

## Monday May 1st

### Breakfast

**Breakfast Hash** with Italian Sausage, onion, sweet potatoes & egg 470 kcal, 27g fat, 35g carb, 5g fiber, 22g protein

**PB&J Parfait** Greek yogurt with peanut butter & preserves 344kcal, 10g fat, 42g carb, 4g fiber, 24g protein

### Lunch & Dinner

**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 \*V \*DF \*GF

**Orange Chicken Bowl** with peppers and onions, served over quinoa, \*P \*GF \*DF topped with mandarin oranges 350kcal, 4.5g fat, 62g carb, 10g fiber, 17g protein

**Orange Tofu Bowl** with peppers and onions, served over quinoa, topped with mandarin oranges \*V \*GF \*DF

**Chicken w/ Lemon Almond Green Beans** with red potatoes \*GF \*DF 410kcal, 18g fat, 32g carb, 9g fiber, 34g protein

**Tofu w/ Lemon Almond Green Beans** with red potatoes \*V \*GF \*DF

**Baja Chicken** \*GF \*DF with mango, red onion, black beans, chicken & brown rice, 380kcal, 4.5g fat, 52g carb, 7g fiber, 5g sugar, 32g protein

**Baja Tofu** with mango, red onion, black beans & brown rice, 330kcal, 6g fat, 54g carb, 9g fiber, 5g sugar, 6g protein

**Chef's Choice Healthy Trash Plate**, over sweet potatoes and coleslaw, topped with avocado sauce. \*GF \*DF \*

## Thursday May 4<sup>th</sup>

### Breakfast

**Caprese Breakfast Bowl** With eggs, mozzarella, basil, tomatoes & red potatoes

**PB&J Parfait** Greek yogurt with peanut butter & preserves 344kcal, 10g fat, 42g carb, 4g fiber, 24g protein

### Lunch & Dinner

**Haddock French** \*GF \*DF \*V with parsnip puree & asparagus 310kcal, 14g fat, 25g carb, 8g fiber, 22g protein

**BLT Burger** \*GF \*DF with lettuce, tomato, turkey bacon, ground beef and sweet potatoes 430kcal, 25g fat, 24g carb, 4g fiber, 5g sugar, 24g protein

**Vegan Sesame Kale Quinoa Bowl** \*V \*DF with tofu, quinoa, kale, broccoli, soy sauce, red onions, sesame oil and sesame seeds 380kcal, 13f fat, 53g carb, 10g fiber, 5g sugar, 16g protein

**Cobb Salad** \*GF with tomatoes, cucumbers, cheddar cheese, ham, turkey, romaine & iceberg with fat free Italian, 330kcal, 9g fat, 27g carb, 8g fiber, 16g sugar, 36g protein

**Tofu, Roasted Red Pepper Trash Plate** \*GF \*DF \*V with sweet potatoes and coleslaw, topped with avocado sauce

**Chef's Choice Healthy Trash Plate**, over sweet potatoes and coleslaw, topped with avocado sauce. \*GF \*DF \*P

## Monday May 8<sup>th</sup>

### Breakfast

**PB & J Parfait** \*GF Greek yogurt, raspberry preserves, peanut butter & oats 344kcal, 10g fat, 42g carb, 4g fiber, 24g protein

**Western Breakfast Bowl** \*P \*GF \*DF ham, onions, eggs & broccoli served w/ sweet potatoes 380kcal, 12g fat, 34g carb, 7g fiber, 34g protein

### Lunch & Dinner

**Cabbage Meatballs** \*GF \*DF with sweet tomato sauce and brown rice 407kcal, 16g fat, 43g carb, 4g fiber, 23g protein

**Cheeseburger Salad** \*GF with red onion, tomatoes, romaine and iceberg blend, cheddar cheese, ground beef and fat free thousand island dressing 330kcal, 18g fat, 18g carb, 6g fiber, 27g protein

**Baked Ziti** \*GF \*V with gluten-free pasta, ricotta, mozzarella, portabella mushrooms & marinara 410kcal, 10g fat, 62g carb, 8g fiber, 10g protein

**Skinny Veggies & Hummus Bowl** \*GF \*V \*DF with carrots, cucumbers, celery & hard boiled eggs 290kcal, 14g fat, 31g carb, 9g fiber, 11g sugar, 13g protein

**Skinny Chicken Salad Plate** \*GF \*DF chicken salad with light mayo, served with sides of cucumbers, tomatoes, and carrots 270kcal, 8g fat, 21g carb, 6g fiber, 10g sugar, 29g protein

