

JANUARY 2010

Scheduled Delivery Days

Blue Highlight = New Items

MONDAY, JANUARY 4TH MONDAY & TUESDAY MEALS <i>ORDER BY DEC 31 AT NOON</i>	WEDNESDAY, JANUARY 6TH WEDNESDAY & THURSDAY MEALS <i>ORDER BY JAN 3 AT NOON</i>	FRIDAY, JANUARY 8TH FRIDAY, SATURDAY & SUNDAY MEALS <i>ORDER BY JAN 5 AT NOON</i>						
<p style="text-align: center;">BREAKFAST</p> <ol style="list-style-type: none"> 1. The Pros Pancakes 2. Strawberry Yogurt Parfait 3. Pinto Bean Tostadas 4. Fine Herb Omelet <p style="text-align: center;">LUNCH / DINNER Main items</p> <ol style="list-style-type: none"> 1. Cajun Ribeye w/ Horseradish Whipped 2. Baked Cod 3. Five Spice Chicken with Apple Compote 4. Chicken Marsala 5. California Cobb Salad 6. Grilled: chicken, beef, salmon, shrimp 7. Beef Stew <p style="text-align: center;">Vegetables</p> <ol style="list-style-type: none"> 1. Squash, Plain Steamed 2. Oven Roasted Tomatoes with Feta 3. Roasted Mushrooms with Bell Pepper & Snap Peas. 4. Watercress with Pear & Roasted Walnuts <p style="text-align: center;">Grains / Starches</p> <ol style="list-style-type: none"> 1. Brown Rice, with ghee 2. Rosemary Mashed 3. Sauté of Kidney Beans & Cilantro 4. Red Beans & Brown Rice <p style="text-align: center;"><u>Daily Snack List</u></p> <table style="width: 100%; border: none;"> <tr> <td style="width: 50%; border: none;">Energy Bars (assorted)</td> <td style="width: 50%; border: none;">Living Nutz (assorted mixes)</td> </tr> <tr> <td style="border: none;">Jerky (Beef & Turkey)</td> <td style="border: none;">Root Chips & Guacamole</td> </tr> <tr> <td style="border: none;">Fruit Snacks</td> <td style="border: none;">Cheese & 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;">BREAKFAST</p> <ol style="list-style-type: none"> 1. The Pros Pancakes 2. Strawberry Yogurt Parfait 3. Pinto Bean Tostadas 4. Roasted Vegetable Frittata <p style="text-align: center;">LUNCH / DINNER Main items</p> <ol style="list-style-type: none"> 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 <p style="text-align: center;">Vegetables</p> <ol style="list-style-type: none"> 1. Green Beans, Plain Steamed 2. Sauté of Okra 3. Spaghetti Squash 4. Watercress with Pear & Roasted Walnuts <p style="text-align: center;">Grains / Starches</p> <ol style="list-style-type: none"> 1. Brown Rice, with ghee 2. Fork Mashed Red Bliss 3. Grilled Polenta 4. Basic Quinoa <p style="text-align: center;"><u>Weekly Rotational Snacks</u></p> <p style="text-align: center;">Roasted Red Pepper Hummus & Crackers Shrimp Roll</p>	<p style="text-align: center;">BREAKFAST</p> <ol style="list-style-type: none"> 1. The Pros Pancakes 2. Strawberry Yogurt Parfait 3. Pinto Bean Tostadas 4. Scrambled Eggs with Grilled Asparagus 5. Breakfast Polenta <p style="text-align: center;">LUNCH / DINNER Main items</p> <ol style="list-style-type: none"> 1. Beef Shepherd's Pie 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 <p style="text-align: center;">Vegetables</p> <ol style="list-style-type: none"> 1. Spinach, Plain Steamed 2. Roasted Vegetables 3. Broccoli Stir-Fry 4. Watercress with Pear & Roasted Walnuts <p style="text-align: center;">Grains / Starches</p> <ol style="list-style-type: none"> 1. Brown Rice, with ghee 2. Sweet Potato Mash 3. Simple Jasmine Rice 4. Sauté of Great Northern Beans
