

EAT LIKE THE PROS...

SEPTEMBER 2010

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

WK 2 AUG. 30TH MONDAY DELIVERY

BREAKFAST

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

Main items

1. Cajun Ribeye w/ Horseradish Whipped
2. Baked Cod
3. Five Spice Chicken with Apple Compote
4. Cajun Pork Tenderloin w/ Peach Chutney
5. California Cobb Salad
6. **Basic Grilled Meats**
7. **Caldo Verde**

Vegetables

1. Spinach, Plain Steamed
2. Caponata
3. Cauliflower with Roasted Garlic
4. **Baby Romaine with Roasted Beets**

Grains / Starches

1. **Brown Rice, with ghee**
2. Chipolte Roasted Russets (russet)
3. Red Beans & Brown Rice
4. White Corn Grits

SEPT. 1ST WEDNESDAY DELIVERY

BREAKFAST

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

Main items

1. Chimichurri Skirt Steak
2. Cumin Marinated Tilapia
3. Herb's Roasted Chicken
4. Pad Thai Noodles with Chicken
5. California Cobb Salad
6. **Basic Grilled Meats**
7. **Caldo Verde**

Vegetables

1. Spinach & Garlic Sauté
2. Squash, Plain Steamed
3. Mashed Cauliflower
4. **Baby Romaine with Roasted Beets**

Grains / Starches

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

SEPT. 3RD FRIDAY DELIVERY

BREAKFAST

1. Scrambled Eggs (plain / cheese)
2. The Pros Pancakes – **Straw. / Almond**
3. **Strawberry Yogurt Parfait**
4. **Creamy Oats**
5. Grilled Tomato Frittata
6. Rosti with Fresh herbs

Main items

1. NY Strip Steak with Olive Butter
2. Beef Stir-Fry with Black Bean Sauce
3. Jerked Chicken
4. Fajitas (Chicken/Skirt Steak)
5. Chicken Satay with Thai Peanut Sauce
6. California Cobb Salad
7. **Basic Grilled Meats**
8. **Caldo Verde**

Vegetables

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

Grains / Starches

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

WK 3 6TH MONDAY DELIVERY

**Closed
For
Labor Day**

8TH WEDNESDAY DELIVERY

BREAKFAST

1. Scrambled Eggs (plain / cheese)
2. The Pros Pancakes - **Apple / Choc.**
3. **Yogurt Parfait with Almonds & Berries**
4. **Breakfast Polenta**
5. **Creamy Oats**
6. Margherita Frittata

Main items

1. NY Strip with Rosemary Au Jus
2. Grilled Shrimp with Papaya Slaw
3. Jamaican Jerked Pork Chops
4. Blackened Chicken
5. **Baby Spinach Salad with Blackberries**
6. **Basic Grilled Meats**
7. Chicken & Andouille Gumbo

Vegetables

1. Broccoli with Pan-Roasted Cherry Tom.
2. Roasted Garlic Green Beans
3. Spaghetti Squash
4. **Watercress w Pear & Roasted Walnuts**

Grains / Starches

1. **Brown Rice, with ghee**
2. Herb Roasted Red Bliss (red bliss)
3. Basmati Brown Rice with Summer Veg.
4. Soft Polenta with Parmesan

10TH FRIDAY DELIVERY

BREAKFAST

1. Scrambled Eggs (plain / cheese)
2. The Pros Pancakes - **Apple / Choc.**
3. **Yogurt Parfait with Almonds & Berries**
4. **Breakfast Polenta**
5. **Creamy Oats**
6. Omelet Wraps
7. Huevos Rancheros

Main items

1. Filet with Ginger Mushroom Demi Glace
2. Teriyaki Beef Kabobs
3. Bacon Wrapped Scallops with Corn Salsa
4. Herb Baked Chicken
5. Chipolte Spiced Turkey
6. **Baby Spinach Salad with Blackberries**
7. **Basic Grilled Meats**
8. Chicken & Andouille Gumbo

Vegetables

1. Grilled Vegetables Asian Style
2. Green Beans, Plain Steamed
3. Oven Roasted Tomatoes w/ Feta
4. **Watercress w Pear & Roasted Walnuts**

Grains / Starches

1. **Brown Rice, with ghee**
2. Buttermilk Mashed (yukon)
3. Asian Noodles (rice noodles)
4. Quinoa with Fresh herbs

