

# EAT LIKE THE PROS...

## MARCH 2010

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

**WK 2 1<sup>ST</sup> MONDAY DELIVERY**  
(MONDAY/TUESDAY MEALS)  
**BREAKFAST**

1. Scrambled Eggs (plain / cheese)
2. The Pros Pancakes – **Straw. / Almond**
3. **Strawberry Yogurt Parfait**
4. **Creamy Oats**
5. Roasted Vegetable Frittata

**LUNCH / DINNER**  
**Main items**

1. Cajun Ribeye w/ Horseradish Whipped
2. Baked Cod
3. Five Spice Chicken with Apple Compote
4. Chicken Marsala
5. California Cobb Salad
6. Grilled: chicken, beef, salmon, shrimp
7. Beef Stew

**Vegetables**

1. Squash, Plain Steamed
2. **Cauliflower with Roasted Garlic**
3. Roasted Mushrooms with Bell Pepper & Snap Peas.
4. **Watercress with Pear & Roasted Walnuts**

**Grains / Starches**

1. Brown Rice, with ghee
2. Rosemary Mashed
3. Sauté of Kidney Beans & Cilantro
4. Red Beans & Brown Rice

**Weekly Rotational Snacks**

1. **Crackers #3 = Roasted Red Pepper**
2. **Root Chips & Guacamole**
3. **Shrimp Roll**

**3<sup>RD</sup> WEDNESDAY DELIVERY**  
(WED. /THURS. MEALS)  
**BREAKFAST**

1. Scrambled Eggs (plain / cheese)
2. The Pros Pancakes – **Straw. / Almond**
3. **Strawberry Yogurt Parfait**
4. **Creamy Oats**
5. Fine Herb Omelet

**LUNCH / DINNER**  
**Main items**

1. Chimichurri Skirt Steak
2. Cumin Marinated Tilapia
3. Herb's Roasted Chicken
4. Laab Chicken
5. California Cobb Salad
6. Grilled: chicken, beef, salmon, shrimp
7. Beef Stew

**Vegetables**

1. Green Beans, Plain Steamed
2. **Creamed Spinach**
3. Spaghetti Squash
4. **Watercress with Pear & Roasted Walnuts**

**Grains / Starches**

1. Brown Rice, with ghee
2. Fork Mashed Red Bliss
3. Grilled Polenta
4. Basic Quinoa

**5<sup>TH</sup> FRIDAY DELIVERY**  
(FRI./SAT./SUN MEALS)  
**BREAKFAST**

1. Scrambled Eggs (plain / cheese)
2. The Pros Pancakes – **Straw. / Almond**
3. **Strawberry Yogurt Parfait**
4. **Creamy Oats**
5. **Western Omelet**
6. Grilled Tomato Frittata

**LUNCH / DINNER**  
**Main items**

1. Beef Shepherd's Pie
2. Beef Stir-Fry with Black Bean Sauce
3. Lamb Souvlaki with Tzatziki Sauce
4. Fajitas (Chicken/Skirt Steak)
5. Chicken Satay with Thai Peanut Sauce
6. California Cobb Salad
7. Grilled: chicken, beef, salmon, shrimp
8. Beef Stew

**Vegetables**

1. Spinach, Plain Steamed
2. Roasted Vegetables
3. Brussels Sprouts with Toasted Sesame
4. **Watercress with Pear & Roasted Walnuts**

**Grains / Starches**

1. Brown Rice, with ghee
2. Sweet Potato Mash
3. Simple Jasmine Rice
4. Sauté of Great Northern Beans

**WK 3 8<sup>TH</sup> MONDAY DELIVERY**  
(MONDAY/TUESDAY MEALS)  
**BREAKFAST**

1. Scrambled Eggs (plain / cheese)
2. The Pros Pancakes - **Apple / Choc.**
3. **Yogurt Parfait with Almonds & Berries**
4. **Breakfast Polenta**
5. Spanish Omelet

**LUNCH / DINNER**  
**Main items**

1. Curried Skirt Steak
2. Sesame Crusted Tuna
3. Grilled Lamb with Roquefort Cream Sauce
4. Chicken with Mushroom Ragout & Onion Relish
5. Baby Spinach Salad with Strawberries
6. Grilled: chicken, beef, salmon, shrimp
7. **The Pros Chicken Soup**

