



**December 3**

**Oatmeal "Parfait" \*egg \*v**

*served with hardboiled eggs & seasonal fresh fruit*  
354kcal, 42g carbs, 11g fiber, 17g protein

**Turkey Sausage, Sweet Potatoes & Eggs\*egg**

14g fat, 324 cal, 29g carb, 4g fiber, 24g protein

**Greek Marinated "Kabobs"**

*chicken with peppers, onions & mushrooms, served with Cucumber & Tomato Salad*  
317kcal, 13g fat, 24g carbs, 6g fiber, 24g protein

**Greek Marinated Tofu "Kabobs" \*v**

*chicken with peppers, onions & mushrooms, served with Cucumber & Tomato Salad*  
300kcal, 15g fat, 27g carbs, 8g fiber, 14g protein

**Baked Chicken Parmesan\*egg**

*with whole wheat pasta & mozzarella*  
460kcal, 10g fat, 57g carb, 8g fiber, 35g protein

**Baked Portobello Parmesan\*v**

*with whole wheat pasta & mozzarella*  
380kcal, 8g fat, 61g carb, 9g fiber, 19g protein

**Italian Sausage Skillet**

*with sweet potatoes, apples, celery & cranberries*  
380kcal, 27g fat, 21g carb, 3g fiber, 13g protein

**Beef Taco Plate**

*with sweet potatoes, onions, peppers & salsa*  
413kcal, 25g fat, 20g carb, 5g fiber, 31g protein

**Tofu Taco Plate \*v**

*with sweet potatoes, onions, peppers & salsa*  
453kcal, 22g fat, 33g carb, 7g fiber, 29g protein

**Coconut Chicken Salad \*egg**

*with seasonal fruit & red onion*  
320kcal, 28g carb, 5g fiber, 30g protein, 10g fat

**Coconut Tofu Salad \*egg**

*with seasonal fruit & red onion*



## December 7

**Zucchini, Mushroom & Kale Frittata\*egg\*v**  
*eggs baked with zucchini, mushrooms & kale*  
368kcal, 17g fat, 28g carb, 8g fiber, 34g protein

**Oatmeal "Parfait" \*egg\*v**  
*served with hardboiled eggs & seasonal fresh fruit*  
354 cal, 42g carbs, 11g fiber, 17g protein

**Pork Tenderloin with Braised Fennel, Carrots & Celery**  
*pork tenderloin w/ fennel, carrots & celery*  
255kcal, 28g carb, 9g fiber, 27g protein

**Honey Glazed Chicken**  
*with carrots, parsnips & turnips*  
331kcal, 4g fat, 44g carb, 11g fiber, 31g protein

**Honey Glazed Tofu\*v**  
*with carrots, parsnips & turnips*

**Pesto Chicken Salad**  
*with artichokes & roasted red peppers*  
250kcal, 7g fat, 20g carb, 8g fiber, 26g protein

**Pesto Tofu Salad\*v**  
*with artichokes & roasted red peppers*

**Chicken Florentine**  
*with chicken, onions, spinach & spaghetti squash*  
272kcal, 11g carb, 3g fiber, 37g protein, 9g fat

**Tofu Florentine\*v**  
*with chicken, onions, spinach & spaghetti squash*

**Beef Trash Plate \*egg**  
*with sweet potatoes & coleslaw*  
460kcal, 29g fat, 33g carb, 7g fiber, 20g protein

**Tofu Trash Plate \*egg\*v**  
*with sweet potatoes & coleslaw*



## **December 10**

### **Oatmeal "Parfait" \*egg\*v**

*served with hardboiled eggs & seasonal fresh fruit*  
354kcal, 42g carbs, 11g fiber, 17g protein

### **Mediterranean Egg Bowl \*egg\*v**

*with red potato hash*  
314kcal, 6g fat, 24g carb, 5g fiber, 34g protein

### **BBQ Chicken**

*served with baked beans & carrots*  
360kcal, 3g fat, 57g carbs, 9g fiber, 31g protein

### **BBQ Tofu\*v**

*served with baked beans & carrots*  
320kcal, 5g fat, 59g carbs, 11g fiber, 15g protein

### **Chicken served over Roasted Squash & Spiced Couscous**

*marinated chicken served over roasted squash & couscous*  
344kcal, 38g carbs, 5g fiber, 35g protein, 7g fat

