

Sample Dinner Plan Menus

Pan Seared Chicken Breasts Stuffed with Feta, Olives, Sun dried Tomatoes & Basil, served with Parmesan Polenta and Grilled Radicchio

BBQ Pulled Pork Sliders with Low-Fat Horseradish Coleslaw (made with non-fat Greek yogurt), Arugula Salad and Baked Sweet Potato Fries with Chipotle-Citrus Aioli

Wild Mushroom, Leek and Chevre Puff Tart served with Fennel and Arugula Salad

Grilled Citrus Pork Loin with Pistachio & Apricot Cous Cous and Lemon Roasted Asparagus

Butternut and Spinach Lasagna with Light Béchamel Sauce, served with Organic Baby Greens, Cranberries and Toasted Pecans

Grilled Wild Salmon with Thai Mango Salsa, Sticky Rice and Stir Fry Vegetables

Lemon & Rosemary Marinated Chicken Breast with Wild Mushroom Gratin and Steamed Broccoli

Goat Cheese, Caramelized Onion, and Artichoke Heart Pizza, served with Baby Spinach Salad with Bacon, Tomato and Olives

Chicken Tetrazzini with Whole Wheat Noodles, Roasted Chicken and Mushrooms in a Light Parmesan Sherry Sauce, served with a Classic Caesar Salad

Grilled Flank Steak Roulade with Prosciutto, Spinach and Basil Served with Tomato, White Bean & Arugula Salad

Pork Tenderloin Medallions with Cherry Port Sauce, Wild Rice Pilaf and Green Beans with Almonds

Lean Turkey Meatloaf with Sweet Tomato Glaze, Yukon Gold Mashed Potatoes and Tender Kale with Garlic

Grilled Peanut Beef Satay with Brown Coconut Rice and Cucumber and Carrot Salad

Asian Wild Salmon cakes with Wasabi Lime Aioli, Steamed Brown Rice and Baby Bok Choy