**Vegetables**

1. Broccoli, Steamed
2. **Green Beans & Carrots with Tst. Pecans**
3. Spinach & Garlic Sauté
4. **Frisee with Bacon Lardons**

**Grains / Starches**

1. Brown Rice, with ghee
2. Celeriac Mashed
3. Rustic Cannelini Beans
4. Indian Style Jasmine Rice

**Weekly Rotational Snacks**

1. **Crackers #1 = Basil Pesto Hummus**
2. **Root Chips & Guacamole**
3. **Mini Greek Salad (200 kcal)**

**10<sup>TH</sup> WEDNESDAY DELIVERY**  
(WED. /THURS. MEALS)  
**BREAKFAST**

1. Scrambled Eggs (plain / cheese)
2. The Pros Pancakes - **Apple / Choc.**
3. **Yogurt Parfait with Almonds & Berries**
4. **Breakfast Polenta**
5. Margherita Frittata

**LUNCH / DINNER**  
**Main items**

1. NY Strip with Rosemary Au Jus
2. Grilled Shrimp with Papaya Slaw
3. Jamaican Jerked Pork Chops
4. Blackened Chicken
5. Baby Spinach Salad with Strawberries
6. Grilled: chicken, beef, salmon, shrimp
7. **The Pros Chicken Soup**

**Vegetables**

1. Corn on the Cob, plain steamed
2. Wax Beans with Toasted Walnut
3. **Brussels Sprouts with Bacon Lardons**
4. **Frisee with Bacon Lardons**

**Grains / Starches**

1. Brown Rice, with ghee
2. Mashed Potatoes
3. Lentil Salad
4. White Corn Grits

**12<sup>TH</sup> FRIDAY DELIVERY**  
(FRI./SAT./SUN MEALS)  
**BREAKFAST**

1. Scrambled Eggs (plain / cheese)
2. The Pros Pancakes - **Apple / Choc.**
3. **Yogurt Parfait with Almonds & Berries**
4. **Breakfast Polenta**
5. Omelet Wraps
6. Huevos Rancheros

**LUNCH / DINNER**  
**Main items**

1. Filet with Ginger Mushroom Demi Glace
2. Teriyaki Beef Kabobs
3. Bacon Wrapped Scallops with Corn Salsa
4. Herb Baked Chicken
5. Asian Chicken Lettuce Wraps
6. Baby Spinach Salad with Strawberries
7. Grilled: chicken, beef, salmon, shrimp
8. **The Pros Chicken Soup**

**Vegetables**

1. Carrots, Steamed
2. Brown Butter Cauliflower
3. Grilled Vegetables Asian Style(teriyaki beef)
4. **Frisee with Bacon Lardons**