**Chef's Choice Healthy Trash Plate**, over sweet potatoes and coleslaw, topped with avocado sauce.

## Thursday May 11<sup>th</sup>

### Breakfast

**PB & J Parfait** \*GF Greek yogurt, raspberry preserves, peanut butter & oats 344kcal, 10g fat, 42g carb, 4g fiber, 24g protein

**Spinach, Tomato & Feta Frittata** with egg whites \*GF \*V 220kcal, 8g fat, 16g carb, 7g fiber, 8g sugar, 26g protein

### Lunch & Dinner

**Chicken Taco Plate** \*P \*GF \*DF with sweet potatoes, peppers, onions & salsa 280kcal, 3g fat, 36g carb, 8g fiber, 27g protein

**Tofu Taco Plate** \*GF \*DF \*V with sweet potatoes, peppers, onion & salsa 280kcal, 3g fat, 36g carb, 8g fiber

**Strawberry Salad** \*GF \*DF with chicken, onions & poppy seed dressing 460kcal, 22g fat, 36g carb, 5g fiber, 29g protein

**Tofu Strawberry Salad**, onions & poppy seed dressing \*GF \*DF \*V

**Blackened Tilapia Taco Bowl** \*GF \*V Corn, peppers, onions, black beans, avocado & cilantro lime rice 420kcal, 9g fat, 63g carb, 8g fiber, 30g protein

**Chicken Breast with Mushroom Cream Sauce**, served with spinach and whole wheat pasta, 410kcal, 9g fat, 50g carb, 8g fiber, 4g sugar, 35g protein

**Chef's Choice Healthy Trash Plate**, over sweet potatoes and coleslaw, topped with avocado sauce. \*GF \*DF \*

## Monday May 15<sup>th</sup>

### Breakfast

**PB & J Parfait** \*GF Greek yogurt, raspberry preserves, peanut butter & oats 344kcal, 10g fat, 42g carb, 4g fiber, 24g protein

**Ham, Swiss & Broccoli Frittata** \*GF 400kcal, 25g fat, 7g carb, 1g fiber, 2g sugar, 34g protein

### Lunch & Dinner

**Italian Sausage Skillet** \*P \*GF \*DF with sweet potatoes, apples, celery & cranberries 380kcal, 27g fat, 21g carb, 3g fiber, 13g protein

**Chicken Fajita Bowl with Corn Tortillas** \*GF \*DF with peppers, onions and mushrooms, 340kcal, 5g fat, 41g carb, 7g fiber, 12g sugar, 34g protein (without the corn tortilla meal is 230kcal, 4g fat, 18g carb, 5g fiber, 10g sugar, 32g protein)

**Tofu Fajita Bowl with Corn Tortillas** \*GF \*DF \*V with peppers, onions and mushrooms, 280kcal, 6g fat, 43g carb, 9g fiber, 12g sugar, 16g protein

**Turkey Meatballs** \*LC \*DF with bread crumbs, egg, marinara sauce and squash, 410kcal, 23g fat, 25g carb, 5g fiber, 4g sugar, 29g protein

**Buffalo Chicken Quinoa Bowl** \*GF with carrots, celery, scallions, red hot, chicken and blue cheese 420kcal, 11g fat, 48g carb, 8g fiber, 6g sugar, 38g protein

**Buffalo Tofu Quinoa Bowl** \*V \*GF with carrots, celery, scallions, red hot, quinoa, tofu and blue cheese 370kcal, 12g fat, 50g carb, 10g fiber, 6g sugar, 21g protein

**Caprese Salad with Chicken** \*GF with tomatoes, basil, fresh mozzarella, spring mix, chicken & balsamic 360kcal, 13g fat, 21g carb, 4g fiber, 7g sugar, 37g protein

## Thursday May 18<sup>th</sup>

### Breakfast

**BLT Breakfast Bowl** \*P \*GF \*DF eggs, bacon, sweet potatoes, tomatoes & spinach 320kcal, 13g fat, 34g carb, 6g fiber, 19g protein

**PB & J Parfait** \*GF Greek yogurt, raspberry preserves, peanut butter & oats 344kcal, 10g fat, 42g carb, 4g fiber, 24g protein

### Lunch & Dinner

**Hummus Salad** \*V, GF, DF kale, spring mix, tomatoes, cucumbers, carrots, eggs & hummus 337kcal, 15g fat, 33g carb, 10g fiber, 21g protein

**Rosemary Lemon Chicken** \*P \*GF \*DF with sweet potatoes & citrus broccoli 247kcal, 19g carb, 4g fiber, 32g protein, 9g fat

