

WEEK 1

1st Delivery

BREAKFAST	MEAL 1	MEAL 2	MEAL 3	MEAL 4
WESTERN SCRAMBLE WITH BREAKFAST POTATOES	KOREAN BBQ CHICKEN WITH ASIAN VEGETABLES & WHITE BASMATI RICE	SWISS TURKEY PATTY WITH SWEET POTATO FRIES	BALSAMIC GLAZED CHICKEN SALAD OVER MIXED GREENS WITH BALSAMIC VINAIGRETTE	SEASONED BEEF CARNITAS WITH SAUTEED PEPPERS & BROWN RICE

2nd Delivery

BREAKFAST	MEAL 1	MEAL 2	MEAL 3	MEAL 4
TURKEY SAUSAGE EGG WRAP WITH A FRUIT CUP	TACO CHICKEN CHILI OVER WHITE BASMATI RICE	HONEY MUSTARD CHICKEN SALAD OVER MIXED GREENS WITH RASPBERRY VINAIGRETTE	SESAME BEEF AND BROCCOLI WITH BROWN RICE NOODLES	BRAISED PORK LOIN WITH HERB POTATOES & VEGETABLE MEDLEY

WEEK 2

1st Delivery

BREAKFAST	MEAL 1	MEAL 2	MEAL 3	MEAL 4
CAKE BATTER OATMEAL BAKE SERVED WITH HONEY	TROPICAL CHICKEN WITH WHITE BASMATI RICE AND STEAMED BROCCOLI	GROUND TURKEY WITH SPAGHETTI SQUASH TOPPED WITH MARINARA	CHEESY BEEF BAKE WITH CARROTS & SUGAR SNAP PEAS	SWEET & SOUR PORK WITH GREEN BEANS & BROWN RICE

2nd Delivery

BREAKFAST	MEAL 1	MEAL 2	MEAL 3	MEAL 4
BACON, EGG & CHEESE MUFFINS SERVED WITH BREAKFAST POTATOES	BUFFALO CHICKEN BITES WITH SWEET POTATO TOTS AND A SIDE OF CELERY & HOMEMADE BLUE CHEESE DRESSING	SANTA FE TURKEY SKILLET WITH WHITE BASMATI RICE & ZUCCHINI AND SQUASH	ASIAN GRILLED CHICKEN SALAD WITH HOMEMADE GINGER DRESSING	BBQ PULLED PORK WRAP WITH A SIDE OF BROCCOLI SLAW

WEEK 3

1st Delivery

BREAKFAST	MEAL 1	MEAL 2	MEAL 3	MEAL 4
SUNRISE SWEET POTATO CASSEROLE SERVED WITH A FRUIT CUP	CHICKEN PARMESAN WITH RISOTTO & GARLIC GREEN BEANS	BBQ TURKEY MEATBALLS WITH RED AND WHITE QUINOA & SAUTEED CORN	LEAN ROAST BEEF WITH SEASONED POTATOES & SAUTEED CARROTS	GENERAL CHANG'S PORK & BROCCOLI WITH GLUTEN FREE NOODLES

2nd Delivery

BREAKFAST	MEAL 1	MEAL 2	MEAL 3	MEAL 4
PROTEIN WAFFLES SERVED WITH MACERATED BERRIES & BACON	PESTO GRILLED CHICKEN WITH DICED SWEET POTATOES & GREEN BEANS	GREEK SALAD WITH GREEK DRESSING	TEX-MEX BOWLS	SMOKED PEPPER PORK SERVED WITH MIXED VEGETABLES & ROASTED RED POTATO

WEEK 4

1st Delivery

BREAKFAST	MEAL 1	MEAL 2	MEAL 3	MEAL 4
HAM, EGG & CHEESE MUFFINS SERVED WITH BREAKFAST POTATOES	SOUTHWEST CHICKEN WITH WHITE BASMATI RICE & BLACK BEANS	TURKEY & QUINOA STUFFED PEPPER SERVED WITH A SIDE OF MARINARA	CRANBERRY CHICKEN SALAD SERVED WITH A RASBERRY VINAIGRETTE	SEASONED CHIC PEA BEEF WITH MIXED VEGETABLES

2nd Delivery

BREAKFAST	MEAL 1	MEAL 2	MEAL 3	MEAL 4
TURKEY BACON, EGG-WHITE, & CHEDDAR WRAP SERVED WITH A FRUIT CUP	CHICKEN NUT STEW	ROASTED TURKEY WITH WILD RICE AND GREEN BEANS	TERIYAKI CHICKEN SALAD	TUSCAN SAUSAGE WITH RED PEPPERS OVER QUINOA SERVED WITH GREEN BEANS

