



### **Week 1 Menu (Sunday)**

Southwestern Shredded Chicken Thigh (Healthy Lifestyle / Low Carb)  
Southwestern Shredded Jack Fruit (Meat-Free)

Hen of the Woods (Healthy Lifestyle / Low Carb)  
Mushroom of the Woods (Meat-Free)

Cilantro Mango BBQ Chicken (Healthy Lifestyle / Low Carb)  
Cilantro Mango BBQ Tofu (Meat-Free)

Ground Beef Sloppy Joe (Healthy Lifestyle / Low Carb)  
Plant-based Sloppy Joe (Meat-Free)

Beef Au Poivre (Healthy Lifestyle / Low Carb)  
Mushroom Au Poivre (Meat-Free)

Hearty Sweet Potato, Mixed Greens & Wild Rice Chicken Salad  
Hearty Sweet Potato, Mixed Greens & Wild Rice Curry Chickpea Salad (Meat-Free)

### **Week 1 Menu (Wednesday)**

Chicken Cacciatore (Healthy Lifestyle / Low Carb)  
Summer Vegetable Pasta (Meat-Free)

General Tao's Chicken (Healthy Lifestyle / Low Carb)  
General Tao's Tofu (Meat-Free)

Mediterranean Chicken (Healthy Lifestyle / Low Carb)  
Mediterranean Tempeh (Meat-Free)

Salisbury Steak (Healthy Lifestyle / Low Carb)  
Plant-based Salisbury Steak (Meat-Free)

Fish Tacos (Healthy Lifestyle / Low Carb)  
Tempeh Taco (Meat-Free)

Waldorf Chicken Salad  
Waldorf Tempeh Salad (Meat-Free)

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## **Week 2 Menu (Sunday)**

Thai Shredded Chicken Thigh (Healthy Lifestyle / Low Carb)  
Thai Shredded Jack Fruit (Meat-Free)

Chicken Meunière (Healthy Lifestyle / Low Carb)  
Tempeh Meunière (Meat-Free)

Rotisserie Citrus Chicken (Healthy Lifestyle / Low Carb)  
Citrus Tofu (Meat-Free)

Moroccan Beef Kefta (Healthy Lifestyle / Low Carb)  
Garlic Falafel (Meat-Free)

Hawaiian Coconut Beef Sirloin (Healthy Lifestyle / Low Carb)  
Hawaiian Coconut Tempeh (Meat-Free)

Mediterranean Chicken Sea Salad  
Mediterranean Chickpea Sea Salad (Meat-Free)

## **Week 2 Menu (Wednesday)**

Cherry BBQ Chicken (Healthy Lifestyle / Low Carb)  
Cherry BBQ Tofu (Meat-Free)

Coconut Tandoori Chicken (Healthy Lifestyle / Low Carb)  
Coconut tandoori Tofu (Meat-Free)

Chicken Picatta (Healthy Lifestyle / Low Carb)  
Portabella Mushroom Piccata (Meat-Free)

Beef and Sweet Potato Shepherd's Pie (Healthy Lifestyle / Low Carb)  
Plant-based Sweet Potato Shepherd's Pie (Meat-Free)

Shrimp Stuffed Mirliton (Healthy Lifestyle / Low Carb)  
Black-Eyed-Pea-Stuffed Mirliton (Meat-Free)

Beef Taco Salad  
Beyond Crumble Taco Salad (Meat-Free)

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### **Week 3 Menu (Sunday)**

Chicken Mango Bowl with Peanut Sauce (Healthy Lifestyle / Low Carb)  
Crispy Tofu and Mango Bowl with Peanut Sauce (Meat-Free)

Chicken Au Vin Blanc (Healthy Lifestyle / Low Carb)  
Plant-based Sausage au Vin Blanc (Meat-Free)

Spicy Garlic Cashew Chicken (Healthy Lifestyle / Low Carb)  
Spicy Garlic Cashew Tempeh (Meat-Free)

Beef Hashweh-Stuffed Peppers (Healthy Lifestyle / Low Carb)  
Plant-based Hashweh-Stuffed Peppers (Meat-Free)

Spicy South African Beef Sirloin (Healthy Lifestyle / Low Carb)  
Spicy South African Portobello Mushroom (Meat-Free)

Grilled Chicken Salad with Blueberry Vinaigrette  
Grilled Tempeh Salad with Blueberry Vinaigrette (Meat-Free)

### **Week 3 Menu (Wednesday)**

Chicken Lo Mein (Healthy Lifestyle / Low Carb)  
Tofu Lo Mein (Meat-Free)

Baked Almond-Crusted Chicken (Healthy Lifestyle / Low Carb)  
Baked Almond-Crusted Tofu (Meat-Free)

