



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		

