

lifestyle FOODS

INGREDIENTS

BREAKFAST

Mixed Berry Pancakes

Egg whites, vanilla protein powder, dried blueberries, dried raspberries, dried strawberries, baking powder, blueberry sauce, peanut butter, pan spray

Caramelized Onion & Mushroom Frittata

Egg beaters, onions, mushrooms, low-fat cream cheese, salt, pepper

Spinach and Sundried Tomato Frittata

Sundried tomatoes, onion, spinach, red bell pepper, green bell pepper, green onion, basil, egg beaters

Mediterranean Omelet

Egg whites, basil, Kalamata olives, roasted bell peppers, spinach, tomato, lettuce

Southwest Chorizo Scramble (Turkey)

Ground turkey, chorizo seasoning, egg beaters, onions, green peppers, pico de gallo, low-fat sour cream

MUFFINS

Triple Berry Muffin

Egg whites, protein powder, dried raspberries, dried blueberries, dried strawberries, vanilla extract, cream of tartar

Chocolate Raspberry Muffin

Egg whites, cream of tartar, chocolate protein powder, cocoa powder, dehydrated raspberries

Lemon Almond Poppyseed Muffin

Egg whites, cream of tartar, vanilla protein powder, lemon oil, sliced almonds, poppy seeds, lemon peel

Cranberry Orange Muffin

Egg, vanilla protein powder, orange oil, cream of tartar, dried cranberries, orange zest

SIDES

Diced Chicken Breast

Chicken breast, lemon wedge, lettuce

Grilled Chicken Breast

Chicken breast, lemon wedge, lettuce

Tarragon Chicken Salad

Chicken breast, celery, onion, fat-free mayo, fat-free sour cream, Dijon mustard, sugar, tarragon, vinegar, salt, pepper

Southwest Chicken Breast

Chicken, canolive oil, southwest blackening spices, lime, leaf lettuce

Egg White Salad

Egg whites, onion, celery, black pepper, low-fat mayo, Dijon mustard, chives

Fruit and Cheese Plate

Mini whole-wheat bagel, grapes, sliced apples, strawberries, hardboiled egg, Babybel cheese, light cheddar

Hummus & Vegetables

Garlic hummus (garbanzo beans, tahini, lemon juice, garlic, spices, sesame seeds, sea salt), carrots, celery

High Protein Tofu

Tofu, cooking spray, green onion, hoisin sauce (honey, hoisin, soy sauce, garlic, spices)

Grilled Salmon

King salmon, leaf lettuce, lemon wedge

Tuna Salad

Tuna, celery, onion, bell pepper, dill, garlic, lemon juice, pepper, low-fat mayo, parsley

Fresh Fruit Tray

Cantaloupe, honeydew, pineapple, strawberries, grapes

Veggie Tray with Jalapeno Dip

Carrots, broccoli, cherry tomatoes, jalapeno ranch dip (low-fat buttermilk, jalapeno, fat-free sour cream, ranch dressing packet), lime juice, lettuce

BBQ Turkey Breast

Herb roasted turkey breast, (molasses, vinegar, brown sugar, spices, onion, ketchup, tomato paste)

Chicken Souvlaki

Chicken, oregano, red pepper flakes, lemon juice, olive oil, tzatziki sauce (lemon, Greek yogurt, garlic, cucumber, cumin)

Cauliflower Fried Rice

Cauliflower, sugar snap peas, onion, garlic, carrot, egg, edamame, lite soy sauce, canolive oil

Ratatouille

Bell peppers, zucchini, yellow squash, garlic, onion, tomato, canolive oil, eggplant, salt, basil



ENTREÉS

Chicken Cabbage Enchiladas

Chicken, olive oil, onions, pepper, cabbage, mozzarella cheese, salsa Verde (onion, tomatillos, jalapenos, cilantro, salt), Pico de Gallo (tomato, onion, cilantro, jalapeno, olive oil, salt, pepper, lime juice), chicken broth, cumin, oregano, chili powder, salt, garlic

Chicken & Vegetable Sauté with Peanut Sauce

Chicken, mushrooms, onion, broccoli, peppers, garlic, chicken broth, parsley, black pepper, canolive oil, peanut sauce (peanut butter, rice vinegar, low-sodium soy sauce, lime juice, garlic, pepper, ginger, lime leaves)

BBQ Turkey Meatballs with Coleslaw

Ground turkey, egg whites, onion powder, garlic powder, garlic, salt, pepper, ketchup, chili sauce, chili powder, molasses, lime juice, cider vinegar, brown sugar, yellow mustard, cilantro, chipotle powder, paprika, dry mustard, red cabbage, bok choy, carrot, non-fat mayo, low-fat sour cream, Dijon mustard, lemon juice

Turkey Meatballs and Spaghetti Squash

Spaghetti squash, tomato sauce, turkey meatballs (ground turkey, tomato sauce, egg whites, garlic cloves, basil, oregano, onion, garlic, pepper, salt)

Prawn Fradiavolo

Shrimp, canola oil, garlic, cioppino base (onion, peppers, celery, garlic, spices, salt, tomato paste, tomatoes, tomato juice, red wine, Worcestershire sauce, canolive oil blend)

