

EAT LIKE THE PROS...

APRIL 2010

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

WK 1 5TH MONDAY DELIVERY
(MONDAY/TUESDAY MEALS)

BREAKFAST

1. Scrambled Eggs (plain / cheese)
2. The Pros Pancakes - **Banana / Pecan**
3. **Yogurt Parfait with Bananas**
4. **Breakfast Shrimp & Grits**
5. Canadian Bacon & Cheddar Omelet

LUNCH / DINNER Main items

1. Asian Marinated Flank Steak
2. Roast Chicken Stuffed with Goat Cheese & Herbs
3. Mahi Mahi with Mango Chutney
4. Caesar Salad (chix, beef, sal, shrimp)
5. Grilled: chicken, beef, salmon, shrimp
6. **Moroccan Chicken**
7. **Turkey Chili**

Vegetables

1. Broccoli, steamed
2. Asian Vegetable Stir-Fry
3. Grilled Asparagus
4. Green Beans with Stewed Tomatoes

Grains / Starches

1. Brown Rice, with ghee
2. Fragrant Jasmine Rice
3. Soft Polenta with Rosemary
4. Golden Onion Mashed Potato

Weekly Rotational Snacks

1. **Crackers #2 = Roasted Garlic Hummus**
2. **Root Chips & Guacamole**
3. **Apple & Almond Butter**

7TH WEDNESDAY DELIVERY
(WED. /THURS. MEALS)

BREAKFAST

1. Scrambled Eggs (plain / cheese)
2. The Pros Pancakes - **Banana / Pecan**
3. **Yogurt Parfait with Bananas**
4. **Breakfast Shrimp & Grits**
5. Potato & Leek Frittata

LUNCH / DINNER Main items

1. Ribeye with Chive Butter
2. Dill Roasted Salmon
3. Sesame Chicken
4. Roasted Dijon Chicken
5. Caesar Salad (chix, beef, sal, shrimp)
6. Grilled: chicken, beef, salmon, shrimp
7. **Turkey Chili**

Vegetables

1. Carrots, steamed
2. Garlic & Ginger Snap Peas
3. Broccoli with Toasted Almonds
4. Eggplant Ragout

Grains / Starches

1. Brown Rice, with ghee
2. Goat Cheese Mashed
3. Lentils with Fresh Herbs
4. Roasted Root Vegetables

9TH FRIDAY DELIVERY
(FRI./SAT./SUN MEALS)

BREAKFAST

1. Scrambled Eggs (plain / cheese)
2. The Pros Pancakes - **Banana / Pecan**
3. **Yogurt Parfait with Bananas**
4. **Breakfast Shrimp & Grits**
5. Bison Steak & Eggs
6. Green Onion Omelet

LUNCH / DINNER Main items

1. Filet Mignon with Roquefort Cheese
2. NY Strip with Pesto
3. Pecan Sole
4. Teriyaki Chicken
5. Turkey Meatballs
6. Caesar Salad (chix, beef, sal, shrimp)
7. Grilled: chicken, beef, salmon, shrimp
8. **Turkey Chili**

Vegetables

1. Peas, steamed
2. Broccoli Stir-Fry
3. Roasted Garlic Green Beans
4. Roasted Beets

Grains / Starches

1. Brown Rice, with ghee
2. Vegetable Fried Brown Rice
3. Rice Pasta with Tomato Sauce
4. Cheddar Mashed

WK 2 12TH MONDAY DELIVERY
(MONDAY/TUESDAY MEALS)

BREAKFAST

1. Scrambled Eggs (plain / cheese)
2. The Pros Pancakes - **Straw. / Almond**
3. **Strawberry Yogurt Parfait**
4. **Creamy Oats**
5. Roasted Vegetable Frittata

LUNCH / DINNER Main items

1. Cajun Ribeye w/ Horseradish Whipped
2. Baked Cod
3. Five Spice Chicken with Apple Compote
4. **Chicken Piccata**
5. California Cobb Salad
6. Grilled: chicken, beef, salmon, shrimp
7. Beef Stew

Vegetables

1. Squash, Plain Steamed
2. Cauliflower with Roasted Garlic
3. Roasted Mushrooms with Bell Pepper & Snap Peas.
4. **Watercress with Pear & Roasted Walnuts**

Grains / Starches

1. Brown Rice, with ghee
2. Rosemary Mashed
3. Sauté of Kidney Beans & Cilantro
4. Red Beans & Brown Rice

Weekly Rotational Snacks

1. **Crackers #3 = Roasted Red Pepper**
2. **Root Chips & Guacamole**
3. **Shrimp Roll**