<p>WK 4 13TH MONDAY DELIVERY</p> <p>BREAKFAST</p> <ol style="list-style-type: none"> 1. Scrambled Eggs (plain / cheese) 2. The Pros Pancakes – Blue. / Coconut 3. Blueberry Yogurt Parfait 4. Pinto Bean Tostadas 5. Creamy Oats 6. Egg Muffin with Sausage <p>Main items</p> <ol style="list-style-type: none"> 1. Chimichurri Flank Steak 2. Atlantic Cod with Sweet Corn Puree 3. Lemon Chicken 4. Turkey Meatloaf 5. Greek Salad 6. Basic Grilled Meats 7. Bison Chili <p>Vegetables</p> <ol style="list-style-type: none"> 1. Squash, Steamed 2. Curried Cauliflower 3. Sesame Snow Peas 4. Tomato & Cucumber Salad <p>Grains / Starches</p> <ol style="list-style-type: none"> 1. Brown Rice, with ghee 2. Cumin Scented Basmati (basmati) 3. Bkd Sweet Potato Fries (sweet potato) 4. Grilled Polenta 	<p>15TH WEDNESDAY DELIVERY</p> <p>BREAKFAST</p> <ol style="list-style-type: none"> 1. Scrambled Eggs (plain / cheese) 2. The Pros Pancakes – Blue. / Coconut 3. Blueberry Yogurt Parfait 4. Pinto Bean Tostadas 5. Creamy Oats 6. Greek Frittata <p>Main items</p> <ol style="list-style-type: none"> 1. Rosemary Flank Steak w Mango relish 2. BBQ Spiced Salmon with Blueberry Compote 3. Cumin Chicken with Avocado Salsa 4. Lavender Chicken 5. Greek Salad 6. Basic Grilled Meats 7. Bison Chili <p>Vegetables</p> <ol style="list-style-type: none"> 1. Carrots, Steamed 2. Sautéed Zucchini with Dill 3. Snow Peas with Shiitake Mushroom 4. Tomato & Cucumber Salad <p>Grains / Starches</p> <ol style="list-style-type: none"> 1. Brown Rice, with ghee 2. Simple Jasmine Rice 3. Yellow Mustard Mashed (yukon) 4. Lentil Salad 	<p>17TH FRIDAY DELIVERY</p> <p>BREAKFAST</p> <ol style="list-style-type: none"> 1. Scrambled Eggs (plain / cheese) 2. The Pros Pancakes – Blue. / Coconut 3. Blueberry Yogurt Parfait 4. Pinto Bean Tostadas 5. Creamy Oats 6. Gruyere & Fine Herb Frittata 7. RI Johnny Cakes <p>Main items</p> <ol style="list-style-type: none"> 1. Flank Steak with Asian Slaw 2. Tenderloin with Figs 3. Blackened Salmon with Tropical Salsa 4. Balsamic Chicken with Strawberry Relish 5. Turkey Meatballs 6. Greek Salad 7. Basic Grilled Meats 8. Bison Chili <p>Vegetables</p> <ol style="list-style-type: none"> 1. Carrots with Honey & Cinnamon 2. Grilled Zucchini & Yellow Squash 3. Sautéed Collard Greens 4. Tomato & Cucumber Salad <p>Grains / Starches</p> <ol style="list-style-type: none"> 1. 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>WK 1 20TH MONDAY DELIVERY</p> <p>BREAKFAST</p> <ol style="list-style-type: none"> 1. Scrambled Eggs (plain / cheese) 2. The Pros Pancakes - Banana / Pecan 3. Yogurt Parfait with Bananas 4. Breakfast Shrimp & Grits 5. Creamy Oats 6. Canadian Bacon & Cheddar Omelet <p>Main items</p> <ol style="list-style-type: none"> 1. Ribeye with Chive Butter 2. Mahi Mahi with Mango Chutney 3. Roast Chicken Stuffed with Goat Cheese & Herbs 4. Moroccan Chicken 5. Caesar Salad (chix, beef, sal, shrimp) 6. Basic Grilled Meats 7. Turkey Chili <p>Vegetables</p> <ol style="list-style-type: none"> 1. Broccoli, steamed 2. Grilled Asparagus 3. Vegetable Medley with Fine Herbs 4. Arugula with Citrus Salad <p>Grains / Starches</p> <ol style="list-style-type: none"> 1. Brown Rice, with ghee 2. Fragrant Jasmine Rice 3. Golden Onion Mashed Potato (Yukon) 4. Soft Polenta w/ Rosemary 	<p>22ND WEDNESDAY DELIVERY</p> <p>BREAKFAST</p> <ol style="list-style-type: none"> 1. Scrambled Eggs (plain / cheese) 2. The Pros Pancakes - Banana / Pecan 3. Yogurt Parfait with Bananas 4. Breakfast Shrimp & Grits 5. Creamy Oats 6. Potato & Leek Frittata <p>Main items</p> <ol style="list-style-type: none"> 1. Asian Marinated Flank Steak 2. Dill Roasted Salmon 3. Sesame Chicken 4. Roasted Dijon Chicken 5. Caesar Salad (chix, beef, sal, shrimp) 6. Basic Grilled Meats 7. Turkey Chili <p>Vegetables</p> <ol style="list-style-type: none"> 1. Broccoli with Toasted Almonds 2. Asian Vegetable Stir-Fry 3. Peas, steamed 4. Arugula with Citrus Salad <p>Grains / Starches</p> <ol style="list-style-type: none"> 1. Brown Rice, with ghee 2. Pad Thai Noodles (rice noodles) 3. Garlic Roasted Yukon Potatoes (yukon) 4. Lentils with Fresh Herbs 	<p>24TH FRIDAY DELIVERY</p> <p>BREAKFAST</p> <ol style="list-style-type: none"> 1. Scrambled Eggs (plain / cheese) 2. The Pros Pancakes - Banana / Pecan 3. Yogurt Parfait with Bananas 4. Breakfast Shrimp & Grits 5. Creamy Oats 6. Bison Steak & Eggs 7. Green Onion Omelet <p>Main items</p> <ol style="list-style-type: none"> 1. Filet Mignon with Roquefort Cheese 2. NY Strip with Pesto 3. Pecan Sole 4. Teriyaki Chicken 5. BBQ Turkey Breast with Homemade Slaw 6. Caesar Salad (chix, beef, sal, shrimp) 7. Basic Grilled Meats 8. Turkey Chili <p>Vegetables</p> <ol style="list-style-type: none"> 1. Broccoli Stir-Fry 2. Asparagus with Caramelized Shallots 3. Pan-Roasted Vegetable Medley 4. Arugula with Citrus Salad <p>Grains / Starches</p> <ol style="list-style-type: none"> 1. Brown Rice, with ghee 2. Vegetable Fried Brown Rice 3. Goat Cheese Mashed (Yukon) 4. Rustic Cannelini Beans