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">MONDAY, JANUARY 11TH MONDAY & TUESDAY MEALS <i>ORDER BY JAN 8TH AT NOON</i></p>	<p align="center">WEDNESDAY, JANUARY 13TH WEDNESDAY & THURSDAY MEALS <i>ORDER BY JAN 10TH AT NOON</i></p>	<p align="center">FRIDAY, JANUARY 15TH FRIDAY, SATURDAY & SUNDAY MEALS <i>ORDER BY JAN 12TH AT NOON</i></p>						
<p align="center">BREAKFAST</p> <ol style="list-style-type: none"> The Pros Pancakes Yogurt Parfait with Almonds & Berries Pinto Bean Tostadas Margherita Frittata <p align="center">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 Turkey Chili <p align="center">Vegetables</p> <ol style="list-style-type: none"> Broccoli, Steamed Braised Swiss Chard Spinach & Garlic Sauté Frisee with Bacon Lardons <p align="center">Grains / Starches</p> <ol style="list-style-type: none"> Brown Rice, with ghee Celeriac Mashed Rustic Cannelini Beans Indian Style Jasmine Rice <p align="center"><u>Daily Snack List</u></p> <table border="0"> <tr> <td>Energy Bars (assorted)</td> <td>Living Nutz (assorted mixes)</td> </tr> <tr> <td>Jerky (Beef & Turkey)</td> <td>Root Chips & Guacamole</td> </tr> <tr> <td>Fruit Snacks</td> <td>Cheese & Crackers</td> </tr> </table>	Energy Bars (assorted)	Living Nutz (assorted mixes)	Jerky (Beef & Turkey)	Root Chips & Guacamole	Fruit Snacks	Cheese & Crackers	<p align="center">BREAKFAST</p> <ol style="list-style-type: none"> The Pros Pancakes Yogurt Parfait with Almonds & Berries Pinto Bean Tostadas Spanish Omelet <p align="center">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 Turkey Chili <p align="center">Vegetables</p> <ol style="list-style-type: none"> Corn on the Cob, plain steamed Wax Beans with Toasted Walnut Vegetable Medley with Fine Herbs Frisee with Bacon Lardons <p align="center">Grains / Starches</p> <ol style="list-style-type: none"> Brown Rice, with ghee Mashed Potatoes Lentil Salad White Corn Grits <p align="center"><u>Weekly Rotational Snacks</u></p> <p align="center">Basil Pesto Hummus & Crackers Mini Greek Salad</p>	<p align="center">BREAKFAST</p> <ol style="list-style-type: none"> The Pros Pancakes Yogurt Parfait with Almonds & Berries Pinto Bean Tostadas Rhode Island Johnny Cakes Huevos Rancheros <p align="center">LUNCH / DINNER Main items</p> <ol style="list-style-type: none"> Filet with Ginger Mushroom Demi Glace Teriyaki Beef Kabobs Bacon Wrapped Scallops with Corn Salsa Herb Baked Chicken Asian Chicken Lettuce Wraps Baby Spinach Salad with Strawberries Grilled: chicken, beef, salmon, shrimp Turkey Chili <p align="center">Vegetables</p> <ol style="list-style-type: none"> Carrots, Steamed Brown Butter Cauliflower Grilled Vegetables Asian Style(teriyaki beef) Frisee with Bacon Lardons <p align="center">Grains / Starches</p> <ol style="list-style-type: none"> Brown Rice, with ghee Buttermilk Mashed Asian Noodles (teriyaki beef) Chickpeas with Spinach & Garlic
Energy Bars (assorted)	Living Nutz (assorted mixes)							
Jerky (Beef & Turkey)	Root Chips & Guacamole							
Fruit Snacks	Cheese & Crackers							

MONDAY, JANUARY 18TH
MONDAY & TUESDAY MEALS
ORDER BY JAN 15TH AT NOON

WEDNESDAY, JANUARY 20TH
WEDNESDAY & THURSDAY MEALS
ORDER BY JAN 17TH AT NOON

FRIDAY, JANUARY 22ND
FRIDAY, SATURDAY & SUNDAY MEALS
ORDER BY JAN 19TH 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, JANUARY 25TH
MONDAY & TUESDAY MEALS
ORDER BY JAN 22ND AT NOON

WEDNESDAY, JANUARY 27TH
WEDNESDAY & THURSDAY MEALS
ORDER BY JAN 24TH AT NOON

FRIDAY, JANUARY 29TH
FRIDAY, SATURDAY & SUNDAY MEALS
ORDER BY JAN 26TH 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