

EAT LIKE THE PROS...

PROPOSED MENU-FEBRUARY 2012

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

WK1 7TH MONDAY DELIVERY

Breakfast

1. Scrambled Eggs (plain / cheese)
2. The Pros Pancakes - Banana / Pecan
3. Strawberry Yogurt Parfait
4. Breakfast Shrimp & Grits
5. Portuguese Egg Muffins
6. Canadian Bacon & Cheddar Omelet
7. Pinto Bean Tostadas

Main items

1. Daube Braised Brisket
2. Teriyaki Roasted Salmon
3. Rst Chix. Stuffed w/ Goat Cheese & Herbs
4. Moroccan Chicken
5. Caesar Salad (chix, beef, shrimp)
6. Daily Offerings
7. Turkey Chili/ Winter Vegetable & Beef Soup

Vegetables

1. Broccoli, Steamed
2. Green Beans Amantine
3. Grilled Ratatouille
4. Iceberg Wedge with Bleu Cheese Dressing

Grains / Starches

1. Soaked Brown Rice with Ghee
2. Fragrant Jasmine Rice
3. Golden Onion Mashed Potato (Yukon)
4. Soft Polenta with Rosemary

9TH WEDNESDAY DELIVERY

Breakfast

1. Scrambled Eggs (plain / cheese)
2. The Pros Pancakes - Banana / Pecan
3. Strawberry Yogurt Parfait
4. Pinto Bean Tostadas
5. Creamy Oats
6. Potato & Leek Frittata

Main items

1. Swedish Meatballs
2. Dill Roasted Salmon
3. Sesame Chicken
4. Roasted Dijon Chicken
5. Caesar Salad (chix, beef, shrimp)
6. Daily Offerings
7. Turkey Chili/ Winter Vegetable & Beef Soup

Vegetables

1. Broccoli with Toasted Almonds
2. Green Beans with Stewed Tomatoes
3. Eggplant Ragout
4. Iceberg Wedge with Bleu Cheese Dress

Grains / Starches

1. Soaked Brown Rice with Ghee
2. Pad Thai Noodles (rice noodles)
3. Garlic Roasted Yukon Potatoes (yukon)
4. Sweet Potato Mashed

11TH FRIDAY DELIVERY

Breakfast

1. Scrambled Eggs (plain / cheese)
2. The Pros Pancakes - Banana / Pecan
3. Strawberry Yogurt Parfait
4. Breakfast Shrimp & Grits
5. Green Onion Omelet
6. Turkey & Green Pepper Omelet

Main items

1. NY Strip with Pesto
2. Pecan Sole
3. Teriyaki Chicken
4. BBQ Turkey Breast with Homemade Slaw
5. Caesar Salad (chix, beef, shrimp)
6. Daily Offerings
7. Winter Vegetable & Beef Soup

Vegetables

1. Broccoli Stir-Fry
2. Grilled Eggplant with Feta
3. Pan-Roasted Vegetable Medley
4. Iceberg Wedge with Bleu Cheese Dressing

Grains / Starches

1. Soaked Brown Rice with Ghee
2. Vegetable Fried Brown Rice
3. Goat Cheese Mashed (Yukon)
4. Rustic Cannelini Beans

Weekly Rotational Snacks

**Crackers #2 = Roasted Garlic Hummus
2. Root Chips & Guacamole**

WK2 14TH MONDAY DELIVERY

Breakfast

1. Scrambled Eggs (plain / cheese)
2. The Pros Pancakes – Straw. / Almond
3. Yogurt Parfait with Bananas
4. Black Bean Tostadas
5. Danish Omelet
6. Egg Muffin with Goat Cheese
7. Roasted Vegetable Frittata

Main items

1. Cajun Strip Steak w/ Horseradish Whipped
2. Baked Cod
3. Chicken Piccata
4. Coconut Curry Chicken
5. California Cobb Salad
6. Daily Offerings
7. Beef Stew/ Hearty Tuscan White Bean Soup

Vegetables

1. Caponata
2. Spinach, steamed
3. Rst Mush w/ Bell Pepper & Snap Peas
4. Baby Romaine with Roasted Beets

Grains / Starches

1. Soaked Brown Rice with Ghee
2. Roasted Garlic Mashed (russet)
3. Red Beans & Brown Rice
4. Chipolte Roasted Russets (russet)

16TH WEDNESDAY

Breakfast

1. Scrambled Eggs (plain / cheese)
2. The Pros Pancakes – Straw. / Almond
3. Yogurt Parfait with Bananas
4. Creamy Oats
5. Fine Herb Omelet
6. Black Bean Tostadas

Main items

1. Chimichurri Sirloin Flat Steak
2. Cumin Marinated Tilapia
3. Laab Chicken
4. Pad Thai Noodles with Chicken
5. California Cobb Salad
6. Daily Offerings
7. Beef Stew/ Hearty Tuscan White Bean Soup

Vegetables

1. Garlic & Ginger Snap Peas
2. Roasted Vegetable Medley
3. Spinach & Garlic Sauté
4. Baby Romaine with Roasted Beets

Grains / Starches

1. Soaked Brown Rice with Ghee
2. Fork Mashed Red Bliss (red bliss)
3. Wild Rice with Crimini Mushrooms
4. Mexican Black Beans