### **Tofu served over Roasted Squash & Spiced Couscous \*v**

*marinated tofu served over roasted squash & couscous*  
320kcal, 34g carbs, 8g fiber, 17g protein, 16g fat

### **Cabbage Meatballs**

*with sweet tomato sauce brown rice*  
407kcal, 16g fat, 43g carb, 4g fiber, 23g protein

### **Tofu & Cabbage**

*with sweet tomato sauce brown rice*

### **Italian Sausage Skillet**

*with sweet potatoes, apples, celery & cranberries*  
380kcal, 27g fat, 21g carb, 3g fiber, 13g protein



## December 14

### **Oatmeal "Parfait" \*egg\*v**

*served with hardboiled eggs & seasonal fresh fruit*

354 cal, 42g carbs, 11g fiber, 17g protein

### **Bacon, Eggs & Sweet Potatoes \*egg**

*two eggs served over sweet potatoes, topped with bacon and onions*

317kcal, 16g fat, 21g carb, 3g fiber, 20g protein

### **Chicken & Spinach Soup w/ Fresh Pesto**

*with cannellini beans & light parmesan cheese*

204kcal, 8g fat, 16g carb, 6g fiber, 18g protein

### **Chicken with Curry Winter Vegetables**

*chicken served with tomatoes, potatoes, chickpeas, cauliflower & brown rice*

384kcal, 4g fat, 52g carb, 9g fiber, 36g protein

### **Tofu with Curry Winter Vegetables\*v**

*tofu served with tomatoes, potatoes, chickpeas, cauliflower & brown rice*

303kcal, 4g fat, 54g carb, 10g fiber, 16g protein

### **Beef Sliders**

*with sweet potato fries & cabbage, topped with dijon aioli*

400kcal, 21g fat, 32g carb, 6g fiber, 23g protein

### **Portobello Mushroom\*v**

*with sweet potato fries & cabbage, topped with dijon aioli*

210kcal, 5g fat, 35g carb, 7g fiber, 5g protein

### **Chipotle Chicken Salad \*egg**

*with onions, celery & carrots, tossed in chipotle avocado sauce*

327kcal, 25g carb, 9g fiber, 32g protein, 7g fat

### **Chipotle Tofu Salad \*egg\*v**

*with onions, celery & carrots, tossed in chipotle avocado sauce*

### **Thai Chili Chicken**

*with couscous, kale & spinach*

327kcal, 11g fat, 26g carb, 3g fiber, 38g protein

### **Thai Chili Tofu \*v**

*with couscous, kale & spinach*

247kcal, 10g fat, 28g carb, 4g fiber, 15g protein



**December 17**

**Turkey Sausage, Sweet Potatoes & Eggs \*egg**

14g fat, 324 cal, 29g carb, 4g fiber, 24g protein

**Oatmeal "Parfait" \*egg\*v**

*served with hardboiled eggs & seasonal fresh fruit*

354 cal, 42g carbs, 11g fiber, 17g protein

**Spinach Salad**

*spinach, cucumber, bell pepper,  
red onion, tomatoes & chicken, served with balsamic vinaigrette  
327kcal, 29g carbs, 8g fiber, 41g protein, 8g fat*

**Tofu Spinach Salad\*v**

*spinach, cucumber, bell pepper,  
red onion & tomatoes, served with balsamic vinaigrette*

**Rosemary Lemon Chicken**

*with sweet potatoes & citrus broccoli  
247kcal, 19g carb, 4g fiber, 32g protein, 9g fat*

**Rosemary Lemon Tofu\*v**

*with sweet potatoes & citrus broccoli  
247kcal, 19g carb, 4g fiber, 32g protein, 9g fat*

**Shepherd's Pie**

*with peas, carrots, red potatoes & cabernet reduction  
400kcal, 23g fat, 23g carb, 5g fiber, 23g protein*

**Energy Quinoa Salad\*v**

*quinoa mixed with black beans, tomatoes, scallions & spices  
337kcal, 8g fat, 14g protein, 53g carb, 9g fiber*

**Spaghetti Bolognese**

*tomato sauce made with ground beef, tossed in spaghetti squash  
417kcal, 16g carb, 4g fiber, 33g protein, 22g fat*