**Grains / Starches**

1. Brown Rice, with ghee
2. Buttermilk Mashed
3. Asian Noodles (teriyaki beef)
4. Chickpeas with Spinach & Garlic

<p><b>WK 4 15<sup>TH</sup> MONDAY DELIVERY</b> (MONDAY/TUESDAY MEALS)</p> <p><b>BREAKFAST</b></p> <ol style="list-style-type: none"> <li>1. Scrambled Eggs (plain / cheese)</li> <li>2. The Pros Pancakes – <b>Blue. / Coconut</b></li> <li>3. <b>Blueberry Yogurt Parfait</b></li> <li>4. <b>Pinto Bean Tostadas</b></li> <li>5. Mexican Frittata</li> </ol> <p><b>LUNCH / DINNER</b> <b>Main items</b></p> <ol style="list-style-type: none"> <li>1. Chimichurri Flank Steak</li> <li>2. Atlantic Cod with Sweet Corn Puree</li> <li>3. Ground Lamb Garam Masala</li> <li>4. Coconut Chicken</li> <li>5. Greek Salad</li> <li>6. Grilled: chicken, beef, salmon, shrimp</li> <li>7. <b>Bison Chili</b></li> </ol> <p><b>Vegetables</b></p> <ol style="list-style-type: none"> <li>1. Squash, Steamed</li> <li>2. Curried Cauliflower</li> <li>3. Chinese Long Beans with Sesame</li> <li>4. <b>Iceberg Wedge with Blue Cheese Dressing</b></li> </ol> <p><b>Grains / Starches</b></p> <ol style="list-style-type: none"> <li>1. Brown Rice, with ghee</li> <li>2. Cumin Scented Basmati</li> <li>3. Mexican Black Beans</li> <li>4. Baked Sweet Potato Fries</li> </ol> <p><b>Weekly Rotational Snacks</b></p> <ol style="list-style-type: none"> <li>1. <b>Crackers #3 = Rst Red Bell Pepper Hummus</b></li> <li>2. <b>Root Chips &amp; Guacamole</b></li> <li>3. <b>Marinated Olives</b></li> </ol>	<p><b>17<sup>TH</sup> WEDNESDAY DELIVERY</b> (WED. /THURS. MEALS)</p> <p><b>BREAKFAST</b></p> <ol style="list-style-type: none"> <li>1. Scrambled Eggs (plain / cheese)</li> <li>2. The Pros Pancakes – <b>Blue. / Coconut</b></li> <li>3. <b>Blueberry Yogurt Parfait</b></li> <li>4. <b>Pinto Bean Tostadas</b></li> <li>5. Denver Omelet</li> </ol> <p><b>LUNCH / DINNER</b> <b>Main items</b></p> <ol style="list-style-type: none"> <li>1. NY Strip with Horseradish Crème Fraiche</li> <li>2. BBQ Spiced Salmon with Blueberry Compote</li> <li>3. Bison Steak &amp; Vegetable Curry</li> <li>4. Grao Prao Chicken</li> <li>5. Greek Salad</li> <li>6. Grilled: chicken, beef, salmon, shrimp</li> <li>7. <b>Bison Chili</b></li> </ol> <p><b>Vegetables</b></p> <ol style="list-style-type: none"> <li>1. Carrots, Steamed</li> <li>2. Broccoli with Pan-Roasted Cherry Tomatoes</li> <li>3. <b>Snow Peas with Shiitake Mushroom</b></li> <li>4. <b>Iceberg Wedge with Blue Cheese Dressing</b></li> </ol> <p><b>Grains / Starches</b></p> <ol style="list-style-type: none"> <li>1. Brown Rice, with ghee</li> <li>2. Simple Jasmine Rice</li> <li>3. Lentils with Fresh Herbs</li> <li>4. Bleu Cheese Mashed</li> </ol>	<p><b>19<sup>TH</sup> FRIDAY DELIVERY</b> (FRI./SAT./SUN MEALS)</p> <p><b>BREAKFAST</b></p> <ol style="list-style-type: none"> <li>1. Scrambled Eggs (plain / cheese)</li> <li>2. The Pros Pancakes – <b>Blue. / Coconut</b></li> <li>3. <b>Blueberry Yogurt Parfait</b></li> <li>4. <b>Pinto Bean Tostadas</b></li> <li>5. Gruyere &amp; Fine Herb Frittata</li> <li>6. RI Johnny Cakes</li> </ol> <p><b>LUNCH / DINNER</b> <b>Main items</b></p> <ol style="list-style-type: none"> <li>1. Tenderloin with Figs</li> <li>2. Flank Steak with Asian Slaw</li> <li>3. Roasted Monkfish with Citrus Salad</li> <li>4. Pork Chop with Mint Au Jus</li> <li>5. BBQ Turkey Breast with Homemade Slaw</li> <li>6. Greek Salad</li> <li>7. Grilled: chicken, beef, salmon, shrimp</li> <li>8. <b>Bison Chili</b></li> </ol> <p><b>Vegetables</b></p> <ol style="list-style-type: none"> <li>1. Spinach, Steamed</li> <li>2. Green Beans Amandine</li> <li>3. Carrots with Honey &amp; Cinnamon</li> <li>4. <b>Iceberg Wedge with Blue Cheese Dressing</b></li> </ol> <p><b>Grains / Starches</b></p> <ol style="list-style-type: none"> <li>1. Brown Rice, with ghee</li> <li>2. Wild Rice with Crimini Mushrooms</li> <li>3. Soft Polenta with Parmesan</li> <li>4. Garlic Roasted Yukon Potatoes</li> </ol>
