



LOW FAT AND LOW CALORIE SELECTION MENU

PLEASE MAKE YOUR SELECTIONS FROM EACH GROUP

Please refer to your choices as Low Cal. Selections
February 13-17, 2012

ENTRÉE'S

Sautéed Scallops
Marinated Turkey Breast
Sautéed Shrimp
Turkey Meatloaf
Salmon w/Cracked Pepper
Blackened Catfish
Wild Salmon
Tuscan-Style Grilled Tuna Steaks
Grilled Chicken Breast
Southern Crab Cakes
Baked Mediterranean Tilapia
Grilled Lemon Bay Shrimp
Clay Pot Chicken
Barbecued Chicken Breast (No skin)
Sautéed Catfish-Blackened Catfish
Turkey Cutlets w/Roasted Peppers and Mozzarella
Grilled Spice Rubbed Pork w/Tomato Garlic Sauce
Greek Lamb Chops
Roasted Salmon w/Strawberry Orange Salsa
Chicken Tenders w/Apricots
Chicken with Tarragon & Vermouth
Lemon Garlic Chicken Thighs
Salmon with Tomatoes
Cashew Sweet-and-Sour Pork
Asian Chicken
Lemon Garlic Alaska Halibut
Marinated Flank Steak
Apple Adobo Pork
Roasted Pork Tenderloin w/Dried Cranberry Sauce
Salmon Delight

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STARCHS

Baked Sweet Potatoes
Roasted Fingerling Potatoes
Whole Red Skin Potatoes
Roasted Small Sweet Potatoes with Skins
Mashed Sweet Potatoes
Lentil Pilaf
Sweet Potato Fries
Basmati Rice w/Basil & Mint
Garlic French Fries
Garlic Herb Pasta
Whole Baked Potato
Whole Baked Potato w/Low Fat Yogurt & Chives

White and Wild Rice Pilaf
Brown Rice w/Shiitake Mushrooms
Brown Rice
Oven Roasted Potato Medley
Brown Rice Pilaf
Haitian Rice and Beans
White Rice
Saffron Jasmine Rice
Garlic & Ginger Rice
Pecan White & Brown Rice Pilaf
Seasoned Brown Rice
Exotic Blend Rice
Mexican Rice
Citrus Raisin Couscous

VEGETABLES

Green Beans (Steamed)
Broccoli (Steamed)
Broccolini (Steamed)
Asparagus (Steamed)
Roasted Vegetables
Brussels Sprouts (Steamed)
Sautéed Asparagus and Peas
Sautéed Zucchini
Sautéed Spinach
Sautéed Spaghetti Squash
Sugar Peas (Steamed)
Sautéed Spinach w/Garlic
Cabbage (Steamed)
Broccoli w/Garlic (Steamed)

Sautéed Collard Greens
Sautéed Kale
Cauliflower (Steamed)
Roasted Brussels Sprouts
Snow Peas (Steamed)
Baby Carrots (Steamed)
Harvard Beets
Steamed Cabbage
Sautéed Asparagus & Peas
Sautéed Eggplant
Sautéed Swiss Chard
Sautéed Zucchini w/Red Peppers
Green Beans w/Red Onions (Steamed)

Salads

*Grilled Chicken Salad
*Grilled Shrimp Salad
*Client Supplies Dressing

Soup

Various Low Fat Soups

Please make your selections and return to me.

If there are any entrée's that you would prefer to change sides (starch & vegetable), please make that changes when you return your selections.