

EAT LIKE THE PROS...

JANUARY 2012

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

WK 4 2ND MONDAY DELIVERY

**CLOSED
FOR
HOLIDAYS**

4TH WEDNESDAY DELIVERY

BREAKFAST

1. Scrambled Eggs (plain / cheese)
2. The Pros Pancakes – Blue. / Coconut
3. Blueberry Yogurt Parfait
4. Ricotta Egg Muffin
5. Creamy Oats
6. Greek Frittata
7. Black Bean Tostadas

Main items

1. NY Strip w/ Horseradish Crème Fraiche
2. Drunken Noodles
3. BBQ Spiced Salmon with Pineapple Chili Relish
4. Cumin Chicken with Avocado Salsa
5. Greek Salad
6. Daily Offerings
7. Thai Chicken Soup

Vegetables

1. Braised Kale
2. Brussels Sprouts with Toasted Pecans
3. Snow Peas with Shiitake Mushroom
4. Watercress Salad

Grains / Starches

1. Soaked Brown Rice with Ghee
2. Simple Jasmine Rice
3. Roasted Root Vegetables (sweet potato)
4. Lentil Salad

6TH FRIDAY DELIVERY

BREAKFAST

1. Scrambled Eggs (plain / cheese)
2. The Pros Pancakes – Blue. / Coconut
3. Blueberry Yogurt Parfait
4. Potato & Leek Frittata
5. Black Bean Tostadas
6. RI Johnny Cakes

Main items

1. Flank Steak with Asian Slaw
2. Chicken Piccata
3. Pecan Sole
4. Turkey Meatballs
5. Greek Salad
6. Daily Offerings
7. Thai Chicken Soup

Vegetables

1. Carrots with Honey & Cinnamon
2. Grilled Zucchini & Yellow Squash
3. Sautéed Collard Greens
4. Watercress Salad

Grains / Starches

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

WK 1 9TH MONDAY DELIVERY

BREAKFAST

1. Scrambled Eggs (plain / cheese)
2. The Pros Pancakes - Banana / Pecan
3. Yogurt Parfait with Bananas
4. Pinto Bean Tostadas
5. Denver Omelet
6. Portuguese Egg Muffin

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, trout, shrimp)
6. Daily Offerings
7. Turkey Chili

Vegetables

1. Green Beans Amandine
2. Vegetable Medley with Fine Herbs
3. Grilled Ratatouille
4. Arugula with Citrus Salad

Grains / Starches

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

Weekly Rotational Snacks

1. Crackers #2 = Roasted Garlic Hummus
2. Apple & Almond Butter

11TH WEDNESDAY DELIVERY

BREAKFAST

1. Scrambled Eggs (plain / cheese)
2. The Pros Pancakes - Banana / Pecan
3. Yogurt Parfait with Bananas
4. Pinto Bean Tostadas
5. Creamy Oats
6. Turkey & Green Pepper Omelet

Main items

1. Swedish Meatballs
2. Miso Glazed Cod
3. Sesame Chicken
4. Roasted Dijon Chicken
5. Caesar Salad (chix, beef, trout, shrimp)
6. Daily Offerings
7. Turkey Chili

Vegetables

1. Broccoli with Toasted Almonds
2. Asian Vegetable Stir-Fry
3. Green Beans with Stewed Tomatoes
4. Arugula with Citrus Salad

Grains / Starches

1. Soaked Brown Rice with Ghee
2. Pad Thai Noodles (rice noodles)
3. Lentils with Fresh Herbs
4. Sweet Potato Mash

13TH FRIDAY DELIVERY

BREAKFAST

1. Scrambled Eggs (plain / cheese)
2. The Pros Pancakes - Banana / Pecan
3. Yogurt Parfait with Bananas
4. Pinto Bean Tostadas
5. Green Onion Omelet
6. Gruyere & Fine Herb Frittata

Main items

1. NY Strip with Pesto
2. Mahi Mahi w/ Charred Red Pepper Puree
3. Teriyaki Chicken
4. BBQ Turkey Breast with Homemade Slaw
5. Caesar Salad (chix, beef, trout, shrimp)
6. Daily Offerings
7. Turkey Chili

Vegetables

1. Grilled Eggplant with Feta
2. Pan-Roasted Vegetable Medley
3. Broccoli Stir-Fry
4. Arugula with Citrus Salad

Grains / Starches

1. Soaked Brown Rice with Ghee
2. Vegetable Fried Brown Rice
3. Goat Cheese Mashed (Yukon)
4. Quinoa Salad with Wild Mushrooms