Souvlaki Chicken Skewers (Healthy Lifestyle / Low Carb)  
Souvlaki Moussaka (Meat-Free)

Spicy Beef Taco Bowl (Healthy Lifestyle / Low Carb)  
Spicy Plant-based Taco Bowl (Meat-Free)

Salmon Etouffee (Healthy Lifestyle / Low Carb)  
Vegetable Etouffee (Meat-Free)

Ginger-Cashew Chicken Salad  
Ginger-Cashew Tempeh Salad (Meat-Free)

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### **Week 4 Menu (Sunday)**

Hawaiian Grilled Chicken (Healthy Lifestyle / Low Carb)  
Hawaiian Grilled Tempeh (Meat-Free)

Sicilian Mustard Chicken (Healthy Lifestyle / Low Carb)  
Sicilian Mustard Plant-based Sausage (Meat-Free)

Chicken Marsala (Healthy Lifestyle / Low Carb)  
Portobello Mushroom Marsala (Meat-Free)

Healthy Swedish Meatballs (Healthy Lifestyle / Low Carb)  
Healthy Swedish Plant-based Meatballs (Meat-Free)

Cajun Diablo Beef Sirloin (Healthy Lifestyle / Low Carb)  
Cajun Diablo Portobello Mushroom (Meat-Free)

Shrimp and Nectarine Salad  
Tempeh and Nectarine Salad (Meat-Free)

### **Week 4 Menu (Wednesday)**

Buffalo Chicken (Healthy Lifestyle / Low Carb)  
Buffalo Tempeh (Meat-Free)

Chicken Oscar (Healthy Lifestyle / Low Carb)  
Portobello Oscar (Meat-Free)

Chicken L'Orange (Healthy Lifestyle / Low Carb)  
Crispy Tofu L'Orange (Meat-Free)

Southwestern Beef Burger (Healthy Lifestyle / Low Carb)  
Southwestern Plant-based Burger (Meat-Free)

Fisherman's Wharf Stew (Healthy Lifestyle / Low Carb)  
Lentil & Bean Stew (Meat-Free)

Mega-Crunchy Chicken Romaine Salad with Quinoa  
Mega-Crunchy Chickpea Romaine Salad with Quinoa (Meat-Free)

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### **Week 5 Menu (Sunday)**

Chicken Jambalaya (Healthy Lifestyle / Low Carb)  
Plant-based Sausage Jambalaya (Meat-Free)

Chicken la Tulipe (Healthy Lifestyle / Low Carb)  
Tofu la Tulipe (Meat-Free)

Cashew Crusted Chicken (Healthy Lifestyle / Low Carb)  
Cashew Crusted Tempeh (Meat-Free)

Beef and Mushroom Lasagna (Healthy Lifestyle / Low Carb)  
Beef and Mushroom Zucchini Lasagna (Meat-Free)

Ramp Fillet De Paris (Healthy Lifestyle / Low Carb)  
Portabella Fillet De Paris (Meat-Free)

Strawberry Mixed Green Salad with Chicken  
Strawberry Mixed Green Salad with Tempeh (Meat-Free)

### **Week 5 Menu (Wednesday)**

Roasted Veggie & Chicken Enchilada (Healthy Lifestyle / Low Carb)  
Roasted Veggie & Jackfruit Enchilada (Meat-Free)

Mandarin Chicken (Healthy Lifestyle / Low Carb)  
Mandarin Tempeh (Meat-Free)

Mint Roasted Chicken (Healthy Lifestyle / Low Carb)  
Mint Roasted Tofu (Meat-Free)

Beef Spaghetti (Healthy Lifestyle / Low Carb)  
Plant-based Beef Spaghetti (Meat-Free)

Miso-Glazed Salmon (Healthy Lifestyle / Low Carb)  
Miso-Glazed Tofu (Meat-Free)

Lemon Chicken Caesar Salad with Dairy-Free Caesar Dressing  
Lemon Tempeh Caesar Salad with Dairy-Free Caesar Dressing (Meat-Free)

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### **Week 6 Menu (Sunday)**

Chicken Etouffée (Healthy Lifestyle / Low Carb)  
Bean Etouffée (Meat-Free)

Chicken Fajita (Healthy Lifestyle / Low Carb)  
Tempeh Fajita (Meat-Free)

Pineapple & Chili Roasted Chicken (Healthy Lifestyle / Low Carb)  
Pineapple & Chili Roasted Tofu (Meat-Free)

Steak Haché (Healthy Lifestyle / Low Carb)  
Plant-based Steak Haché (Meat-Free)

Chimichurri Steak (Healthy Lifestyle / Low Carb)  
Chimichurri Portobello (Meat-Free)

