fish with Mango salsa on rice & lentil pilaf with grilled vegetables	n/a			n/a			white fish, mango, red peppers, green peppers, red onion, cilantro, lemon, honey, olive oil, garlic, cider vinegar, salt, pepper, rice, lentil, vegetables.
<b>PASTA</b>							
Cheese & Spinach cannelloni with tomatoe sauce, steamed rapini & julienned vegetables	11.4g	7.8g	4.44g	19g	13g	74g	cheese, spinach, rapini, tomato sauce, red peppers, vegetables, salt, pepper, oil
<b>ENTREE SALADS</b>							
Tabbouleh Salad with grilled chicken, Feta cheese, avocado, chickpeas in a lemon vinaigrette	14.4g	18.6g	23.4g	24g	31g	39g	chicken, tabbouleh, tomato, cucumber, green onion, black olives, feta, lemon, salt, pepper
Thai Noodle Salad with Grilled Chicken snow peas and red pepper with ginger dressing with roasted vegetables	7.8g	25.2g	31.8g	13g	42g	53g	thai noodle, sesame, ginger, red pepper, sugar snap peas. Chicken, asparagus. Black/white sesame seeds, cilantro, salt, pepper, oil
<b>VEGETARIAN</b>							
Bean and Quinoa Cheeseburger topped with caramelized onions, and served with "smashed" cheddar baby potatoes and seasonal vegetables	n/a			n/a			black bean, quinoa, onions, garlic, cumin, salt, pepper, carrots, panko, eggs,
<b>VEGAN</b>							
Vegetarian BBQ.Lentil "Meatballs" with sweet potato wedges and grilled asparagus	n/a			n/a			BBQ sauce, lentils, garlic, onion, sweet potato, asparagus, salt, pepper
<b>LOW CARB</b>							
Chicken Milanese served with sauteed kale, cherry tomatoes, and feta with a side of roasted potatoes	n/a			n/a			chicken, kale, tomato, feta cheese, potato, seasonal vegetables, salt pepper, oil
Roasted white fish with Mango salsa on carrot rice with grilled vegetables	n/a			n/a			white fish, mango, red pepper, green pepper, carrots, rice, seasoned vegetables
Thai spaghetti squash with Grilled Chicken snow peas, red pepper with ginger dressing with roasted bell peppers	7.8g	25.2g	31.8g	13g	42g	53g	sweet chilli, squash, chicken, snow peas, red peppers, ginger, bell peppers, salt, pepper
<b>BREAKFAST</b>							
English muffin breakfast sandwich with egg patty, cheddar & prosciutto with fruit	5.22g	24g	33g	8.75g	40g	55g	english muffin, egg, cheddar cheese, prosciutto, mixed fruit
Chocolate chia pudding with fresh fruit calories- 400 calories	n/a			n/a			cocunut milk, chia seeds, vanilla, cocoa, honey, fruit
<b>SNACKS</b>							
Baked Apple with cinnamon, brown sugar and dried cranberries	n/a			n/a			red delicious apple, cinnamon, brown sugar, sundried, orange concerntrate, cranberries
Edamame salad	n/a			n/a			Edamame, corn, water chestnuts, red & orange peppers, soy sauce, sesame oil, cilantro, lemon, olive oil, salt, pepper
Chef's Charcuterie with Prosciutto, Brie cheese, grapes and crackers	n/a			n/a			Prosciutto, Brie cheese, grapes & whole grain crackers
Bocconcini cheese, grape tomatoes, & pesto	n/a			n/a			Bocconcini cheese, grape tomatoes, & pesto
Poached pear with vanilla yogourt	n/a			n/a			pear, nutmeg, brown sugar, sweet red wine, water, vanilla yogourt
Baby shrimp cocktail with cocktail sauce	n/a			n/a			shrimp, cocktail sauce- ketchup, lemon, horseradish, worcestershire, salt

<b>Thursday's choices</b>		<b>500</b>			<b>500</b>		
<b>BEEF</b>	<b>Fat</b>	<b>Protiens</b>	<b>Carbohydrates</b>	<b>Fat</b>	<b>Protiens</b>	<b>Carbohydrates</b>	<b>Ingredients</b>
Old Fashioned Beef Brisket served with roasted potatoes and sauteed mushrooms	9g	28.2g	32.4g	15g	47g	54g	beef brisket, carrots, onions, celery, garlic, red wine, bay leaf, thyme, stock, oil, cauliflower, mushrooms, salt, pepper
Beef Shepherd's Pie with mashed potato topping and roasted green beans	16.2g	18g	24g	27g	30g	45g	beef, onion, celery, carrots, tomato paste, garlic, rosemary, thyme, soy sauce, salt, pepper, beef stock,