<p>WK 2 16TH MONDAY DELIVERY</p> <p>BREAKFAST</p> <ol style="list-style-type: none"> 1. Scrambled Eggs (plain / cheese) 2. The Pros Pancakes – Straw. / Almond 3. Strawberry Yogurt Parfait 4. Egg Muffin with Goat Cheese 5. Black Bean Tostadas 6. Roasted Vegetable Frittata <p>Main items</p> <ol style="list-style-type: none"> 1. Cajun Ribeye w/ Horseradish Whipped 2. Baked Cod 3. Chicken Marsala 4. Coconut Curry Chicken 5. California Cobb Salad 6. Daily Offerings 7. Beef Stew <p>Vegetables</p> <ol style="list-style-type: none"> 1. Cauliflower with Roasted Garlic 2. Brussels Sprouts with Bacon Lardons 3. Roasted Mush w/ Bell Pep & Snap Pea 4. Baby Romaine with Roasted Beets <p>Grains / Starches</p> <ol style="list-style-type: none"> 1. Soaked Brown Rice with Ghee 2. Roasted Garlic Mashed (russet) 3. Red Beans & Brown Rice 4. Chipotle Roasted Russets (russet) <p>Weekly Rotational Snacks</p> <ol style="list-style-type: none"> 1. Crackers #1 = Red Pepper Hummus 2. Shrimp Roll 	<p>18TH WEDNESDAY</p> <p>BREAKFAST</p> <ol style="list-style-type: none"> 1. Scrambled Eggs (plain / cheese) 2. The Pros Pancakes – Straw. / Almond 3. Strawberry Yogurt Parfait 4. Black Bean Tostadas 5. Creamy Oats 6. Fine Herb Omelet <p>Main items</p> <ol style="list-style-type: none"> 1. Chimichurri Skirt Steak 2. Cumin Marinated Tilapia 3. Herb Roasted Chicken 4. Pad Thai Noodles with Chicken 5. California Cobb Salad 6. Daily Offerings 7. Beef Stew <p>Vegetables</p> <ol style="list-style-type: none"> 1. Spinach & Garlic Sauté 2. Mashed Cauliflower 3. Garlic & Ginger Snap Peas 4. Baby Romaine with Roasted Beets <p>Grains / Starches</p> <ol style="list-style-type: none"> 1. Soaked Brown Rice with Ghee 2. Fork Mashed Red Bliss (red bliss) 3. Wild Rice with Crimini Mushrooms 4. Mexican Black Beans 	<p>20TH FRIDAY DELIVERY</p> <p>BREAKFAST</p> <ol style="list-style-type: none"> 1. Scrambled Eggs (plain / cheese) 2. The Pros Pancakes – Straw. / Almond 3. Strawberry Yogurt Parfait 4. Danish Omelet 5. Black Bean Tostadas 6. Western Omelet <p>Main items</p> <ol style="list-style-type: none"> 1. Bison Burgers 2. Beef Shepherd's Pie 3. Chicken Satay with Thai Peanut Sauce 4. Fajitas (Chicken/Skirt Steak) 5. Baked Haddock with Rst Garlic Tahini 6. California Cobb Salad 7. Daily Offerings <p>Vegetables</p> <ol style="list-style-type: none"> 1. Creamed Spinach 2. Brown Butter Cauliflower 3. Brussels Sprouts with Toasted Sesame 4. Baby Romaine with Roasted Beets <p>Grains / Starches</p> <ol style="list-style-type: none"> 1. Soaked Brown Rice with Ghee 2. Rstd Red Bliss w/ Cilantro (red bliss) 3. Simple Jasmine Rice 4. Rosemary Mashed (yukon)
<p>WK 3 23RD MONDAY DELIVERY</p> <p>BREAKFAST</p> <ol style="list-style-type: none"> 1. Scrambled Eggs (plain / cheese) 2. The Pros Pancakes - Apple / Choc. 3. Raspberry Yogurt Parfait 4. Pinto Bean Tostadas 5. Egg Muffin with Cheddar Cheese and Ham 6. Sun-Dried Tomato Frittata <p>Main items</p> <ol style="list-style-type: none"> 1. Curried Skirt Steak 2. Rst Haddock w/ Caramelized Onions 3. Almond Chicken w/ Coconut Cream Sauce 4. BBQ Pulled Pulled Pork 5. Baby Spinach w/ Honey Yogurt Vinaigrette 6. Daily Offerings 7. Rustic Chicken Soup <p>Vegetables</p> <ol style="list-style-type: none"> 1. Green Beans & Carrots with Tst. Pecans 2. Mushrooms & Peas 3. Okra Succotash 4. Watercress w/ Pear & Roasted Walnuts <p>Grains / Starches</p> <ol style="list-style-type: none"> 1. Soaked Brown Rice with Ghee 2. Celeriac Mashed 3. Indian Style Jasmine Rice 4. Sauté of Great Northern Beans <p>Weekly Rotational Snacks</p> <ol style="list-style-type: none"> 1. Crackers #1 = Basil Pesto Hummus 	<p>25TH WEDNESDAY DELIVERY</p> <p>BREAKFAST</p> <ol style="list-style-type: none"> 1. Scrambled Eggs (plain / cheese) 2. The Pros Pancakes - Apple / Choc. 3. Raspberry Yogurt Parfait 4. Pinto Bean Tostadas 5. Creamy Oats 6. Margherita Frittata <p>Main items</p> <ol style="list-style-type: none"> 1. NY Strip with Rosemary Au Jus 2. Brown Butter Skate with Herb Salad 3. Jamaican Jerked Pork Chops 4. Blackened Chicken 5. Baby Spin w/ Honey Yogurt Vinaigrette 6. Daily Offerings 7. Rustic Chicken Soup <p>Vegetables</p> <ol style="list-style-type: none"> 1. Peas & Carrots with Fresh Mint 2. Spaghetti Squash 3. Roasted Garlic Green Beans 4. Watercress w/ Pear & Roasted Walnuts <p>Grains / Starches</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>27TH FRIDAY DELIVERY</p> <p>BREAKFAST</p> <ol style="list-style-type: none"> 1. Scrambled Eggs (plain / cheese) 2. The Pros Pancakes - Apple / Choc. 3. Raspberry Yogurt Parfait 4. Pinto Bean Tostadas 5. Omelet Wraps 6. Huevos Rancheros <p>Main items</p> <ol style="list-style-type: none"> 1. Filet with Ginger Mushroom Demi Glace 2. Herb Baked Chicken 3. Baked Stuffed Shrimp 4. Chipotle Spiced Turkey 5. Baby Spinach w/ Honey Yogurt Vinaigrette 6. Daily Offerings 7. Rustic Chicken Soup <p>Vegetables</p> <ol style="list-style-type: none"> 1. Grilled Vegetables Asian Style 2. Braised Cabbage 3. Broccoli with Toasted Garlic 4. Watercress w/ Pear & Roasted Walnuts <p>Grains / Starches</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

