



Weekly Menu For 10/10/16 Delivery



Due Date 10/6/16

Client Name: _____

Meal Package Menu

- ___ **Chicken:** Teriyaki Chicken w. Rice & Snow Peas **Info:** 429 cal, 10g fat, 44g carb, 36g prot.
- ___ **Turkey:** Caramelized Onion & Swiss Turkey Melt w. roasted carrots & broccoli **Info:** 348 cal, 10g fat, 30g carb, 40g prot.
- ___ **Pork:** Molasses Glazed Pork Ribs w. Corn on Cob & Roasted Red Potatoes **Info:** 470 cal, 20g fat, 35g carb, 22g prot.
- ___ **Beef:** Beef & Zucchini Saute over Spaghetti Squash **Info:** 256 cal, 9.2g fat, 23g carb, 19.5g prot.
- ___ **Veg:** Palak Paneer (indian stew w. spinach, paneer cheese) over Brown rice **Info:** 273 cal, 6g fat, 35g carb, 8g prot.
- ___ **Bake:** Squash, Bean & Bacon Bake **Info:** 179 cal, 4g fat, 28g carb, 10g prot
- ___ **Seafood:** Parm. & Herb Crusted Tilapia w. Mashed Sweet Pots. & Green Beans **Info:** 383 cal, 11g fat, 35g carb, 35g prot.
- ___ **Salad:** Spanish Carrot salad over spinach w. cumin dressing **Info:** 74 cal, 2g fat, 10g carb, 1g prot.

Sides: 1 lb. container

Rice	Snow Peas	Roasted Carrots	Broccoli	Corn on Cob
Red Potatoes	Spaghetti Squash	Mashed Sweet Pots.	Green Beans	

Plain Protein

4 Chicken Breasts	Roasted Chicken breast seasoned lightly with salt & pepper.
4 Pork Medallions	3 – 4 inch pork tenderloin, roasted and seasoned with salt & pepper
4 Turkey Patties	Ground turkey patties, browned & simply seasoned.
1 lb. Salmon Fillets	Grilled fillets, simply seasoned
1 lb. Poached Shrimp	Plain, poached, simply seasoned

Basic Meal Plan - \$150

14	Plain protein and complex carb meals
14	Plain protein and vegetable meals

All entrees, sides and a la carte items are packaged in microwavable containers.

Directions:

- 1) Write the number of entrees next to each selection.
- 2) Circle your vegetable side or plain protein choices above.
- 3) Circle your package(s) selections below and calculate total cost.

Pricing:

1 lb. Vegetable Side \$4
Entrée Salad of the Week \$5
1 lb. Package Protein \$11.50
Single Meal \$15
3 Meal Mini Weekly Package \$45
7 Meal Weekly Package \$100
14 Basic Meal Plan \$150

Total Cost:

___ Number Vegetable Sides x \$4 = _____
___ Number Entrée Salads x \$5 = _____
___ No. Protein Packages x \$11.50 = _____
___ Number Single Meals x \$15 = _____
___ 3 Meal Mini Weekly Pkgs. x \$45 = _____
___ 7 Meal Weekly Pkgs. x \$100 = _____
___ 14 Basic Meal Plan Pkgs. x \$150 = _____
Grand Total _____

Make checks payable to Full Spectrum Fitness or use convenient pay online option through the MindBody app.