WK 2 27TH MONDAY DELIVERY

BREAKFAST

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

Main items

- 1. Cajun Ribeye w/ Horseradish Whipped
- 2. Baked Cod
- 3. Five Spice Chicken with Apple Compote
- 4. Chicken Marsala
- 5. California Cobb Salad
- 6. **Basic Grilled Meats**
- 7. **Caldo Verde**

Vegetables

- 1. Spinach, Plain Steamed
- 2. Caponata
- 3. Brussels Sprouts with Bacon Lardons
- 4. **Spinach with Parmesan**

Grains / Starches

- 1. **Brown Rice, with ghee**
- 2. Roasted Garlic Mashed (russet)
- 3. Red Beans & Brown Rice
- 4. White Corn Grits

29TH WEDNESDAY DELIVERY

BREAKFAST

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

Main items

- 1. Chimichurri Skirt Steak
- 2. Cumin Marinated Tilapia
- 3. Laab Chicken
- 4. Pad Thai Noodles with Chicken
- 5. California Cobb Salad
- 6. **Basic Grilled Meats**
- 7. **Caldo Verde**

Vegetables

- 1. Spinach & Garlic Sauté
- 2. Squash, Plain Steamed
- 3. Roasted Vegetable Medley
- 4. **Spinach with Parmesan**

Grains / Starches

- 1. **Brown Rice, with ghee**
- 2. Fork Mashed Red Bliss (red bliss)
- 3. Wild Rice with Crimini Mushrooms
- 4. Mexican Black Beans

OCTOBER 1ST FRIDAY DELIVERY

BREAKFAST

- 1. Scrambled Eggs (plain / cheese)
- 2. The Pros Pancakes – **Straw. / Almond**
- 3. **Strawberry Yogurt Parfait**
- 4. **Creamy Oats**
- 5. Western Omelet
- 6. Egg Muffin w Goat Cheese

Main items

- 1. Beef Shepherd’s Pie
- 2. Beef Stir-Fry with Black Bean Sauce
- 3. Jerked Chicken
- 4. Fajitas (Chicken/Skirt Steak)
- 5. Chicken Satay with Thai Peanut Sauce
- 6. California Cobb Salad
- 7. **Basic Grilled Meats**
- 8. **Caldo Verde**

Vegetables

- 1. Creamed Spinach
- 2. Roasted Beets
- 3. Brussels Sprouts with Toasted Sesame
- 4. **Spinach with Parmesan**

Grains / Starches

- 1. **Brown Rice, with ghee**
- 2. Rosemary Mashed (yukon)
- 3. Simple Jasmine Rice
- 4. Chickpeas with Spinach & Garlic