

# FEBRUARY 2010

## Scheduled Delivery Days

<b>MONDAY, FEBRUARY 1<sup>ST</sup></b> MONDAY & TUESDAY MEALS <i>ORDER BY JAN 29<sup>TH</sup> AT NOON</i>	<b>WEDNESDAY, FEBRUARY 3<sup>RD</sup></b> WEDNESDAY & THURSDAY MEALS <i>ORDER BY JAN 31<sup>ST</sup> AT NOON</i>	<b>FRIDAY, FEBRUARY 5<sup>TH</sup></b> FRIDAY, SATURDAY & SUNDAY MEALS <i>ORDER BY FEB 2<sup>ND</sup> AT NOON</i>						
<p style="text-align: center;"><b>BREAKFAST</b></p> <ol style="list-style-type: none"> <li>1. The Pros Pancakes</li> <li>2. Strawberry Yogurt Parfait</li> <li>3. Pinto Bean Tostadas</li> <li>4. Fine Herb Omelet</li> </ol> <p style="text-align: center;"><b>LUNCH / DINNER Main items</b></p> <ol style="list-style-type: none"> <li>1. Cajun Ribeye w/ Horseradish Whipped</li> <li>2. Baked Cod</li> <li>3. Five Spice Chicken with Apple Compote</li> <li>4. Chicken Marsala</li> <li>5. California Cobb Salad</li> <li>6. Grilled: chicken, beef, salmon, shrimp</li> <li>7. Beef Stew</li> </ol> <p style="text-align: center;"><b>Vegetables</b></p> <ol style="list-style-type: none"> <li>1. Squash, Plain Steamed</li> <li>2. Oven Roasted Tomatoes with Feta</li> <li>3. Roasted Mushrooms with Bell Pepper &amp; Snap Peas.</li> <li>4. Watercress with Pear &amp; Roasted Walnuts</li> </ol> <p style="text-align: center;"><b>Grains / Starches</b></p> <ol style="list-style-type: none"> <li>1. Brown Rice, with ghee</li> <li>2. Rosemary Mashed</li> <li>3. Sauté of Kidney Beans &amp; Cilantro</li> <li>4. Red Beans &amp; Brown Rice</li> </ol> <p style="text-align: center;"><b><u>Daily Snack List</u></b></p> <table style="width: 100%; border: none;"> <tr> <td style="width: 50%;">Energy Bars (assorted)</td> <td style="width: 50%;">Living Nutz (assorted mixes)</td> </tr> <tr> <td>Jerky (Beef &amp; Turkey)</td> <td>Root Chips &amp; Guacamole</td> </tr> <tr> <td>Fruit Snacks</td> <td>Cheese &amp; Crackers</td> </tr> </table>	Energy Bars (assorted)	Living Nutz (assorted mixes)	Jerky (Beef & Turkey)	Root Chips & Guacamole	Fruit Snacks	Cheese & Crackers	<p style="text-align: center;"><b>BREAKFAST</b></p> <ol style="list-style-type: none"> <li>1. The Pros Pancakes</li> <li>2. Strawberry Yogurt Parfait</li> <li>3. Pinto Bean Tostadas</li> <li>4. Roasted Vegetable Frittata</li> </ol> <p style="text-align: center;"><b>LUNCH / DINNER Main items</b></p> <ol style="list-style-type: none"> <li>1. Chimichurri Skirt Steak</li> <li>2. Cumin Marinated Tilapia</li> <li>3. Herb's Roasted Chicken</li> <li>4. Laab Chicken</li> <li>5. California Cobb Salad</li> <li>6. Grilled: chicken, beef, salmon, shrimp</li> <li>7. Beef Stew</li> </ol> <p style="text-align: center;"><b>Vegetables</b></p> <ol style="list-style-type: none"> <li>1. Green Beans, Plain Steamed</li> <li>2. Sauté of Okra</li> <li>3. Spaghetti Squash</li> <li>4. Watercress with Pear &amp; Roasted Walnuts</li> </ol> <p style="text-align: center;"><b>Grains / Starches</b></p> <ol style="list-style-type: none"> <li>1. Brown Rice, with ghee</li> <li>2. Fork Mashed Red Bliss</li> <li>3. Grilled Polenta</li> <li>4. Basic Quinoa</li> </ol> <p style="text-align: center;"><b><u>Weekly Rotational Snacks</u></b></p> <p style="text-align: center;">Roasted Red Pepper Hummus &amp; Crackers Shrimp Roll</p>	<p style="text-align: center;"><b>BREAKFAST</b></p> <ol style="list-style-type: none"> <li>1. The Pros Pancakes</li> <li>2. Strawberry Yogurt Parfait</li> <li>3. Pinto Bean Tostadas</li> <li>4. Scrambled Eggs with Grilled Asparagus</li> <li>5. Breakfast Polenta</li> </ol> <p style="text-align: center;"><b>LUNCH / DINNER Main items</b></p> <ol style="list-style-type: none"> <li>1. Beef Shepherd's Pie</li> <li>2. Beef Stir-Fry with Black Bean Sauce</li> <li>3. Lamb Souvlaki with Tzatziki Sauce</li> <li>4. Fajitas (Chicken/Skirt Steak)</li> <li>5. Chicken Satay with Thai Peanut Sauce</li> <li>6. California Cobb Salad</li> <li>7. Grilled: chicken, beef, salmon, shrimp</li> <li>8. Beef Stew</li> </ol> <p style="text-align: center;"><b>Vegetables</b></p> <ol style="list-style-type: none"> <li>1. Spinach, Plain Steamed</li> <li>2. Roasted Vegetables</li> <li>3. Broccoli Stir-Fry</li> <li>4. Watercress with Pear &amp; Roasted Walnuts</li> </ol> <p style="text-align: center;"><b>Grains / Starches</b></p> <ol style="list-style-type: none"> <li>1. Brown Rice, with ghee</li> <li>2. Sweet Potato Mash</li> <li>3. Simple Jasmine Rice</li> <li>4. Sauté of Great Northern Beans</li> </ol>
Energy Bars (assorted)	Living Nutz (assorted mixes)							
Jerky (Beef & Turkey)	Root Chips & Guacamole							
Fruit Snacks	Cheese & Crackers							