## **December 21**

### **Ham, Cheese & Zucchini Breakfast Casserole \*egg**

*served with red potatoes*

380kcal, 12g fat, 32g carbs, 5g fiber, 34g protein

### **Oatmeal "Parfait" \*egg\*v**

*served with hardboiled eggs & seasonal fresh fruit*

354 cal, 42g carbs, 11g fiber, 17g protein

### **Roast Beef**

*with sweet potato mashed & broccoli*

340kcal, 34g carb, 8g fat, 7g fiber, 30g protein

### **Portobello Mushroom\*v**

*with sweet potato mashed & broccoli*

### **Pumpkin Chili**

*chili made with ground turkey, peppers, onions, sweet potatoes and pumpkin*

274kcal, 9g fat, 24g protein, 10g fiber, 26g protein

### **Pork Tenderloin with Braised Fennel, Carrots & Celery**

*pork tenderloin w/ fennel, carrots & celery*

255kcal, 28g carb, 9g fiber, 27g protein

### **Italian Meatloaf**

*meatloaf without the breadcrumbs, served over spaghetti squash, topped with marinara*

431kcal, 20g carb, 4g fiber, 21g fat, 33g protein

### **Cranberry Chicken Salad**

*with cranberries, celery & scallions*

385kcal, 45g carb, 8g fiber, 29g protein

### **Cranberry Tofu Salad\*v**

*with cranberries, celery & scallions*

### **Italian Sausage Skillet**

*with sweet potatoes, apples, celery & cranberries*

380kcal, 27g fat, 21g carb, 3g fiber, 13g protein



## **December 28**

### **Bacon, Eggs & Sweet Potatoes \*egg**

*two eggs served over sweet potatoes, topped with bacon and onions  
317kcal, 16g fat, 21g carb, 3g fiber, 20g protein*

### **Oatmeal "Parfait" \*egg\*v**

*served with hardboiled eggs & seasonal fresh fruit  
354 cal, 42g carbs, 11g fiber, 17g protein*

### **Chicken Cacciatore**

*tomatoes, Kalamata olives, eggplant & peppers served with brown rice  
370kcal, 12g fat, 25g carb, 6g fiber, 32g protein*

### **Tofu Cacciatore \*v**

*tomatoes, Kalamata olives, eggplant & peppers served with brown rice*

### **Paprika Chicken Thighs**

*with brussels sprouts & brown rice  
340kcal, 6g fat, 45g carb, 5g fiber, 29g protein*

### **Paprika Tofu \*v**

*with brussels sprouts & brown rice*

### **Southwestern Meatloaf**

*with sweet potato fries & broccoli  
396kcal, 20g fat, 19g carb, 4g fiber, 34g protein*

### **Southwestern Tofu**

*with sweet potato fries & broccoli*

### **Pesto Chicken Salad**

*with artichokes & roasted red peppers  
250kcal, 7g fat, 20g carb, 8g fiber, 26g protein*

### **Pesto Tofu Salad\*v**

*with artichokes & roasted red peppers*

### **Cabbage Meatballs**

*with brown rice  
407kcal, 16g fat, 43g carb, 4g fiber, 23g protein*



## **December 31**

### **Sweet Potato & Apple Hash w/ Egg**

250kcal, 10g fat, 26g carb, 4g fiber, 14g protein

### **Oatmeal "Parfait" \*egg \*v**

*served with hardboiled eggs & seasonal fresh fruit*

354kcal, 42g carbs, 11g fiber, 17g protein

### **BLT Burger**

*served with sweet potato fries & dijon aioli*

### **Bruschetta Chicken Pasta**

*spaghetti squash, garlic, chickpeas, tomatoes, olives & broccoli*

336kcal, 13g fat, 25g carb, 8g fiber, 33g protein

### **Bruschetta Pasta**

*spaghetti squash, garlic, chickpeas, tomatoes, olives & broccoli*

336kcal, 13g fat, 25g carb, 8g fiber, 33g protein

### **Jerk Chicken**

*seasoned over rice & beans, topped with avocado /orange salsa*

465kcal, 9g fat, 65g carb, 13g fiber, 34g protein

### **Jerk Tofu**

*seasoned over rice & beans, topped with avocado /orange salsa*

### **Artichoke Provencal w/ Chicken**

*artichokes & tomatoes in white wine sauce & parsnip puree*

399kcal, 14g fat, 60g carb, 18g fiber, 18g protein

### **Artichoke Provencal**

*artichokes & tomatoes in white wine sauce & parsnip puree*