



WELLNESS MEAL PLAN

LUNCH & DINNER MENU

STAPLES

BEEFY MAC & CHEESE

Whole wheat mac & cheese with chopped green beans and seared ground sirloin.

HIBACHI STEAK BOWL

Slow cooked sirloin tossed in a sweet hibachi sauce and served with jasmine rice and stir-fry vegetables.

CHICKEN BACON RANCH FLATBREAD

Flatbread, Breaded chicken, cheese, turkey bacon and ranch.

CHICKEN CLUB WRAP

Grilled chicken, turkey bacon, lettuce, tomato and low-fat cheese wrapped up in a whole-wheat tortilla.

GENERAL TSO CHICKEN

Chicken breast tossed with a tangy General Tso sauce. Served with jasmine rice and mixed vegetables

CHICKEN TENDERS

Baked chicken tenders and sweet potato fries. Served with homemade honey mustard.

BUFFALO CHICKEN TENDERS

Baked chicken tenders with buffalo sauce and sweet potato fries. Served with sour cream.

TURKEY CHILI

Slow cooked with ground turkey, red bell peppers, onions, black beans, red kidney beans and corn.

BUFFALO CHICKEN WRAP

Chicken marinated in our fat free buffalo sauce and fat free greek yogurt then wrapped in a tortilla with lettuce.

SPECIALS

(WEEK OF: 7/27/20)

LEAN CHIPOTLE CHICKEN FAJITA

Chipotle seasoned chicken breast grilled and sliced over Spanish wild rice and charred peppers & onions. Served with a side of cool greek yogurt and our homemade guacamole

*****CAJUN TURKEY BURGERS*****

Cajun spiced turkey burgers served with garlic spinach and mashed sweet potatoes.

HONEY CILANTRO WINGS

Chicken wings slow cooked in a honey cilantro sauce. Served with a red cabbage slaw and cool greek yogurt.

HARVEST BOWL

Grilled chicken, sliced thin over chopped kale, brussels sprouts, sweet potato and brown rice. Served with cranberries, almonds, and parmesan with a cider vinaigrette.

LEAN CHICKEN, BACON, & RANCH MAC & CHEESE

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MEXICAN MEATBALLS

Beef and pork meatballs topped with a fire roasted salsa and served over Spanish red rice and charred red pepper.

CHIMICHURI STEAK

Grilled flank steak topped with our chimichurri sauce served with seared asparagus and baked potato wedges

*****JAMAICAN JERK SALMON*****

Jamaican style jerk salmon over arugula with spiced couscous, black beans and a tropical salsa.