**TO ORDER: 1.) Sign up for free 2.) Review menus 3.) Begin ordering meals!**

**Do you have questions? Please email us at:  
*customerservice@eatlikethepros.com***

<p align="center"><b>MONDAY, FEBRUARY 8<sup>TH</sup></b>  <b>MONDAY &amp; TUESDAY MEALS</b>  <i>ORDER BY FEB 5<sup>TH</sup> AT NOON</i></p>	<p align="center"><b>WEDNESDAY, FEBRUARY 10<sup>TH</sup></b>  <b>WEDNESDAY &amp; THURSDAY MEALS</b>  <i>ORDER BY FEB 7<sup>TH</sup> AT NOON</i></p>	<p align="center"><b>FRIDAY, FEBRUARY 12<sup>TH</sup></b>  <b>FRIDAY, SATURDAY &amp; SUNDAY MEALS</b>  <i>ORDER BY FEB 9<sup>TH</sup> AT NOON</i></p>						
<p align="center"><b>BREAKFAST</b></p> <ol style="list-style-type: none"> <li>The Pros Pancakes</li> <li>Yogurt Parfait with Almonds &amp; Berries</li> <li>Pinto Bean Tostadas</li> <li>Margherita Frittata</li> </ol> <p align="center"><b>LUNCH / DINNER Main items</b></p> <ol style="list-style-type: none"> <li>Curried Skirt Steak</li> <li>Sesame Crusted Tuna</li> <li>Grilled Lamb with Roquefort Cream Sauce</li> <li>Chicken with Mushroom Ragout &amp; Onion Relish</li> <li>Baby Spinach Salad with Strawberries</li> <li>Grilled: chicken, beef, salmon, shrimp</li> <li>Turkey Chili</li> </ol> <p align="center"><b>Vegetables</b></p> <ol style="list-style-type: none"> <li>Broccoli, Steamed</li> <li>Braised Swiss Chard</li> <li>Spinach &amp; Garlic Sauté</li> <li>Frisee with Bacon Lardons</li> </ol> <p align="center"><b>Grains / Starches</b></p> <ol style="list-style-type: none"> <li>Brown Rice, with ghee</li> <li>Celeriac Mashed</li> <li>Rustic Cannelini Beans</li> <li>Indian Style Jasmine Rice</li> </ol> <p align="center"><b><u>Daily Snack List</u></b></p> <table border="0"> <tr> <td>Energy Bars (assorted)</td> <td>Living Nutz (assorted mixes)</td> </tr> <tr> <td>Jerky (Beef &amp; Turkey)</td> <td>Root Chips &amp; Guacamole</td> </tr> <tr> <td>Fruit Snacks</td> <td>Cheese &amp; Crackers</td> </tr> </table>	Energy Bars (assorted)	Living Nutz (assorted mixes)	Jerky (Beef & Turkey)	Root Chips & Guacamole	Fruit Snacks	Cheese & Crackers	<p align="center"><b>BREAKFAST</b></p> <ol style="list-style-type: none"> <li>The Pros Pancakes</li> <li>Yogurt Parfait with Almonds &amp; Berries</li> <li>Pinto Bean Tostadas</li> <li>Spanish Omelet</li> </ol> <p align="center"><b>LUNCH / DINNER Main items</b></p> <ol style="list-style-type: none"> <li>NY Strip with Rosemary Au Jus</li> <li>Grilled Shrimp with Papaya Slaw</li> <li>Jamaican Jerked Pork Chops</li> <li>Blackened Chicken</li> <li>Baby Spinach Salad with Strawberries</li> <li>Grilled: chicken, beef, salmon, shrimp</li> <li>Turkey Chili</li> </ol> <p align="center"><b>Vegetables</b></p> <ol style="list-style-type: none"> <li>Corn on the Cob, plain steamed</li> <li>Wax Beans with Toasted Walnut</li> <li>Vegetable Medley with Fine Herbs</li> <li>Frisee with Bacon Lardons</li> </ol> <p align="center"><b>Grains / Starches</b></p> <ol style="list-style-type: none"> <li>Brown Rice, with ghee</li> <li>Mashed Potatoes</li> <li>Lentil Salad</li> <li>White Corn Grits</li> </ol> <p align="center"><b><u>Weekly Rotational Snacks</u></b></p> <p align="center">Basil Pesto Hummus &amp; Crackers  Mini Greek Salad</p>	<p align="center"><b>BREAKFAST</b></p> <ol style="list-style-type: none"> <li>The Pros Pancakes</li> <li>Yogurt Parfait with Almonds &amp; Berries</li> <li>Pinto Bean Tostadas</li> <li>Rhode Island Johnny Cakes</li> <li>Huevos Rancheros</li> </ol> <p align="center"><b>LUNCH / DINNER Main items</b></p> <ol style="list-style-type: none"> <li>Filet with Ginger Mushroom Demi Glace</li> <li>Teriyaki Beef Kabobs</li> <li>Bacon Wrapped Scallops with Corn Salsa</li> <li>Herb Baked Chicken</li> <li>Asian Chicken Lettuce Wraps</li> <li>Baby Spinach Salad with Strawberries</li> <li>Grilled: chicken, beef, salmon, shrimp</li> <li>Turkey Chili</li> </ol> <p align="center"><b>Vegetables</b></p> <ol style="list-style-type: none"> <li>Carrots, Steamed</li> <li>Brown Butter Cauliflower</li> <li>Grilled Vegetables Asian Style(teriyaki beef)</li> <li>Frisee with Bacon Lardons</li> </ol> <p align="center"><b>Grains / Starches</b></p> <ol style="list-style-type: none"> <li>Brown Rice, with ghee</li> <li>Buttermilk Mashed</li> <li>Asian Noodles (teriyaki beef)</li> <li>Chickpeas with Spinach &amp; Garlic</li> </ol>
Energy Bars (assorted)	Living Nutz (assorted mixes)							
Jerky (Beef & Turkey)	Root Chips & Guacamole							
Fruit Snacks	Cheese & Crackers							

**MONDAY, FEBRUARY 15<sup>TH</sup>**  
**MONDAY & TUESDAY MEALS**  
*ORDER BY FEB 12<sup>TH</sup> AT NOON*

**WEDNESDAY, FEBRUARY 17<sup>TH</sup>**  
**WEDNESDAY & THURSDAY MEALS**  
*ORDER BY FEB 14<sup>TH</sup> AT NOON*

**FRIDAY, FEBRUARY 19<sup>TH</sup>**  
**FRIDAY, SATURDAY & SUNDAY MEALS**  
*ORDER BY FEB 16<sup>TH</sup> AT NOON*

**BREAKFAST**

1. The Pros Pancakes
2. Blueberry Yogurt Parfait
3. Pinto Bean Tostadas
4. Mexican Frittata

**LUNCH / DINNER**  
**Main items**

1. Chimichurri Flank Steak
2. Atlantic Cod with Sweet Corn Puree
3. Ground Lamb Garam Masala
4. Coconut Chicken
5. Greek Salad
6. Grilled: chicken, beef, salmon, shrimp
7. Bison Chili

