

ONE WEEK 'DELITEFUL' MENU

Monday

BREAKFAST: Seasonal Vegetable Frittata, Whole Wheat Scone plus: Morning set up daily: Low Fat Plain Yogurt, Fresh Fruit Salad, Coffee, Tea, Skimmed Milk, non-dairy milks such as Almond, Rice or Soy.

FUEL STOP: Banana-Flax Muffin and a small selection of whole pieces of fresh fruit.

LUNCH: Sun Coast Chicken (Tofu Egg) Salad Filled Pita, Petit Green Salad.

FUEL STOP: Fresh Fruit, Yogurt Parfait and a small selection of fresh vegetables.

DINNER: Honey-Thyme Salmon, (Black Bean and Sweet Potato Croquette), Roasted Sweet Potato Mash, Wilted Seasonal Greens/Haricot Verte.

FUEL STOP: Steamed Edamame to take home.

Tuesday

BREAKFAST: Eye Opener Oatmeal, plus morning set up.

FUEL STOP: Chilled Salmon Salad (Tofu Egg), Whole Grain Crackers plus am snack set up.

LUNCH: Seasonal Greens and Goat Cheese Salad, Turkey and Wild Rice Chowder (Veg Chowder).

FUEL STOP: Raw Almonds plus pm snack set up.

DINNER: Spaghetti Squash with Chicken (or meatless) Bolognaise, Feathered Parmesan, Garlic Toast .

FUEL STOP: Sweet Potato Parfait .

Wednesday

BREAKFAST: Banana-Oat Griddle Cakes.

FUEL STOP: Smooth Super Six Protein Shake.

LUNCH: Petit Green Salad, Turkey (Veggie) Chili.

FUEL STOP: Light Caesar Dressing Dip to accompany crudités.

DINNER: Garlic Pork with Figs, (Curry Lentils), Quinoa with Corn and Scallions, Braised Cabbage.

FUEL STOP: Hummus and Pita Chips.

Thursday

BREAKFAST: Big Bang Cereal Bowl, plus morning set up.

FUEL STOP: Sliced Chilled Pork Tenderloin with Mustard (Chilled Braised Cabbage with Sunflower Seeds added Salad).

LUNCH: Seasonal (veg) Soup, Broccoli and Cheese Stuffed Jacket Potato.

FUEL STOP: Edamame Salad.

DINNER: Petit Green Salad, Chicken (Mushroom) Stroganoff on Squash Ribbons.

FUEL STOP: Apple Muffin.

Friday

BREAKFAST: Joe's Special (sub crumbled tofu for turkey) plus morning set up.

FUEL STOP: Smooth Super Six.

LUNCH: Albacore (Hummus) Salad Wrap.

FUEL STOP: Power Wheel (whole grain rice cake spread with a teas. Almond Butter; ¼ sliced banana, teas, raisins and a shake of cinnamon).

DINNER: Petit Filet with Portabella mushroom, (Stuffed Portabella Mushroom) Balsamic Syrup, Cauliflower-Potato Mousse, Seasonal Vegetable.

FUEL STOP: Albacore Salad (Almond Butter & Preserves) and Whole Grain Crackers.

Saturday

BREAKFAST: Cinnamon Granola, plus morning set up.

FUEL STOP: 2 oz. Sliced Chilled Filet (Chilled Grilled Vegetables) with Balsamic Syrup.

LUNCH: Green Salad Buffet, Pita Pizza (meatless) Buffet (a variety of pizza toppings).

FUEL STOP: Steamed Edamame.

DINNER: Sage Roasted Turkey Breast, Barley (and White Bean) Risotto, Cranberry Relish.

FUEL STOP: Seasonal Fruit Crumble.

Sunday

BREAKFAST: Banana Fandango French Toast, plus morning set up.

FUEL STOP: Chilled Sliced Turkey (Light Cheese and Crackers), Cranberry Relish .

LUNCH: Seasonal Vegetable Soup, Spinach Filled Oatcakes, Red Pepper Puree.

FUEL STOP: Fruit Crumble with Yogurt.

DINNER: Char Grilled Chicken Souvlaki (Marinated Vegetable Skewer), Roasted Root Hash, Yogurt/Cucumber Sauce.

FUEL STOP: Peppermint Patty Mousse.