18TH FRIDAY DELIVERY

Breakfast

1. Scrambled Eggs (plain / cheese)
2. The Pros Pancakes – Straw. / Almond
3. Yogurt Parfait with Bananas
4. Black Bean Tostadas
5. Western Omelet
6. Grilled Tomato Frittata

Main items

1. Beef Shepherd's Pie
2. Chicken Satay with Thai Peanut Sauce
3. Fajitas (Chicken/Skirt Steak)
4. Baked Haddock with Rst Garlic Tahini
5. California Cobb Salad
6. Daily Offerings
7. Hearty Tuscan White Bean Soup

Vegetables

1. Brown Butter Cauliflower
2. Creamed Spinach
3. Roasted Beets
4. Baby Romaine with Roasted Beets

Grains / Starches

1. Soaked Brown Rice with Ghee
2. Rstd Red Bliss w/ Cilantro (red bliss)
3. Simple Jasmine Rice
4. Chickpeas with Spinach & Garlic

Weekly Rotational Snacks

**1. Crackers #1 = Red Pepper Hummus
2.. Shrimp Roll**

Weekly Rotational Snacks

<p><u>WK 3 21ST MONDAY DELIVERY</u></p> <p style="text-align: center;"><u>Breakfast</u></p> <ol style="list-style-type: none"> 1. Scrambled Eggs (plain / cheese) 2. The Pros Pancakes - Apple / Choc. 3. Yogurt Parfait with Almonds & Berries 4. Breakfast Polenta 5. Egg Muffin with Cheddar Cheese and Ham 6. Sun Dried Tomato Frittata 7. Pinto Bean Tostadas <p style="text-align: center;"><u>Main items</u></p> <ol style="list-style-type: none"> 1. BBQ Pulled Sirloin Flat Steak 2. Grilled Shrimp with Papaya Slaw 3. Tri Tip Steak Au Poivre 4. Chicken w/ Mush Ragout & Onion Relish 5. Baby Spinach Salad with Turkey Bacon 6. Daily Offerings 7. Chicken & Andouille Gumbo / Black Bean and Ham Soup <p style="text-align: center;"><u>Vegetables</u></p> <ol style="list-style-type: none"> 1. Broccoli, Steamed 2. Green Beans & Carrots with Tst. Pecans 3. Roasted Bell Pepper Medley 4. Watercress w Pear & Roasted Walnuts <p style="text-align: center;"><u>Grains / Starches</u></p> <ol style="list-style-type: none"> 1. Soaked Brown Rice with Ghee 2. Celeriac Mashed (celery root & yukon) 3. Indian Style Jasmine Rice 4. Chipolte Spiced Corn 	<p style="text-align: center;"><u>23RD WEDNESDAY DELIVERY</u></p> <p style="text-align: center;"><u>Breakfast</u></p> <ol style="list-style-type: none"> 1. Scrambled Eggs (plain / cheese) 2. The Pros Pancakes - Apple / Choc. 3. Yogurt Parfait with Almonds & Berries 4. Pinto Bean Tostadas 5. Creamy Oats 6. Cajun Omelet <p style="text-align: center;"><u>Main items</u></p> <ol style="list-style-type: none"> 1. NY Strip with Rosemary Au Jus 2. Sesame Crusted Tuna 3. Jamaican Jerked Pork Chops 4. Blackened Chicken 5. Baby Spinach Salad with Turkey Bacon 6. Daily Offerings 7. Chicken & Andouille Gumbo / Black Bean and Ham Soup <p style="text-align: center;"><u>Vegetables</u></p> <ol style="list-style-type: none"> 1. Broccoli with Pan-Roasted Cherry Tom. 2. Rst Garlic Green Beans 3. Spaghetti Squash 4. Watercress w Pear & Roasted Walnuts <p style="text-align: center;"><u>Grains / Starches</u></p> <ol style="list-style-type: none"> 1. Soaked Brown Rice with Ghee 2. Mashed Potatoes (russet) 3. Herb Roasted Red Bliss (red bliss) 4. Soft Polenta with Parmesan 	<p style="text-align: center;"><u>25TH FRIDAY DELIVERY</u></p> <p style="text-align: center;"><u>Breakfast</u></p> <ol style="list-style-type: none"> 1. Scrambled Eggs (plain / cheese) 2. The Pros Pancakes - Apple / Choc. 3. Yogurt Parfait with Almonds & Berries 4. Omelet Wraps 5. Pinto Bean Tostadas 6. Huevos Rancheros <p style="text-align: center;"><u>Main items</u></p> <ol style="list-style-type: none"> 1. Filet with Ginger Mushroom Demi Glace 2. Bacon Wrapped Scallops with Corn Salsa 3. Chipotle Spiced Turkey 4. Asian Chicken Lettuce Wraps 5. Baby Spinach Salad with Turkey Bacon 6. Daily Offerings 7. Black Bean and Ham Soup <p style="text-align: center;"><u>Vegetables</u></p> <ol style="list-style-type: none"> 1. Grilled Vegetables Asian Style 2. Green Beans, Plain Steamed 3. Broccoli with Toasted Garlic 4. Watercress w Pear & Roasted Walnuts <p style="text-align: center;"><u>Grains / Starches</u></p> <ol style="list-style-type: none"> 1. Soaked Brown Rice with Ghee 2. Buttermilk Mashed (yukon) 3. Asian Noodles (rice noodles) 4. Quinoa with Fresh herbs <p style="text-align: center;"><u>Weekly Rotational Snacks</u></p> <ol style="list-style-type: none"> 1. Crackers #1 = Basil Pesto Hummus 2. Root Chips & Guacamole 3. Mini Greek Salad (200 kcal)