BBQ Seasoned Chicken Salad  
BBQ Seasoned Tempeh Salad (Meat-Free)

### **Week 6 Menu (Wednesday)**

Jamaican Jerk Shredded Chicken (Healthy Lifestyle / Low Carb)  
Jamaican Jerk Shredded Jackfruit (Meat-Free)

Italian-Herb Bruschetta Chicken (Healthy Lifestyle / Low Carb)  
Italian-Herb Bruschetta Beyond Sausage (Meat-Free)

Karaage Chicken (Healthy Lifestyle / Low Carb)  
Karaage Tofu (Meat-Free)

Montreal-Spiced Beef Burger (Healthy Lifestyle / Low Carb)  
Montreal-Spiced Beyond Meat® Beef Burger (Meat-Free)

Roasted Dill Salmon (Healthy Lifestyle / Low Carb)  
Roasted Dill Tempeh (Meat-Free)

Green Goddess Cob Chicken Salad  
Green Goddess Cob Chickpea Salad (Meat-Free)

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### **Week 7 Menu (Sunday)**

Chicken-Stuffed Chayote Carnitas (Healthy Lifestyle / Low Carb)  
Jackfruit-Stuffed Chayote Carnitas (Meat-Free)

Chicken Satay with Peanut Sauce (Healthy Lifestyle / Low Carb)  
Tofu Satay with Peanut Sauce (Meat-Free)

Baked Cuban Mojo Chicken (Healthy Lifestyle / Low Carb)  
Baked Cuban Mojo Tofu (Meat-Free)

Mongolian Beef (Healthy Lifestyle / Low Carb)  
Mongolian Plant-based Crumble (Meat-Free)

Crustless Duxelles Beef Sirloin (Healthy Lifestyle / Low Carb)  
Crustless Duxelles Tofu (Meat-Free)

Asian Cashew & Farro Chicken Salad  
Asian Cashew & Farro Tempeh Salad (Meat-Free)

### **Week 7 Menu (Wednesday)**

Green Goddess Roasted Chicken (Healthy Lifestyle / Low Carb)  
Green Goddess Plant-based Sausage (Meat-Free)

Persian Chicken (Healthy Lifestyle / Low Carb)  
Persian Falafel (Meat-Free)

Poulet au Paprika (Healthy Lifestyle / Low Carb)  
Tofu au Paprika (Meat-Free)

North African Boulettes (Healthy Lifestyle / Low Carb)  
North African Plant-based Boulettes (Meat-Free)

Citrus Maple Glazed Salmon (Healthy Lifestyle / Low Carb)  
Citrus Maple Glazed Tofu (Meat-Free)

Nicoise-ish Chicken Salad  
Nicoise-ish Jackfruit Salad (Meat-Free)

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### **Week 8 Menu (Sunday)**

Oven-roasted Chicken Shawarma (Healthy Lifestyle / Low Carb)

Oven-roasted Plant-based Shawarma (Meat-Free)

Spinach-Stuffed Chicken (Healthy Lifestyle / Low Carb)

Spinach-Stuffed Tofu (Meat-Free)

Creamy Cajun Chicken (Healthy Lifestyle / Low Carb)

Creamy Cajun Plant-based Chicken (Meat-Free)

Spaghetti Bolognese (Healthy Lifestyle / Low Carb)

Spaghetti Plant-based Bolognese (Meat-Free)

BBQ Shredded Beef (Healthy Lifestyle / Low Carb)

BBQ Shredded Jackfruit (Meat-Free)

Southwestern Crusted Chicken Salad

Southwestern Crusted Tempeh Salad (Meat-Free)

### **Week 8 Menu (Wednesday)**

Creamy Garlic Mushroom Chicken Thigh (Healthy Lifestyle / Low Carb)

Creamy Garlic Mushroom Chickpeas (Meat-Free)

Chicken & Vegetable Teriyaki Stir-fry (Healthy Lifestyle / Low Carb)

Vegetable Teriyaki Stir-fry (Meat-Free)

BBQ Chicken-Stuffed Sweet Potato (Healthy Lifestyle / Low Carb)

BBQ Jackfruit-Stuffed Sweet Potato (Meat-Free)

Mucho Yummy Beef Bowl-rito (Healthy Lifestyle / Low Carb)

Mucho Yummy Plant-based Crumble Bowl-rito (Meat-Free)

Cajun BBQ Shrimp (Healthy Lifestyle / Low Carb)

Cajun BBQ Jackfruit (Meat-Free)

Steak Salad with Creamy Balsamic Vinaigrette (Healthy Lifestyle / Low Carb)

Bean Salad with Creamy Balsamic Vinaigrette (Meat-Free)

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