



JANUARY MEALS



TERIYAKI CHICKEN STIR-FRY

Teriyaki Chicken over Broccoli, diced carrots, peas, onion, and red peppers over white rice

LEMON PEPPER SWAII

Swaii filet fish seasoned in lemon pepper served with jasmine rice and steamed broccoli

SHREDDED CHICKEN TACOS

Shredded Seasoned Chicken with shredded lettuce, shredded cheddar cheese, diced tomatoes, wrapped inside a corn tortilla. Served with side of guac and fresh Pico de Gallo.

TURKEY BURGER

Seasoned lean ground turkey, feta cheese, and spinach pressed into a patty served with sweet potato fries.

STUFFED PEPPERS

Green and Red Peppers stuffed with lean ground beef, fresh mozzarella, served with brown rice



FEBRUARY MEALS



SEASONED CHICKEN BREAST

Served with fresh carrots, broccoli and brown rice

GROUND TURKEY BALLS

4 Lean ground turkey balls seasoned and stuffed with feta and spinach served with a carrot, zucchini and squash medially.

SALMON

Smoked Salmon over jasmine rice and side of steamed broccoli

SHRIMP LINGUINI

Seasoned shrimp over whole wheat noodles served with a light tomato sauce

GRILLED CHICKEN SALAD

Fresh mixed greens, chopped cucumber, tomatoes, topped with Grilled Chicken with a lemon zest vinaigrette



MARCH MEALS



MIXED GREEN SALAD

Fresh Mixed Greens, sliced carrots, diced cucumbers, whole egg, feta cheese, topped with grilled chicken. Served with balsamic vinaigrette

LEAN BURGER

Seasoned lean ground beef pressed into a patty served with lettuce, tomato and onion a side of sweet potato fries.

SHRIMP CAESAR WRAP

whole wheat wrap stuffed with seasoned shrimp, lettuce, Caesar cheese and side of Caesar dressing.

SPINACH STUFFED CHICKEN

Seasoned chicken stuffed with sautéed spinach, melted cheese served with brown rice.

GRILLED CHICKEN QUINOA SALAD

Grilled Chicken over Fresh Quinoa with Mixed Grilled Vegetables.



APRIL MEALS



SIRLOIN STEAK

Steak Sirloin seasoned served with jasmine rice and steamed string beans.

GOAT CHEESE SALAD

Mixed Greens, candied walnuts, dried cranberry, goat cheese topped with grilled chicken served with raspberry vinaigrette

GRILLED CHICKEN WHITE RICE

Grilled Chicken over white rice with a side of roasted butternut squash

BBQ PULLED CHICKEN

Pulled chicken tossed in sugar free BBQ sauce served with green beans and fresh red potato fries.

LEMON PEPPER TILAPIA

Lemon Pepper Tilapia served over white rice and steamed broccoli