



Menu

Week of	Meal 1	Meal 2	Meal 3
07/06/20 (week 27)	Grilled Steak, Mashed Potatoes and Brussel Sprouts	Flexitarian Buffalo Tofu Wrap W/ Kale, Mozzarella, Cauliflower and Hot Sauce	Ground Turkey and Whole Grain Spaghetti With Fresh Spinach and House Marinara Sauce
07/13/20 (week 28)	Pulled Pork W/Carolina BBQ Sauce, Roasted Red Potatoes and Green Beans	Soy Sesame Grilled Salmon W/ Toasted Farro and Bok Choy	Zesty Garlic Grilled Chicken Summer Tabbouleh Salad W/ Tomato, Onion and Beets
07/20/20 (week 29)	Steak Flatbread, Roasted Bell Peppers & Onions	Garlic Sauteed Shrimp With Zoodles and Roasted Tomatoes	Seasoned Ground Turkey, Wild Rice and Steamed Kale
07/27/20 (week 30)	Seared Pork Chops With Yam Mash and Roasted Cauliflower	Baked Tilapia W/Lemon Bulgar Wheat Salad(red onion, red pepper) and Yellow Squash	Chicken Fried Cauliflower Rice With Snow Peas, Scallions, Egg, Diced Carrots and Red Peppers



Week of	Meal 1	Meal 2	Meal 3
08/03/20 (week 31)	Shaved Beef, Israeli Couscous, Spinach & Roasted Tomatoes W/Onions	Flexitarian Mediterranean Garbanzo Tacos With Rice, Tomatoes, Feta Cheese and Gremolata Sauce	Turkey Burger, Whole Grain Bun, Tomato, Roasted Red Pepper Aioli W/ Kale & Onion Salad W/Balsamic Dressing
08/10/20 (week 32)	Korean Beef W/Vegetable Fried Rice	Zesty Tilapia W/ Spaghetti Squash, Pesto and Spinach	Balsamic Marinated Chicken Breast, Onions, Whole Grain Pasta and Roasted Garlic Tomatoes
08/17/20 (week 33)	Beef Pho, W/Rice Noodles and Snow Peas	Ground Turkey Pita, With Diced Tomatoes, Red Onions, Cucumbers and Tzatziki Sauce	Herb Marinated Grilled Chicken, Jasmine Rice and Steamed Broccoli
08/24/20 (week 34)	Steak Tacos W/Cheese, Lettuce and Shaved Street Corn	Sweet Chili Salmon bowl W/Farro and Bok Choy	Caprese Chicken W/Orzo, Swiss Chard and Kale Salad, and Balsamic Olive Oil Dressing



Week of	Meal 1	Meal 2	Meal 3
08/31/20 (week 35)	Carnitas Bowl W/Brown Rice, Green Peppers and Grilled Onions	Sausage Pasta Salad W/Olives, Celery, Cherry Tomatoes, Broccoli and White Balsamic	Turkey Breast W/Roasted Potatoes and Coleslaw
09/07/20 (week 36)	Italian Sausage Spaghetti, House Marinara and Brussel Sprouts	Seared Tilapia, Roasted Butternut Squash and Lemony Broccoli	Buffalo Pulled Chicken W/Bleu Cheese, Scallions, Roasted Sweet Potatoes and Kale Salad
09/14/20 (week 37)	Steak W/Chimichurri, Yam Frites and Greens	Deconstructed Shrimp Kabobs, Peppers, Pineapple, Onions, Zucchini and Wild Rice	Turkey Meatballs W/ Garlic Zoodles, and Dinner Roll
09/21/20 (week 38)	Beef Stroganoff, Egg Noodles, Yogurt Mushroom Sauce and Onions	Lemon Garlic Salmon, Couscous and Green Beans	Chicken Enchilada Stuffed Bell Peppers



Week of	Meal 1	Meal 2	Meal 3
09/28/20 (week 39)	Grilled Steak W/White Rice, and Brussel Sprouts	Roasted Lemon Chicken Thighs W/ Red Potatoes and Greens	Roasted Garlic Shrimp Penne W/Chopped Tomatoes and Br\occoli



Ingredient List:

Week 27

Grilled Steak, Mashed Potatoes and Brussel Sprouts

4 oz Beef Flank, lean and fat, broiled
1/2 cup Potatoes, boiled, with salt
1/2 cup Brussels Sprouts, boiled with salt
1 Serving Morton Coarse Kosher Salt

Flexitarian Buffalo Tofu Wrap

1/2 cup Tofu, firm, nigari
4 oz Cauliflower, cooked, boiled, drained, without salt
2 Tbsp(s) Cheese, mozzarella, low moisture, part-skim, shredded
2 oz Onions, cooked, boiled, drained, without salt
1 cup(s) (3 oz) Mixed Greens, average brands
1 tortilla (approx 7-8" dia) Flour Tortillas
2 Tbsp FRANK'S REDHOT BUFFALO WINGS SAUCE

Ground Turkey W/Whole Grain Spaghetti, Fresh Spinach and House Marinara

4 oz Ground turkey, 93% lean, 7% fat, pan-broiled crumbles
56 g Barilla Whole Grain Spaghetti Pasta, UPC:7680853327
1 serving 1/2 cup Spaghetti Sauce, low sodium
1 cup Spinach, raw



Week 28

Pulled Pork W/Carolina BBQ Sauce, Roasted Red Potatoes and Green Beans

4 oz Red Potatoes, baked
1/2 cup EXTRA FINE GREEN BEANS,
4 oz Pork Shoulder Whole, lean only, roasted
2 Tbsp KEN'S FOODS, INC. STICKY FINGERS SMOKEHOUSE, CAROLINA CLASSIC BARBECUE SAUCE
1 Serving Morton Coarse Kosher Salt

Soy Sesame Grilled Salmon W/Toasted Farro and Bok Choy

4 oz Salmon
3 1/2 Oz Cabbage, bok choy, stir-fried without oil
1/4 cup BLUEBIRD GRAIN FARMS WHOLE GRAIN EMMER FARRO
1 tbsp Soy Sauce, made from soy (tamari)
1 tsp Sesame Oil

Zesty Garlic Grilled Chicken Summer Tabbouleh Salad W/ Tomato, Onion and Beets

1 filet (4 oz) Grilled Chicken Breast, meat only
4 oz Quinoa, cooked
1 oz Corn, sweet, yellow, cooked, boiled, drained, without salt
1 oz Tomatoes, red, ripe, cooked
1/2 cup slices Beets, cooked, boiled, drained
1 serving, Morton Coarse Kosher Salt



Week 29

Steak Flatbread, Roasted Bell Peppers & Onions

4 oz Beef, round, eye of round, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted
1/2 cup chopped Green Bell or Sweet Peppers, sauteed
1 oz Onions, yellow, sauteed
3 1/2 Oz (100g) Bread, flat (pita or Lebanese), white
1 serving Morton Coarse Kosher Salt

Garlic Sauteed Shrimp With Zoodles and Roasted Tomatoes

1 tsp VALLEY GARLIC, INC MINCED GARLIC, Roasted
3 1/2 Oz Tomato, common, raw
3 9/20 1/2 Oz Zucchini, golden, boiled, drained
124 g Shrimp, cooked
1 roll (1 oz) Whole Wheat Dinner Rolls
1 Tbsp(s) Olive Oil

Seasoned Ground Turkey, Wild Rice and Steamed Kale

4 oz Ground turkey, 93% lean, 7% fat, raw
1 tbsp, lemon pepper
1/2 Cup Lundberg Family Farms Wild & Whole Grain Brown Rice
3 oz Kale, boiled with salt



Week 30

Seared Pork Chops With Yam Mash and Roasted Cauliflower

4 oz Pork, fresh, enhanced, loin, tenderloin, separable lean only, cooked, roasted

4 oz Yam, cooked, boiled, drained, or baked, without salt

1/2 cup (1" pieces) Cauliflower, cooked, boiled, drained, without salt

Baked Tilapia W/Lemon Bulgar Wheat Salad(red onion, red pepper) and Yellow Squash