14TH WEDNESDAY DELIVERY
(WED. /THURS. MEALS)

BREAKFAST

1. Scrambled Eggs (plain / cheese)
2. The Pros Pancakes - **Straw. / Almond**
3. **Strawberry Yogurt Parfait**
4. **Creamy Oats**
5. Fine Herb Omelet

LUNCH / DINNER Main items

1. Chimichurri Skirt Steak
2. Cumin Marinated Tilapia
3. Herb's Roasted Chicken
4. Laab Chicken
5. California Cobb Salad
6. Grilled: chicken, beef, salmon, shrimp
7. Beef Stew

Vegetables

1. Green Beans, Plain Steamed
2. Creamed Spinach
3. Spaghetti Squash
4. **Watercress with Pear & Roasted Walnuts**

Grains / Starches

1. Brown Rice, with ghee
2. Fork Mashed Red Bliss
3. Grilled Polenta
4. Basic Quinoa

16TH FRIDAY DELIVERY
(FRI./SAT./SUN MEALS)

BREAKFAST

1. Scrambled Eggs (plain / cheese)
2. The Pros Pancakes - **Straw. / Almond**
3. **Strawberry Yogurt Parfait**
4. **Creamy Oats**
5. Western Omelet
6. Grilled Tomato Frittata

LUNCH / DINNER Main items

1. **NY Strip Steak with Olive Butter**
2. Beef Stir-Fry with Black Bean Sauce
3. Lamb Souvlaki with Tzatziki Sauce
4. Fajitas (Chicken/Skirt Steak)
5. Chicken Satay with Thai Peanut Sauce
6. California Cobb Salad
7. Grilled: chicken, beef, salmon, shrimp
8. Beef Stew

Vegetables

1. Spinach, Plain Steamed
2. Roasted Vegetables
3. Brussels Sprouts with Toasted Sesame
4. **Watercress with Pear & Roasted Walnuts**