<p><b>WK 1 22<sup>ND</sup> MONDAY DELIVERY</b> (MONDAY/TUESDAY MEALS)</p> <p><b>BREAKFAST</b></p> <ol style="list-style-type: none"> <li>1. Scrambled Eggs (plain / cheese)</li> <li>2. The Pros Pancakes - <b>Banana / Pecan</b></li> <li>3. <b>Yogurt Parfait with Bananas</b></li> <li>4. <b>Breakfast Shrimp &amp; Grits</b></li> <li>5. Canadian Bacon &amp; Cheddar Omelet</li> </ol> <p><b>LUNCH / DINNER</b> <b>Main items</b></p> <ol style="list-style-type: none"> <li>1. Asian Marinated Flank Steak</li> <li>2. Roast Chicken Stuffed with Goat Cheese &amp; Herbs</li> <li>3. Mahi Mahi with Mango Chutney</li> <li>4. Caesar Salad (chix, beef, sal, shrimp)</li> <li>5. Grilled: chicken, beef, salmon, shrimp</li> <li>6. <b>Turkey Chili</b></li> </ol> <p><b>Vegetables</b></p> <ol style="list-style-type: none"> <li>1. Broccoli, steamed</li> <li>2. Asian Vegetable Stir-Fry</li> <li>3. Grilled Asparagus</li> <li>4. <b>Green Beans with Stewed Tomatoes</b></li> </ol> <p><b>Grains / Starches</b></p> <ol style="list-style-type: none"> <li>1. Brown Rice, with ghee</li> <li>2. Fragrant Jasmine Rice</li> <li>3. Soft Polenta with Rosemary</li> <li>4. Golden Onion Mashed Potato</li> </ol> <p><b>Weekly Rotational Snacks</b></p> <ol style="list-style-type: none"> <li>1. <b>Crackers #2 = Roasted Garlic Hummus</b></li> <li>2. <b>Root Chips &amp; Guacamole</b></li> <li>3. <b>Apple &amp; Almond Butter</b></li> </ol>	<p><b>24<sup>TH</sup> WEDNESDAY DELIVERY</b> (WED. /THURS. MEALS)</p> <p><b>BREAKFAST</b></p> <ol style="list-style-type: none"> <li>1. Scrambled Eggs (plain / cheese)</li> <li>2. The Pros Pancakes - <b>Banana / Pecan</b></li> <li>3. <b>Yogurt Parfait with Bananas</b></li> <li>4. <b>Breakfast Shrimp &amp; Grits</b></li> <li>5. Potato &amp; Leek Frittata</li> </ol> <p><b>LUNCH / DINNER</b> <b>Main items</b></p> <ol style="list-style-type: none"> <li>1. Ribeye with Chive Butter</li> <li>2. Dill Roasted Salmon</li> <li>3. Sesame Chicken</li> <li>4. Roasted Dijon Chicken</li> <li>5. Caesar Salad (chix, beef, sal, shrimp)</li> <li>6. Grilled: chicken, beef, salmon, shrimp</li> <li>7. <b>Turkey Chili</b></li> </ol> <p><b>Vegetables</b></p> <ol style="list-style-type: none"> <li>1. Carrots, steamed</li> <li>2. Garlic &amp; Ginger Snap Peas</li> <li>3. <b>Broccoli with Toasted Almonds</b></li> <li>4. <b>Eggplant Ragout</b></li> </ol> <p><b>Grains / Starches</b></p> <ol style="list-style-type: none"> <li>1. Brown Rice, with ghee</li> <li>2. Goat Cheese Mashed</li> <li>3. Lentils with Fresh Herbs</li> <li>4. Roasted Root Vegetables</li> </ol>	<p><b>26<sup>TH</sup> FRIDAY DELIVERY</b> (FRI./SAT./SUN MEALS)</p> <p><b>BREAKFAST</b></p> <ol style="list-style-type: none"> <li>1. Scrambled Eggs (plain / cheese)</li> <li>2. The Pros Pancakes - <b>Banana / Pecan</b></li> <li>3. <b>Yogurt Parfait with Bananas</b></li> <li>4. <b>Breakfast Shrimp &amp; Grits</b></li> <li>5. Bison Steak &amp; Eggs</li> <li>6. Green Onion Omelet</li> </ol> <p><b>LUNCH / DINNER</b> <b>Main items</b></p> <ol style="list-style-type: none"> <li>1. Filet Mignon with Roquefort Cheese</li> <li>2. NY Strip with Pesto</li> <li>3. Pecan Sole</li> <li>4. Teriyaki Chicken</li> <li>5. Turkey Meatballs</li> <li>6. Caesar Salad (chix, beef, sal, shrimp)</li> <li>7. Grilled: chicken, beef, salmon, shrimp</li> <li>8. <b>Turkey Chili</b></li> </ol> <p><b>Vegetables</b></p> <ol style="list-style-type: none"> <li>1. Peas, steamed</li> <li>2. Broccoli Stir-Fry</li> <li>3. Roasted Garlic Green Beans</li> <li>4. <b>Roasted Beets</b></li> </ol> <p><b>Grains / Starches</b></p> <ol style="list-style-type: none"> <li>1. Brown Rice, with ghee</li> <li>2. Vegetable Fried Brown Rice</li> <li>3. Rice Pasta with Tomato Sauce</li> <li>4. Cheddar Mashed</li> </ol>

