



## Mix and Match

### Meat

Chicken Breast  
Pork Tenderloin  
Beef Tenderloin  
Turkey Breast  
Ground Turkey Breast  
Ground Lean Beef  
Ground Pork Tenderloin

### Sauces

BBQ  
Hosin  
Marinara  
Gravy  
Marsala Sauce  
Alfredo  
Demi Glace  
Teriyaki Glaze

### Starch

Scalloped Potatoes  
Multi-Grain Pasta  
Mashed Potatoes  
Potato Fries  
Brown Rice  
Brown Rice Pilaf  
Wheat Couscous  
Whole wheat pasta

### Seafood

Shrimp  
Scallops  
Cod  
Sea Bass  
Mahi Mahi  
Tuna  
Tilapia  
Halibut  
Salmon

### Sauces

Scampi  
White wine sauce  
Teriyaki  
Sweet and Sour  
Mango Salsa  
Pineapple Salsa  
Caramelized Balsamic Vinegar  
Fat Free Italian Dressing  
Lemon Pepper Sauce  
Peanut Dressing  
Hoisin Sauce  
Sesame Ginger Sauce  
Lemon Dill Sauce

### Starch

Brown Rice  
Brown & Wild Rice  
Potato Cakes  
Barley  
Whole wheat Couscous  
Mashed Sweet Potato  
Multi-Grain Pasta  
Brown Rice Pilaf  
Fried Rice  
Bulgur Wheat Pilaf  
Quinoa

### Vegetables

Asparagus	Tomatoes	Jicama	Potatoes
Broccoli	Peas	Bean Sprouts	Cucumbers
Green Beans	Zucchini	Sugar Snap Peas	Brussel Sprouts
Cauliflower	Summer Squash	Snow Peas	Cabbage
Bell Peppers	Eggplant	Artichokes	Beets
Onions	Lettuce, romaine	Celery	Squash
Mushrooms	Spinach	Turnips	Carrots
Radishes	Parsnips		