Grains / Starches

1. Brown Rice, with ghee
2. Sweet Potato Mash
3. Simple Jasmine Rice
4. Sauté of Great Northern Beans

<p>WK 3 19TH MONDAY DELIVERY (MONDAY/TUESDAY MEALS)</p> <p>BREAKFAST</p> <ol style="list-style-type: none"> Scrambled Eggs (plain / cheese) The Pros Pancakes - Apple / Choc. Raspberry Yogurt Parfait Breakfast Polenta Spanish Omelet <p>LUNCH / DINNER Main items</p> <ol style="list-style-type: none"> Curried Skirt Steak Sesame Crusted Tuna Grilled Lamb with Roquefort Cream Sauce Chicken with Mushroom Ragout & Onion Relish Baby Spinach Salad with Strawberries Grilled: chicken, beef, salmon, shrimp The Pros Chicken Soup <p>Vegetables</p> <ol style="list-style-type: none"> Broccoli, Steamed Green Beans & Carrots with Tst. Pecans Spinach & Garlic Sauté Frisee with Bacon Lardons <p>Grains / Starches</p> <ol style="list-style-type: none"> Brown Rice, with ghee Celeriac Mashed Rustic Cannelini Beans Indian Style Jasmine Rice <p>Weekly Rotational Snacks</p> <ol style="list-style-type: none"> Crackers #1 = Basil Pesto Hummus Root Chips & Guacamole Mini Greek Salad (200 kcal) 	<p>21ST WEDNESDAY DELIVERY (WED. /THURS. MEALS)</p> <p>BREAKFAST</p> <ol style="list-style-type: none"> Scrambled Eggs (plain / cheese) The Pros Pancakes - Apple / Choc. Raspberry Yogurt Parfait Breakfast Polenta Margherita Frittata <p>LUNCH / DINNER Main items</p> <ol style="list-style-type: none"> NY Strip with Rosemary Au Jus Grilled Shrimp with Papaya Slaw Jamaican Jerked Pork Chops Blackened Chicken Baby Spinach Salad with Strawberries Grilled: chicken, beef, salmon, shrimp The Pros Chicken Soup <p>Vegetables</p> <ol style="list-style-type: none"> Corn on the Cob, plain steamed Wax Beans with Toasted Walnut Brussels Sprouts with Bacon Lardons Frisee with Bacon Lardons <p>Grains / Starches</p> <ol style="list-style-type: none"> Brown Rice, with ghee Mashed Potatoes Lentil Salad White Corn Grits 	<p>23RD FRIDAY DELIVERY (FRI./SAT./SUN MEALS)</p> <p>BREAKFAST</p> <ol style="list-style-type: none"> Scrambled Eggs (plain / cheese) The Pros Pancakes - Apple / Choc. Raspberry Yogurt Parfait Breakfast Polenta Omelet Wraps Huevos Rancheros <p>LUNCH / DINNER Main items</p> <ol style="list-style-type: none"> Filet with Ginger Mushroom Demi Glace Teriyaki Beef Kabobs Baked Stuffed Shrimp Herb Baked Chicken Chipolte Spiced Turkey Baby Spinach Salad with Strawberries Grilled: chicken, beef, salmon, shrimp The Pros Chicken Soup <p>Vegetables</p> <ol style="list-style-type: none"> Carrots, Steamed Brown Butter Cauliflower Grilled Vegetables Asian Style(teriyaki beef) Frisee with Bacon Lardons <p>Grains / Starches</p> <ol style="list-style-type: none"> Brown Rice, with ghee Buttermilk Mashed Asian Noodles (teriyaki beef) Chickpeas with Spinach & Garlic
<p>WK 4 26TH MONDAY DELIVERY (MONDAY/TUESDAY MEALS)</p> <p>BREAKFAST</p> <ol style="list-style-type: none"> Scrambled Eggs (plain / cheese) The Pros Pancakes – Blue. / Coconut Blueberry Yogurt Parfait Pinto Bean Tostadas Mexican Frittata <p>LUNCH / DINNER Main items</p> <ol style="list-style-type: none"> Chimichurri Flank Steak Atlantic Cod with Sweet Corn Puree BBQ Bison Ribeye with Chipolte Sauce Coconut Chicken Greek Salad Grilled: chicken, beef, salmon, shrimp Bison Chili <p>Vegetables</p> <ol style="list-style-type: none"> Squash, Steamed Curried Cauliflower Chinese Long Beans with Sesame Iceberg Wedge with Blue Cheese Dressing <p>Grains / Starches</p> <ol style="list-style-type: none"> Brown Rice, with ghee Cumin Scented Basmati Mexican Black Beans Baked Sweet Potato Fries <p>Weekly Rotational Snacks</p> <ol style="list-style-type: none"> Crackers #3 = Rst Red Bell Pepper Hummus Root Chips & Guacamole Marinated Olives 	<p>28TH WEDNESDAY DELIVERY (WED. /THURS. MEALS)</p> <p>BREAKFAST</p> <ol style="list-style-type: none"> Scrambled Eggs (plain / cheese) The Pros Pancakes – Blue. / Coconut Blueberry Yogurt Parfait Pinto Bean Tostadas Denver Omelet <p>LUNCH / DINNER Main items</p> <ol style="list-style-type: none"> NY Strip with Horseradish Crème Fraiche BBQ Spiced Salmon with Blueberry Compote Cumin Chicken with Avocado Salsa Grao Prao Chicken Greek Salad Grilled: chicken, beef, salmon, shrimp Bison Chili <p>Vegetables</p> <ol style="list-style-type: none"> Carrots, Steamed Broccoli with Pan-Roasted Cherry Tomatoes Snow Peas with Shiitake Mushroom Iceberg Wedge with Blue Cheese Dressing <p>Grains / Starches</p> <ol style="list-style-type: none"> Brown Rice, with ghee Simple Jasmine Rice Lentils with Fresh Herbs Bleu Cheese Mashed 	<p>30TH FRIDAY DELIVERY (FRI./SAT./SUN MEALS)</p> <p>BREAKFAST</p> <ol style="list-style-type: none"> Scrambled Eggs (plain / cheese) The Pros Pancakes – Blue. / Coconut Blueberry Yogurt Parfait Pinto Bean Tostadas Gruyere & Fine Herb Frittata RI Johnny Cakes <p>LUNCH / DINNER Main items</p> <ol style="list-style-type: none"> Ribeye with Salsa Verde Flank Steak with Asian Slaw Blackened Salmon with Tropical Salsa Pork Chop with Mint Au Jus BBQ Turkey Breast with Homemade Slaw Greek Salad Grilled: chicken, beef, salmon, shrimp Bison Chili <p>Vegetables</p> <ol style="list-style-type: none"> Spinach, Steamed Green Beans Amandine Carrots with Honey & Cinnamon Iceberg Wedge with Blue Cheese Dressing <p>Grains / Starches</p> <ol style="list-style-type: none"> Brown Rice, with ghee Wild Rice with Crimini Mushrooms Soft Polenta with Parmesan Garlic Roasted Yukon Potatoes