Beef Hoisin Meatballs with Thai noodles and sautéed sesame sugarsnap peas	9.6g	16.2g	35.4g	16g	27g	59g	beef, hoisin sauce, egg noodle, vegetables, salt, pepper, sesame oil
Orange Beef Stir-fry with bell peppers, snow peas, water chestnuts and toasted sesame seeds served over Basmati rice	12g	18g	33.6g	20g	30g	56g	beef, basmati rice, snow peas, bell pepper, water chesnut, hoisin, orange concentrate, water, salt, pepper
<b><u>CHICKEN</u></b>							
Singapore Chicken Curried Noodles with stir fried vegetables	n/a			n/a			Rice noodle, chicken, curry spice, green onions, carrots, salt, pepper, oil
Chicken enchiladas with corn, beans, tomato salsa & cheese with seasonal vegetables.	n/a			n/a			chicken, onion, garlic, paprika, kidney beans, tomato paste, broccoli, salt, papper,
Chicken parmesan with tomato sauce , mozzarella over whole wheat pasta & seasonal vegetables	10.8g	37.2g	14.4g	18g	62g	24g	chicken, liquid eggs, panko, flour, tomatoe sauce, mozzarella, parmesan cheese, whole wheat pasta, asparagus, salt, pepper
Baja Chicken Wrap with chili lime chicken, chipotle mayo, Pepper Jack cheese, crispy onion, avocado and a balsamic mesclun salad	18g	16.8g	28.2g	30g	28g	47g	chicken, wrap , chili, lime, chipotle mayo, Pepper Jack cheese, crispy onion, avocado, balsamic, mesclun grain
<b><u>FISH</u></b>							
Grilled white fish with charred corn salsa served with seasonal barley & broccoli	n/a			n/a			white fish, charred corn, barley, broccoli, herbs, salt pepper
Grilled salmon with maple soy glazed, edamame salad & herbed couscous	12.6g	25.8g	27g	21g	43g	45g	salmon, herbed couscous, edamame, maple syrup, water, corn starch, soy sauce, chilli, sugar snap peas flakes
<b><u>PASTA</u></b>							
Beef Bolognese served over whole baked potato with Parmesan cheese and roasted vegetables	12g	22.2g	30g	20g	37g	50g	Beef, tomato, onions, celery, onion, tomato pasta, garlic, rosemary, thyme. Bay leaves, salt, pepper, parmesan cheese, vegetables, salt pepper
<b><u>ENTREE SALADS</u></b>							
Farro Grain Salad & arugula salad with grilled shrimp , roasted vegetables and a lemon vinaigrette dressing	n/a			n/a			Farro Grain, arugula, shrimp , vegetables, lemon, water dijon mustard, olive oil
Mexican chicken kale salad with grilled corn, beans, cheese, avacado, tortilla crisps & light ranch dressing	n/a			n/a			chicken, cherry tomato, black beans, avocado, cheddar cheese, corn, kale, tortillia chips, cider, mayonaise, buttermilk, oregano, chives, garlic, salt, pepper
<b><u>VEGETARIAN</u></b>							
Three Cheese Vegetarian Lasagna with roassted red peppers, zucchini, eggplant, spinach, served with sauteed green peppers	n/a			n/a			tomatoe, pasta, red peppers, zucchini, eggplant, spinach, green peppers, quinoa, mozzarella, parmesan, salt, pepper, oil
Caprese Baked Quinoa baked in tomato sauce with grape tomatoes, two cheeses with crusty Panko topping	n/a			n/a			Quinoa, tomato sauce, zuchini, tomato, peppers, mozzarella, panko, vegetables, salt, pepper, oil
<b><u>VEGAN</u></b>							
Grilled tofu with mango salsa on rice & lentil pilaf with grilled vegetables	n/a			n/a			tofu, mango, red peppers, green peppers, red onion, cilantro, lemon, honey, olive oil, garlic, cider vinegar, salt , pepper, rice, lentil, vegetables.
Beet burger with carmelized onions, smashed potatoes & seasonal vegetables	n/a			n/a			beets, flake oats, lentils, all-purpose flour, onion, garlic, thyme leaves, oil, potato, mushroom, salt, pepper
<b><u>LOW CARB</u></b>							
Pork Tenderloin with Apricot Salsa over cauliflower rice and seasonal vegetables	12.6g	18g	41.4g	21g	30g	69g	Pork Tenderloin, apricot, cauliflower, wild rice, grenn beans, salt, pepper, herbed vegetables , oil
Chicken Milanese served with sauteed kale, cherry tomatoes, and feta with a side of roasted potatoes	n/a			n/a			chicken, kale, tomato, feta cheese, potato, seasonal vegetables, salt pepper, oil
Roasted white fish with mango salsa on rice & lentil pilaf with grilled vegetables	n/a			n/a			white fish, mango, red peppers, green peppers, red onion, cilantro, lemon, honey, olive oil, garlic, cider vinegar, salt , pepper, rice, lentil, vegetables.
<b><u>BREAKFAST</u></b>							
Mini Egg Frittata Cups with sauteed onions, asparagus, havarti cheese, and slice of multigrain bread.	n/a			n/a			asparagus, onion, havarti cheese, milk, liquid egg, salt, pepper, fruit- cantaloupe, honeydew, grapes, pineapple, strawberries
Protein power breakfast with hard boiled eggs, fruit, cottage cheese & chia seeds with multigrain crackers	n/a			n/a			cottage cheese, chia seeds, egg, fruit- cantaloupe, honeydrew, strawberry, pineapple, grapes, multi grain crackers

SNACKS

Baked Apple with cinnamon, brown sugar and dried cranberries	n/a	n/a	red delicious apple, cinnamon, brown sugar, sundried, orange concerntrate, cranberries
Edamame salad	n/a	n/a	Edamame, corn, water chestnuts, red & orange peppers, soy sauce, sesame oil, cilantro, lemon, olive oil, salt, pepper
Chef's Charcuterie with Prosciutto, Brie cheese, grapes and crackers	n/a	n/a	Prosciutto, Brie cheese, grapes & whole grain crackers
Bocconcini cheese, grape tomatoes, & pesto	n/a	n/a	Bocconcini cheese, grape tomatoes, & pesto
Poached pear with vanilla yogourt	n/a	n/a	pear, nutmeg, brown sugar, sweet red wine, water, vanilla yogourt
Baby shrimp cocktail with cocktail sauce	n/a	n/a	shrimp, cocktail sauce- ketchup, lemon, horseradish, worcestershire, salt