4 oz Tilapia, cooked, broiled

1 oz, lemon juice

1/4 cup BULGAR WHEAT

4 oz Summer Squash, all varieties, boiled, drained, with salt

1/8 cup(s) Red Onion, raw

1 slice(s) Tomato, common, raw

1 tsp(s) Olive Oil

Chicken Fried Cauliflower Rice With Snow Peas, Scallions, Egg, Diced Carrots and Red Peppers

4 oz Chicken, Breast, Meat Only, roasted

4 oz Cauliflower, cooked, boiled, drained, without salt

3 tsp(s) Egg, chicken, whole, raw

3 oz Carrots, boiled without salt

1/4 cup(s), chopped Red Pepper, fresh, steamed

2 ounces Snow Peas

1 tbsp chopped Scallions, Green or Spring Onions, raw



Week 31

Shaved Beef, Israeli Couscous, Spinach & Roasted Tomatoes W/Onions

4 oz Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled
2 oz Spinach, raw
1 oz Tomatoes, red, ripe, cooked
2 oz Onions, cooked, boiled, drained, without salt
1 Serving Morton Coarse Kosher Salt
½ Cup Cooked ISRAELI (PEARL), COUSCOUS

Flexitarian Mediterranean Garbanzo Tacos With Rice, Tomatoes, Feta Cheese and Gremolata Sauce

4 oz Chickpeas, Garbanzo Beans, Bengal Gram, boiled with salt
1 oz Lettuce, cos or romaine, raw
1 TORTILLA FIESTA TORTILLA FACTORY 6" SPINACH FLOUR TORTILLAS
28 g Rice, brown, long-grain, cooked
1/4 cup, chopped or sliced Tomatoes, red, raw
1/2 oz Olive Oil
1 tbsp Parsley, raw
1/2 tsp Garlic, raw

Turkey Burger, Whole Grain Bun, Tomato, Roasted Red Pepper Aioli W/ Kale & Onion Salad W/Balsamic Dressing

1 item(s) OROWEAT® Whole Grain 100% Whole Wheat Buns
4 oz. CARGILL Honeysuckle White 93/7 Ground Turkey
1 cup Kale, Steamed
2 Tbsp LITEHOUSE INC. LITEHOUSE, VINAIGRETTE DRESSING, BALSAMIC
1 oz All Natural Fat Free Plain Yogurt, all averages
.25 Bell Pepper, Roasted
1 tsp, Garlic, Roasted
1 slice, Red Onion



Week 32

Korean Beef W/Vegetable Fried Rice

4 oz Beef, ground, 90% lean meat / 10% fat, crumbles, cooked, pan-browned
2 oz Carrots, raw
2 oz Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, without salt
4 oz Rice, brown, long-grain, cooked
5 g Sesame Oil
10 ml Teriyaki Sauce
14 g Barbecue Sauce

Zesty Tilapia W/ Spaghetti Squash, Pesto and Spinach

5 oz Tilapia, cooked, broiled
4 oz Squash, winter, spaghetti, cooked, boiled, drained, or baked, without salt
4 oz Spinach, raw
1 oz Pesto Sauce

Balsamic Marinated Chicken Breast, Onions, Whole Grain Pasta and Roasted Garlic Tomatoes

4 oz Grilled Chicken Breast, meat only,
4 oz Spaghetti, whole-wheat, cooked
1 tsp Garlic, roasted
1 oz, Onion, caramelized
4 oz Tomatoes, San Marzano, Canned
1 oz Vinegar, balsamic or .25 oz Reduced Balsamic
1 tbsp Basil
1 tsp Oregano



Week 33

Beef Pho, W/Rice Noodles and Snow Peas

4 oz Beef Top Round, lean and fat, raw
4 oz Rice noodles, cooked
1 tbsp Hoisin Sauce
1 tsp BEE STING, QUASI-THAI SIRACHA CHILI SAUCE
1 Tbsp EDEN, MIRIN RICE COOKING WINE
1 tsp Soy Sauce, made from soy (tamari)
4 ounces Snow Peas

Ground Turkey Pita, With Diced Tomatoes, Red Onions, Cucumbers and Tzatziki Sauce