**Vegetables**

1. Squash, Steamed
2. Curried Cauliflower
3. Chinese Long Beans with Sesame
4. Iceberg Wedge with Blue Cheese Dressing

**Grains / Starches**

1. Brown Rice, with ghee
2. Cumin Scented Basmati
3. Mexican Black Beans
4. Baked Sweet Potato Fries

**Daily Snack List**

Energy Bars (assorted)  
 Jerky (Beef & Turkey)  
 Fruit Snacks

Living Nutz (assorted mixes)  
 Root Chips & Guacamole  
 Cheese & Crackers

**BREAKFAST**

1. The Pros Pancakes
2. Blueberry Yogurt Parfait
3. Pinto Bean Tostadas
4. Denver Omelet

**LUNCH / DINNER**  
**Main items**

1. NY Strip with Horseradish Crème Fraiche
2. BBQ Spiced Salmon with Blueberry Compote
3. Bison Steak & Vegetable Curry
4. Grao Prao Chicken
5. Greek Salad
6. Grilled: chicken, beef, salmon, shrimp
7. Bison Chili

**Vegetables**

1. Carrots, Steamed
2. Broccoli with Pan-Roasted Cherry Tomatoes
3. Sautéed Zucchini with Dill
4. Iceberg Wedge with Blue Cheese Dressing

**Grains / Starches**

1. Brown Rice, with ghee
2. Simple Jasmine Rice
3. Lentils with Fresh Herbs
4. Bleu Cheese Mashed

**Weekly Rotational Snacks**

Roasted Red Bell Pepper Hummus & Crackers  
 Marinated Olives

**BREAKFAST**

1. The Pros Pancakes
2. Blueberry Yogurt Parfait
3. Pinto Bean Tostadas
4. Gruyere & Fine Herb Frittata
5. Breakfast Shrimp & Grits

**LUNCH / DINNER**  
**Main items**

1. Tenderloin with Figs
2. Flank Steak with Asian Slaw
3. Roasted Monkfish with Citrus Salad
4. Pork Chop with Mint Au Jus
5. BBQ Turkey Breast with Homemade Slaw
6. Greek Salad
7. Grilled: chicken, beef, salmon, shrimp
8. Bison Chili

**Vegetables**

1. Spinach, Steamed
2. Green Beans Amandine
3. Carrots with Honey & Cinnamon
4. Iceberg Wedge with Blue Cheese Dressing

**Grains / Starches**

1. Brown Rice, with ghee
2. Wild Rice with Crimini Mushrooms
3. Soft Polenta with Parmesan
4. Garlic Roasted Yukon Potatoes

**MONDAY, FEBRUARY 22<sup>ND</sup>**  
**MONDAY & TUESDAY MEALS**  
*ORDER BY FEB 19<sup>TH</sup> AT NOON*

**WEDNESDAY, FEBRUARY 24<sup>TH</sup>**  
**WEDNESDAY & THURSDAY MEALS**  
*ORDER BY FEB 21<sup>ST</sup> AT NOON*

**FRIDAY, FEBRUARY 26<sup>TH</sup>**  
**FRIDAY, SATURDAY & SUNDAY MEALS**  
*ORDER BY FEB 23<sup>RD</sup> AT NOON*

**BREAKFAST**

1. The Pros Pancakes
2. Yogurt Parfait with Bananas
3. Pinto Bean Tostadas
4. Scrambled Eggs with Cheddar Cheese & Scallions

**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. The Pros Chicken Soup

**Vegetables**

1. Broccoli, steamed
2. Asian Vegetable Stir-Fry
3. Grilled Asparagus
4. Pan-Roasted Vegetable Medley

**Grains / Starches**

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

**Daily Snack List**

Energy Bars (assorted)  
 Jerky (Beef & Turkey)  
 Fruit Snacks

Living Nutz (assorted mixes)  
 Root Chips & Guacamole  
 Cheese & Crackers

**BREAKFAST**

1. The Pros Pancakes
2. Yogurt Parfait with Bananas
3. Pinto Bean Tostadas
4. 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. The Pros Chicken Soup

**Vegetables**

1. Carrots, steamed
2. Garlic & Ginger Snap Peas
3. Sauté of Julienne Squash
4. Grilled Eggplant with Cumin

**Grains / Starches**

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

**Weekly Rotational Snacks**

Roasted Garlic Hummus & Crackers  
 Apple & Almond Butter

**BREAKFAST**

1. The Pros Pancakes
2. Yogurt Parfait with Bananas
3. Pinto Bean Tostadas
4. Bison Steak & Eggs
5. 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. The Pros Chicken Soup

**Vegetables**

1. Peas, steamed
2. Brussels Sprouts with Toasted Sesame
3. Roasted Garlic Green Beans
4. Baby Romaine with Roasted Beets

**Grains / Starches**

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