Tofu Veggies with Curry Sauce

Tofu, snap peas, cauliflower, bell peppers, carrots, bean sprouts, ginger, vegetables stock, canolive oil, curry powder

Grilled Chicken with Pesto Zucchini

Chicken breast, olive oil, cherry tomatoes, pesto sauce, zucchini

Turkey Bolognese

Ground turkey, onion, garlic, spices, spaghetti sauce, tomato paste, salt, spaghetti squash, parmesan cheese

Vegetarian Yakisoba

Edamame noodles, coleslaw, onion, mushrooms, bean sprouts, carrots, yakisoba sauce (low sodium soy sauce, garlic, spices, cornstarch, rice vinegar, brown sugar, Worcestershire sauce), tofu

Alaskan Salmon Cake

Salmon, asparagus, roma tomatoes, red onion jam, leaf lettuce

Roast Beef Dinner

Rosemary roast beef, green beans, onions, cauliflower, low-fat sour cream, horseradish, turkey drippings, arrow root

Chicken Yakisoba

Edamame spaghetti noodles, chicken, cabbage, onion, mushrooms, bean sprouts, carrots, onion, yakisoba sauce (low sodium soy sauce, garlic, spices, cornstarch, rice vinegar, brown sugar, Worcestershire sauce)

SANDWICHES & WRAPS

Turkey and Swiss Sandwich

Multigrain sandwich thin, turkey breast, light Swiss cheese, low-fat mayo, lettuce, tomato

Breakfast Sandwich

Whole-wheat English muffin, soy breakfast patty, egg, cheddar cheese

Turkey BLT Lettuce Wrap

Lettuce, turkey bacon, tomatoes, roasted turkey breast (turkey, spices), ranch dressing (ranch seasonings, low-fat buttermilk, light mayonnaise, sour cream)

Asian Chicken Wrap

Roasted chicken on a spinach tortilla, coleslaw mix, chow mein, oriental dressing

Roast Beef & Blue Cheese Lettuce Wrap

Roasted beef with rosemary, light blue cheese, sour cream, roasted tomatoes, roasted peppers, horseradish, red onion, red leaf lettuce

Chipotle Chicken Wrap

Blackened chicken, fajita peppers, lettuce, green chili, whole-wheat tortilla

Mediterranean Chicken Wrap

Whole-wheat tortilla, chicken, tomatoes, cucumber, onions, lettuce, feta, vinegar, canola oil, mint, oregano

Italian Club Sandwich

Chicken, multigrain sandwich thin, genoa salami, turkey bacon, light Swiss cheese, basil, roasted red pepper aioli (light mayo, red peppers, rice vinegar, parsley, salt, pepper), lettuce, tomato

SALADS

Asian Chicken Salad

Chicken, spring mix, miso dressing, celery, bell peppers, green onions, lemon, almonds, sesame seeds

Chicken Caesar Salad

Chicken, salt, onion, garlic, pepper, lettuce, Caesar dressing (garlic, anchovies, low-fat mayo, Dijon mustard, parmesan cheese, Worcestershire, balsamic, lemon, egg beaters, garlic, pepper, salt), parmesan cheese

Chop Salad

Chicken, salt, onion, garlic, black pepper, thyme, lettuce, tomatoes, garbanzo beans, basil, low-fat mozzarella, lemon, dressing (Italian vinaigrette, non-fat sour cream, butter milk, red wine vinegar, garlic, basil, lemon, black pepper, salt, olive oil)

Asian Shrimp Salad

Lettuce, shrimp, almonds, bell peppers, sesame seeds, lemon, green onions, celery, miso dressing

Chef Salad

Mixed greens, romaine, egg whites, roma tomatoes, cucumbers, low-sodium turkey, ham, reduced-fat cheddar cheese, honey mustard dressing (Low-fat mayo, Dijon, apple cider vinegar, salt, pepper)

Mesquite Chicken Salad

Lettuce, tomatoes, turkey bacon, peppers, reduced-fat cheddar cheese, chicken, spices, jalapeno ranch (low-fat buttermilk, jalapeno, fat-free sour cream, ranch dressing packet)

Mediterranean Salad

Chicken breast, romaine lettuce, spring mix, red onions, Kalamata olives, roma tomatoes, cucumber, feta cheese, dressing (oregano, red wine vinegar, olive oil, lemon juice)

Roasted Pear Arugula Salad

Pears, walnuts, goat cheese, grilled chicken, arugula, champagne pear vinaigrette (pear, white wine vinegar, dijon mustard, balsamic vinegar, spices, olive oil, garlic)

Lacinato Kale Salad

Kale, carrot, cabbage, red onion, sugar snap peas, zucchini, edamame, champagne vinegar, olive oil, lemon juice, Dijon mustard, honey, marjoram, basil, salt, pepper

Orange Fennel Salad

Fennel, mandarin oranges, salad, chicken, Kalamata olives, orange dressing (orange juice, olive oil, lemon, vinegar, Dijon mustard, salt)

Thai Salad with Spicy Shrimp

Shrimp, lettuce, roma tomatoes, red onions, cucumber, red curry, rice vinegar, basil