1 pita, small (4" dia) White Pita Bread, enriched
5 ONZ JENNIE-O TURKEY STORE, INC. GROUND TURKEY
28 gram(s) Red Onion, raw
56 g Cucumber, with peel, raw
56 g Tomatoes, red, raw
3 Tbsp(s) Yogurt, Greek, plain, nonfat
1 teaspoon Lime juice, raw
1/2 tsp, ground Pepper Black, ground,
1/8 tsp(s) Salt, sea
1/2 tsp Dill Seed
4 g Cucumber, peeled, raw

Herb Marinated Grilled Chicken, Jasmine Rice and Steamed Broccoli

4 oz Grilled Chicken Breast, meat only
1 tbsp marinade; paprika, cumin, garlic powder, onion powder, s&p, oil (.25 tsp), water 1 oz
1/2 cup JASMINE COOKED RICE
4 oz Broccoli, cooked, boiled, drained, without salt
1 Serving Morton Coarse Kosher Salt



Week 34

Steak Tacos W/Cheese, Lettuce and Shaved Street Corn

4 oz Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled
1 TORTILLA TARGET STORES 6-INCH FLOUR TORTILLA
4 oz Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, without salt
1 oz Yogurt, Greek, plain, whole milk
1 Tablespoon Lime juice, raw
1 Serving, Morton Kosher Salt
½ tbsp paprika
½ tbsp cotija cheese
1 tbsp Monterey Jack Cheese

Salmon W/Farro and Swiss Chard

4 oz Salmon, sockeye, cooked, broiled
1/4 cup ORGANIC ITALIAN FARRO
½ Cup Swiss Chard, Cooked
1 serving Morton Coarse Kosher Salt

Caprese Chicken W/Orzo, Swiss Chard and Kale Salad, and Balsamic Olive Oil Dressing

4 oz, Chicken, breast, lean, baked
1 oz Tomatoes, red, ripe, cooked
1 Tbsp(s) Cheese, mozzarella, low moisture, part-skim, shredded
1 oz Vinegar, balsamic
1 Tbsp(s) Extra Virgin Olive Oil
1/4 cup Kale, Cooked
¼ Cup Swiss Chard, Cooked
1 Slice Onion
3 oz orzo, cooked



Week 35

Carnitas Bowl W/Brown Rice, Green Peppers and Grilled Onions

4 oz Pork, fresh, enhanced, shoulder, (Boston butt), blade (steaks), separable lean only, cooked, braised
4 oz Rice, brown, long-grain, cooked
2 oz Green Bell or Sweet Peppers, raw
2 gram(s) Red Onion, raw
1 tsp, Cilantro, chopped, raw
1 Serving, Morton Coarse Kosher Salt
1 oz, Lime Juice

Sausage Pasta Salad W/Olives, Celery, Cherry Tomatoes, Broccoli and White Balsamic

4 oz Turkey sausage, fresh, cooked
1/2 cup BARILLA READY PASTA ROTINI
3 olives Olive, green or black, drained
1 oz Celery, raw
1 oz Cherry Tomatoes, Fresh
28 g Broccoli, cooked, boiled, drained, without salt
2 tablespoons DRESSING: Girard's WHITE BALSAMIC VINAIGRETTE

Turkey Breast W/Roasted Potatoes and Coleslaw

4 oz, boneless Turkey, light meat, cooked
4 oz Potatoes, boiled, drained, or baked, with salt
2 oz Cabbage Mix, Red & Green
1 tsp, Vinegar
1 tsp, Mayonnaise
1 Serving, Morton Coarse Kosher Salt



Week 36

Italian Sausage Spaghetti, House Marinara and Brussel Sprouts

4 oz, Turkey sausage, fresh, cooked

1/4 cup SPINATO'S MARINARA

2 ONZ BARILLA G & R F.LLI S.P.A. BARILLA, WHOLE GRAIN, SPAGHETTI

4 oz Brussels sprouts, cooked, boiled, drained, without salt

Seared Tilapia, Roasted Butternut Squash and Lemony Broccoli

4 oz Tilapia, cooked, broiled

4 oz Butternut Squash, Roasted

4 oz Broccoli, Steamed

1 tsp, Lemon Juice

1 Serving, Morton's Coarse Kosher Salt

Buffalo Pulled Chicken W/Bleu Cheese, Scallions, Roasted Sweet Potatoes and Kale Salad