WK 4 30TH MONDAY DELIVERY

BREAKFAST

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

Main items

1. Chimichurri Flank Steak
2. Atlantic Cod with Sweet Corn Puree
3. Lemon Chicken
4. Turkey Meatloaf
5. Greek Salad
6. Daily Offerings
7. Thai Chicken Soup

Vegetables

1. Squash, Steamed
2. Curried Cauliflower
3. Lemon Pepper Green Beans
4. Watercress Salad

Grains / Starches

1. Soaked Brown Rice with Ghee
2. Grilled Polenta
3. Scallion Mashed (yukon)
4. Bkd Sweet Potato Fries

Weekly Rotational Snacks

1. Crackers #3 = Rst Red Bell Pepper Hummus
2. Marinated Olives

FEB. 1ST WEDNESDAY DELIVERY

BREAKFAST

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

Main items

1. NY Strip w/ Horseradish Crème Fraiche
2. Lavender Chicken
3. BBQ Spiced Salmon with Pineapple Chili Relish
4. Cumin Chicken with Avocado Salsa
5. Greek Salad
6. Daily Offerings
7. Thai Chicken Soup

Vegetables

1. Braised Kale
2. Brussels Sprouts with Toasted Pecans
3. Snow Peas with Shiitake Mushroom
4. Watercress Salad

Grains / Starches

1. Soaked Brown Rice with Ghee
2. Simple Jasmine Rice
3. Roasted Root Vegetables (sweet potato)
4. Lentil Salad

FEB. 3RD FRIDAY DELIVERY

BREAKFAST

1. Scrambled Eggs (plain / cheese)
2. The Pros Pancakes – Blue. / Coconut
3. Blueberry Yogurt Parfait
4. Potato & Leek Frittata
5. Black Bean Tostadas
6. Grass-Fed Steak & Eggs

Main items

1. Flank Steak with Caramelized Balsamic Onions
2. Chicken Piccata
3. Pecan Sole
4. Turkey Meatballs
5. Greek Salad
6. Daily Offerings
7. Thai Chicken Soup

Vegetables

1. Grilled Carrots & Jicama
2. Grilled Zucchini & Yellow Squash
3. Sautéed Collard Greens
4. Watercress Salad

Grains / Starches

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