<p><u>WK 4 28TH MONDAY DELIVERY</u></p> <p style="text-align: center;"><u>Breakfast</u></p> <ol style="list-style-type: none"> 1. Scrambled Eggs (plain / cheese) 2. The Pros Pancakes – Blue. / Coconut 3. Blueberry Yogurt Parfait 4. Black Bean Tostadas 5. Ricotta Egg Muffin 6. Mexican Frittata 7. Potato Leek Frittata <p style="text-align: center;"><u>Main items</u></p> <ol style="list-style-type: none"> 1. BBQ Beef Brisket 2. Atlantic Cod with Sweet Corn Puree 3. Lemon Chicken 4. Turkey Meatloaf 5. Greek Salad 6. Daily Offerings 7. Butternut Squash Soup/ Rustic Chicken Soup <p style="text-align: center;"><u>Vegetables</u></p> <ol style="list-style-type: none"> 1. Squash, Steamed 2. Lemon Pepper Green Beans 3. Sesame Snow Peas 4. Grilled Vegetable Salad <p style="text-align: center;"><u>Grains / Starches</u></p> <ol style="list-style-type: none"> 1. Soaked Brown Rice with Ghee 2. Cumin Scented Basmati (basmati) 3. Baked Sweet Potato Fries (sweet potato) 4. Grilled Polenta 	<p style="text-align: center;"><u>MARCH 2ND WEDNESDAY DELIVERY</u></p> <p style="text-align: center;"><u>Breakfast</u></p> <ol style="list-style-type: none"> 1. Scrambled Eggs (plain / cheese) 2. The Pros Pancakes – Blue. / Coconut 3. Blueberry Yogurt Parfait 4. Black Bean Tostadas 5. Creamy Oats 6. Denver Omelet <p style="text-align: center;"><u>Main items</u></p> <ol style="list-style-type: none"> 1. NY Strip w/ Horseradish Crème Fraiche 2. BBQ Spiced Salmon with Pineapple Chili Relish 3. Gra Prao Chicken 4. Cumin Chicken with Avocado Salsa 5. Greek Salad 6. Daily Offerings 7. Butternut Squash Soup/ Rustic Chicken Soup <p style="text-align: center;"><u>Vegetables</u></p> <ol style="list-style-type: none"> 1. Carrots, Steamed 2. Brussels Sprouts with Toasted Pecans 3. Snow Peas with Shiitake Mushroom 4. Grilled Vegetable Salad <p style="text-align: center;"><u>Grains / Starches</u></p> <ol style="list-style-type: none"> 1. Soaked Brown Rice with Ghee 2. Simple Jasmine Rice 3. Roasted Root Vegetables 4. Yellow Mustard Mashed (yukon) 	<p style="text-align: center;"><u>MARCH 4TH FRIDAY DELIVERY</u></p> <p style="text-align: center;"><u>Breakfast</u></p> <ol style="list-style-type: none"> 1. Scrambled Eggs (plain / cheese) 2. The Pros Pancakes – Blue. / Coconut 3. Blueberry Yogurt Parfait 4. Black Bean Tostadas 5. Grass-Fed Steak & Eggs 6. RI Johnny Cakes <p style="text-align: center;"><u>Main items</u></p> <ol style="list-style-type: none"> 1. Sirloin Flat Steak with Caramelized Balsamic Onions 2. Blackened Salmon with Tropical Salsa 3. BBQ Pulled Pork 4. Turkey Meatballs 5. Greek Salad 6. Daily Offerings 7. Rustic Chicken Soup <p style="text-align: center;"><u>Vegetables</u></p> <ol style="list-style-type: none"> 1. Grilled Carrots & Jicama 2. Green Beans, steamed 3. Sautéed Collard Greens 4. Grilled Vegetable Salad <p style="text-align: center;"><u>Grains / Starches</u></p> <ol style="list-style-type: none"> 1. Soaked Brown Rice with Ghee 2. Rice Pasta with Tomato Sauce (rice noodle) 3. Lyonnaise Sweet Potatoes (sweet potato) 4. Sauté of Kidney Beans & Cilantro <p style="text-align: center;"><u>Weekly Rotational Snacks</u></p> <ol style="list-style-type: none"> 1. Crackers #3 = Rst Red Bell Pepper Hummus 2. Root Chips & Guacamole