4 oz Chicken, broilers or fryers, breast, meat only, cooked, rotisserie, original seasoning

1/2 Tbsp FRANK'S, REDHOT, KETCHUP STYLE HOT SAUCE,

1/8 cup CREAMY CRUMBLLED BLEU CHEESE Dressing

4 oz Kale, raw

4 oz Sweet Potato, cooked, baked in skin, without salt



Week 37

Steak W/Chimichurri, Yam Frites and Greens

1 tsp(s) Olive Oil
1 oz Parsley, raw
1 Tbsp Lemon juice, raw
1 Tbsp, Red Pepper
1 Tsp, Parsley
1 Serving, Morton Coarse Kosher Salt
4 oz Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled
1/2 cup COLLARD GREENS
4 oz Yam, cooked, boiled, drained, or baked, without salt

Deconstructed Shrimp Kabobs, Peppers, Pineapple, Onions, Zucchini and Wild Rice

4 oz Shrimp, cooked
1 tbsp Coriander (cilantro) leaves, raw
1/4 cup, Diced Pineapple, Grilled
1/4 cup, Diced Red Onions, Grilled
1/4 Cup, Diced Zucchini
1/2 cup Rice, wild & white, glutinous, cooked
1 Serving, Morton Coarse Kosher Salt

Turkey Meatballs W/ Garlic Zoodles, and Dinner Roll

4 oz. CARGILL Honeysuckle White 93/7 Ground Turkey
1 Wheat Dinner Roll (1 oz)
1 Tbsp Garlic, Roasted
1 Serving Morton Coarse Kosher Salt
4 oz, Zucchini, Zoodled



Week 38

Beef Stroganoff, Egg Noodles, Yogurt Mushroom Sauce and Onions

4 oz Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled

4 oz Noodles, egg, cooked, enriched, with added salt

2 oz Mushrooms, cooked, boiled, drained, without salt

3/8 cup CALDWELL & SON INC. DICED RED ONION

1/4 cup Soup, SWANSON, beef broth, lower sodium

1 ounce(s) Yogurt, Greek, plain, nonfat

1 tsp Garlic, raw

1/2 Serving Morton Coarse Kosher Salt

1/2 Tbsp(s) Olive Oil

Lemon Garlic Salmon, Couscous and Green Beans

1 oz Lemons, raw, without peel

4 oz Salmon, Atlantic, farmed, cooked

1 tsp, Garlic, Roasted

115 GRAM COUSCOUS,

4 oz Green Beans, snap, raw

1 Serving, Morton Coarse Kosher Salt

Chicken Enchilada Stuffed Bell Peppers

4 oz Chicken, Breast, Meat Only

1/4 cup Enchilada Sauce, all averages

2 oz Beans, pinto, mature seeds, sprouted, cooked, boiled, drained, without salt

2 oz Rice, brown, long-grain, cooked

1 large (2-1/4 per lb, approx 3-3/4" long, 3" dia) Green Bell or Sweet Peppers, raw

1 slice(s), thin Red Onion, raw

1/2 Tbsp(s) Olive Oil

1/4 Italian tomato Tomatoes, red, ripe, raw, year round average

1 oz, Monterey Jack Cheese



Week 39

Grilled Steak W/White Rice, and Brussel Sprouts

4 oz Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled

4 oz Brussels sprouts, cooked, boiled, drained, without salt

1/2 g Salt, table

1/2 cup Rice, white, medium-grain, cooked

Roasted Lemon Chicken Thighs W/ Red Potatoes and Greens

4 oz Chicken, Thigh, Meat and Skin, roasted

4 oz Potatoes, boiled, cooked in skin, skin, without salt

4 oz Green Beans, snap, frozen, boiled, drained without salt

1/2 g Salt, table

1 Tbsp, Lemon Juice

Roasted Garlic Shrimp Penne W/Chopped Tomatoes and Broccoli

4 oz Shrimp, Cooked

1 tsp, Garlic, Roasted

1/4 Cup, Chopped Tomatoes, Raw

1/2 tsp Olive Oil

4 oz, Steamed Broccoli

2 oz Barilla Whole Grain Penne Pasta