WEEK 5

1st Delivery

BREAKFAST	MEAL 1	MEAL 2	MEAL 3	MEAL 4
FARMHOUSE TURKEY SAUSAGE SCRAMBLE	CHICKEN RATATOUILLE WITH WHITE BASMATI RICE AND MIXED VEGETABLES	TURKEY LO MEIN	BEEF MEATLOAF WITH REDSKIN MASHED POTATOES & GREEN BEANS	CHERRY PORK CHOP WITH BAKED BUTTERNUT SQUASH & COCONUT BRUSSEL SPROUTS

2nd Delivery

BREAKFAST	MEAL 1	MEAL 2	MEAL 3	MEAL 4
MEDITERRANEAN BREAKFAST WRAP SERVED WITH A FRUIT CUP	SOUTHERN STYLE BBQ CHICKEN WITH VEGETABLE MEDLEY & RED POTATO	TURKEY CHILI OVER WHITE BASMATI RICE	MAPLE GLAZED CHICKEN SALAD SERVED WITH A WHOLE GRAIN DIJON DRESSING	GROUND THAI BEEF WITH BROWN RICE AND SUGARSNAPEAS

WEEK 6

1st Delivery

BREAKFAST	MEAL 1	MEAL 2	MEAL 3	MEAL 4
PROTEIN PANCAKES SERVED WITH MACERATED BERRIES & HONEY	ROMA CHICKEN WITH FETA SERVED WITH GREEN BEANS & PARSLEY RED POTATOES	GUILT-FREE SHEPHERD'S PIE	STEWED PORK LOIN WITH A CAULIFLOWER MASH AND GRILLED ZUCCHINI AND SQUASH	TURKEY COBB SALAD SERVED WITH A RED WINE VINAIGRETTE

2nd Delivery

BREAKFAST	MEAL 1	MEAL 2	MEAL 3	MEAL 4
MORNING DELIGHT BREAKFAST MUFFINS SERVED WITH A FRUIT CUP	LEMON YOGURT CHICKEN WITH BROWN RICE & BROCCOLI	GLUTEN FREE BAKED ZITI WITH TURKEY MEAT SAUCE AND BROCCOLI RABE	GRILLED CHICKEN CEASAR WRAP SERVED WITH A CUCUMBER CARROT SALAD	GARLIC CRUSTED PORK TENDERLOIN WITH CAULIFLOWER AND POTATOES

WEEK 7

1st Delivery

BREAKFAST	MEAL 1	MEAL 2	MEAL 3	MEAL 4
SOUTH BEACH QUICHE SERVED WITH A FRUIT CUP	GRILLED JERK CHICKEN WITH WHITE BASMATI RICE & ZUCCHINI AND SQUASH	SAVORY TURKEY SWEET POTATO SKILLET WITH MIXED VEGETABLES	IRISH CHEDDAR BERRY SALAD SERVED WITH A RASBERRY VINAIGRETTE	SLOW COOKED PORK WITH APPLES SERVED WITH GREEN BEANS & RED POTATO MASH

2nd Delivery

BREAKFAST	MEAL 1	MEAL 2	MEAL 3	MEAL 4
COWBOY HASH	HOMESTYLE CHICKEN MEATLOAF WITH SWEET POTATO MASH & GREEN BEANS	ITALIAN SAUSAGE OVER EGGPLANT TOPPED WITH MARINARA	MANDARINE ORANGE CHICKEN SALAD	CHILI LIME PORK WITH GREEN BEANS & POTATO WEDGES

WEEK 8

1st Delivery

BREAKFAST	MEAL 1	MEAL 2	MEAL 3	MEAL 4
FRENCH TOAST CASSEROLE SERVED WITH HONEY	GRILLED MOJO CHICKEN WITH YUCCA & CORN	BEEF POT ROAST WITH GREEN BEANS, CARROTS, & ROASTED POTATOES	HONEY SOY PORK TENDERLOIN WITH ASAIN VEGETABLES & BROWN RICE	TURKEY BROCCOLI BAKE WITH SWEET POTATOES

2nd Delivery

BREAKFAST	MEAL 1	MEAL 2	MEAL 3	MEAL 4
SAUSAGE, EGG, AND CHEESE QUESIDILLA SERVED WITH A HOMEMADE SALSA DIP	CHICKEN ENCHILADA CASSEROLE SERVED WITH A HOMEMADE SALSA DIP	LEMON PEPPER CHICKEN SALAD SERVED WITH VADALIA ONION VINAIGRETTE	FILIPINO PORK OVER EGG NOODLES WITH GREEN BEANS	TURKEY CABBAGE GOULASH OVER BROWN RICE