**Rosemary Lemon Tofu** \*V \*GF \*DF with sweet potatoes & citrus broccoli

**Blackened Tilapia Taco Bowl** \*GF \*V Corn, peppers, onions, black beans, avocado & cilantro lime rice 420kcal, 9g fat, 63g carb, 8g fiber, 30g protein

**Vegetarian Caprese Quinoa Bowl** \*GF \*V with grape tomatoes, fresh mozzarella, basil & balsamic reduction 410kcal, 14g fat, 50g carb, 7g fiber, 6g sugar, 20g protein

**Beet Salad with Chicken** \*GF with onions, goat cheese and spring mix, 370kcal, 10g fat, 22g carb, 5g fiber, 9g sugar, 45g protein

**Beet Salad with Tofu** \*GF \*V with onions, goat cheese and spring mix, 260kcal, 11g fat, 24g carb, 7g fiber, 9g sugar, 18g protein

## Monday May 22<sup>nd</sup>

### Breakfast

**PB & J Parfait** Greek yogurt, raspberry preserves, peanut butter & oats 344kcal, 10g fat, 42g carb, 4g fiber, 24g protein

**Turkey Bacon, Eggs & Home fries** \*GF \*DF with two eggs, two slices of turkey bacon & home fries with onions, 320kcal, 15g fat, 24g carb, 3g fiber, 0g sugar, 19g protein

#### **Lunch & Dinner**

**Tequila Lime Chicken** with brussels sprouts, blueberries & sweet potatoes 370kcal, 11g fat, 41g carb, 9g fiber, 29g protein

**Tequila Lime Tofu** with brussels sprouts, blueberries & sweet potatoes

**Kale & Carrot Salad w/ Chicken** \*P \*GF \*DF with kale, spring mix, carrots, cucumber, avocado & lemon-tahini dressing 453kcal, 20g fat, 26g carb, 9g fiber, 43g protein

**Kale & Carrot Salad w/ Tofu** \*V \*GF \*DF with kale, spring mix, carrots, cucumber, avocado & lemon-tahini dressing

**Baked Chicken Parmesan** \*contains egg with whole wheat pasta & mozzarella 460kcal, 10g fat, 57g carb, 8g fiber, 35g protein

**Baked Portobello Parmesan** \*contains egg \*V with whole wheat pasta & mozzarella

**Quinoa Chicken Burrito Bowl** \*GF \*DF with corn, red onion, peppers, quinoa, chicken and avocado 350kcal, 9g fat, 40g carb, 7g fiber, 5g sugar, 31g protein

**Quinoa Tofu Burrito bowl** \*GF \*DF \*V with corn, red onion, peppers, quinoa & avocado, 300kcal, 11g fat, 42g carb, 9g fiber, 5g sugar, 15g protein

**Chef's Choice Healthy Trash Plate**, over sweet potatoes and coleslaw, topped with avocado

### **Thursday May 25<sup>th</sup>**

#### **Breakfast**

**PB & J Parfait** \*GF Greek yogurt, raspberry preserves, peanut butter & oats 344kcal, 10g fat, 42g carb, 4g fiber, 24g protein

**Broccoli Egg Bake** \*P \*GF with zucchini, broccoli, onions, & red potatoes 320kcal, 11g fat, 39g carb, 7g fiber, 24g protein

#### **Lunch & Dinner**

**Caribbean Pork Chops** \*GF \*DF with brown rice & broccoli 400kcal, 4.5g fat, 60g carb, 7g carb, 32g protein

**Caribbean Tofu** \*V \*GF \*DF with brown rice & broccoli

**Spicy Vegan Roasted Veggie & Quinoa Bowl** \*V \*GF \*DF with siracha roasted chickpeas, garlic spinach, curry sweet potatoes & quinoa 340kcal, 4.5g fat, 58g carb, 13g fiber, 4g sugar, 20g protein

**Tilapia with Fresh Bean Salad** \*GF \*DF \*V with corn, tomatoes, black beans & red peppers, 290kcal, 3.5g fat, 35g carb, 8g fiber, 3g sugar, 30g protein

**Chicken with Ratatouille** \*GF \*DF with zucchini, eggplant, tomatoes & chicken, 180kcal, 3.5g fat, 9g carb, 4g fiber, 25g protein

**Chicken French** \*LC \*GF \*DF with artichoke hearts and asparagus, topped with lemon sherry sauce 360kcal, 17g fat, 18g carb, 8g fiber,

**Meatloaf** \*GF \*DF with broccoli, mashed potatoes & ketchup, 420kcal, 23g fat, 28g carb, 5g fiber, 8g sugar, 25g protein 6g sugar, 31g

**Chef's Choice Healthy Trash Plate**, over sweet potatoes and coleslaw, topped with avocado sauce. \*GF \*DF \*P protein