**WK 2 29<sup>TH</sup> MONDAY DELIVERY**  
(MONDAY/TUESDAY MEALS)

**BREAKFAST**

1. Scrambled Eggs (plain / cheese)
2. The Pros Pancakes – **Straw. / Almond**
3. **Strawberry Yogurt Parfait**
4. **Creamy Oats**
5. Roasted Vegetable Frittata

**LUNCH / DINNER**  
**Main items**

1. Cajun Ribeye w/ Horseradish Whipped
2. Baked Cod
3. Five Spice Chicken with Apple Compote
4. Chicken Marsala
5. California Cobb Salad
6. Grilled: chicken, beef, salmon, shrimp
7. Beef Stew

**Vegetables**

1. Squash, Plain Steamed
2. **Cauliflower with Roasted Garlic**
3. Roasted Mushrooms with Bell Pepper & Snap Peas.
4. **Watercress with Pear & Roasted Walnuts**

**Grains / Starches**

1. Brown Rice, with ghee
2. Rosemary Mashed
3. Sauté of Kidney Beans & Cilantro
4. Red Beans & Brown Rice

**Weekly Rotational Snacks**

1. **Crackers #3 = Roasted Red Pepper**
2. **Root Chips & Guacamole**
3. **Shrimp Roll**

**31<sup>ST</sup> WEDNESDAY DELIVERY**  
(WED. /THURS. MEALS)

**BREAKFAST**

1. Scrambled Eggs (plain / cheese)
2. The Pros Pancakes – **Straw. / Almond**
3. **Strawberry Yogurt Parfait**
4. **Creamy Oats**
5. Fine Herb Omelet

**LUNCH / DINNER**  
**Main items**

1. Chimichurri Skirt Steak
2. Cumin Marinated Tilapia
3. Herb's Roasted Chicken
4. Laab Chicken
5. California Cobb Salad
6. Grilled: chicken, beef, salmon, shrimp
7. Beef Stew

**Vegetables**

1. Green Beans, Plain Steamed
2. **Creamed Spinach**
3. Spaghetti Squash
4. **Watercress with Pear & Roasted Walnuts**

**Grains / Starches**

1. Brown Rice, with ghee
2. Fork Mashed Red Bliss
3. Grilled Polenta
4. Basic Quinoa

**APRIL 2<sup>ND</sup> FRIDAY DELIVERY**  
(FRI./SAT./SUN MEALS)

**BREAKFAST**

1. Scrambled Eggs (plain / cheese)
2. The Pros Pancakes – **Straw. / Almond**
3. **Strawberry Yogurt Parfait**
4. **Creamy Oats**
5. **Western Omelet**
6. Grilled Tomato Frittata

**LUNCH / DINNER**  
**Main items**

1. Beef Shepherd's Pie
2. Beef Stir-Fry with Black Bean Sauce
3. Lamb Souvlaki with Tzatziki Sauce
4. Fajitas (Chicken/Skirt Steak)
5. Chicken Satay with Thai Peanut Sauce
6. California Cobb Salad
7. Grilled: chicken, beef, salmon, shrimp
8. Beef Stew

**Vegetables**

1. Spinach, Plain Steamed
2. Roasted Vegetables
3. Brussels Sprouts with Toasted Sesame
4. **Watercress with Pear & Roasted Walnuts**

**Grains / Starches**

1. Brown Rice, with ghee
2. Sweet Potato Mash
3. Simple Jasmine Rice
4. Sauté of Great Northern Beans