

Good Life Meals

DELIVERY MENU – 7/14/08 to 7/20/08

Monday Delivery Options, JULY 14TH
(For Monday/Tuesday)

Breakfast Options

Hash Brown Quiche (350/500 calories)

You will love this decadent combination of eggs, herbs, hash browns and turkey bacon.

Sweet Potato and Pecan Waffles (350/500 calories)

Creamy mashed sweet potatoes and crunchy pecans make this breakfast a real treat. Served with a side of Organic Chicken Sausages, Fresh Fruit and Maple Syrup.

Soy Yogurt with Gluten Free Granola Topper (350 calories)

Organic soy yogurt mixed with brown rice protein powder and topped with delicious gluten free granola and berries.

Lunch and Dinner Options (All Entrees are 500 calories)

Chicken Curry Salad

Yogurt and curry blend of seasonings make up this traditional favorite. Curry chicken salad served over mixed greens salad with a raita dressing and side of fresh organic seasonal fruit.

Broiled Sirloin Steak and Seasoned Kale with Creamy Potato Leek Soup

Organic grass fed sirloin served with creamy potato soup and a side of wilted kale salad.

Szechwan Stir Fry Chicken

Tamari seared organic chicken served with stir-fry vegetables and peanuts over brown rice.

Vegan: Sweet and Sour Tofu Stuffed Cabbage Rolls

Tofu scrambled with diced green apples, raisins and roasted pumpkin seeds stuffed in steamed cabbage leaves served with a sweet and sour tomato sauce.

The Good Life Salad

Organic mixed greens topped with chopped tomatoes, cucumbers, sunflower seeds, red onions and dried cranberries. Choose your protein: Seasoned and grilled chicken, shrimp, salmon or tofu.

Snack Options (200 calories)

*Apple Pie Lara Bar
Cherry Pie Lara Bar
Turkey Lettuce Wraps
Lentil Pate on Endive Leaves*

*Organic Beef Jerky
Organic Turkey Jerky
Hummus & Rice Crackers
Egg Salad & Rice Crackers*

*Almonds & Fruit
Soy Yogurt & Berries
Apple & Almond Butter
Chocolate Tofu Pudding*

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DELIVERY MENU – 7/14/08 to 7/20/08

Wednesday Delivery Options, JULY 16TH
(For Wednesday/Thursday)

Breakfast Options

Andouille Sausage Scramble (350/500 calories)

Organic egg whites scrambled and cooked with organic chicken sausages, sautéed onions and tomatoes.

Mixed Berry Pancakes (350/500 calories)

Fluffy gluten free mixed berry oat pancakes served with maple syrup and turkey bacon.

Soy Yogurt with Gluten Free Granola Topper (350 calories)

Organic soy yogurt mixed with brown rice protein powder and topped with delicious gluten free granola and berries.

Lunch and Dinner Options (All Entrees are 500 calories)

Organic Turkey Cutlet with Sour Cherry Sauce

Sautéed turkey cutlets with dried cherry sauce, caramelized cauliflower and teriyaki green beans.

Coconut Crab & Shrimp Salad with Savory Popover

Delicate lemon and olive oil dressed crab and shrimp salad on mixed greens with cherry tomatoes, toasted coconut, and pecans. Served with a scrumptious cheddar soy popover.

Greek Lamb Moussaka

Layers of organic lamb and eggplant in a rich tomato cinnamon sauce. Served with a vinaigrette salad.

Sicilian Chicken with Olives and Escarole with New Potatoes

*Organic chicken with raisins, olives and escarole in a tangy tomato sauce.
Served with a side of seasoned new potatoes.*

Vegan: Tofu Cutlets with Sour Cherry Sauce

Marinated and grilled tofu with dried cherry sauce, caramelized cauliflower and teriyaki green beans.

The Good Life Salad (500 calories)

Organic Mixed Greens topped with chopped tomatoes, cucumbers, sunflower seeds, red onions and dried cranberries. Choose your protein: Seasoned and grilled chicken, shrimp, salmon or tofu.

Snack Options (200 calories)

See Monday Options

Good Life Meals

Friday Delivery Options, JULY 18TH
(For Friday, Saturday, Sunday Meals)

Breakfast Options

Wild Nitrite Free Smoked Salmon (350/500 calories)

Hearty portion of wild smoked salmon served with tofu cream cheese on brown rice crackers.

Vanilla Bean Waffles with Fresh Organic Strawberries (350/500 calories)

Do we need to say more? Don't worry...you will get the protein!

Ham and Spinach Hash and Eggs (350/500 calories)

A great twist with this spinach, ham and pesto sauce hash with a sprinkle of soy cheese.

Lunch and Dinner Options

Italian Seasoned Tilapia with Green Olive Tapenade & Savory Lentils

Italian roasted tilapia with green olive-cherry tomato tapenade and side savory lentils with spinach.

Shrimp and Chicken Sausage Jambalaya with Golden Corn Muffin

Delicious blend of herbs and seasonings make up this healthy version of the traditional dish.

Served with a side golden corn muffin.

Stuffed Zucchini with Butternut Squash Soup

Roasted zucchini stuffed with organic grass-fed ground beef with a medley of grape tomatoes, cremini mushrooms, artichokes, walnuts and lemon zest. Served with a side of creamy butternut squash soup.

Shrimp Scampi with Artichokes and Green Beans

Flavorful shrimp scampi with artichoke hearts, brown rice pasta and green bean tomato salad.

Tandoori Braised Chicken with Persian Rice and Creamed Spinach

Blend of warm Indian spices envelope this delightful chicken dish.

Served with side of Persian rice and creamy spinach.

BBQ Wild Salmon with Braised Brussels Sprouts and Asparagus

BBQ grilled wild salmon with a side of skillet braised Brussels sprouts,

turkey bacon & shallots and steamed asparagus spears.

Vegan: Tandoori Braised Tempeh with Persian Rice and Creamed Spinach

Blend of warm Indian spices envelope this delightful tofu dish.

Served with side of Persian rice and creamy spinach.

The Good Life Salad

Organic Mixed Greens topped with chopped tomatoes, cucumbers, sunflower seeds, red onions and dried cranberries. Choose your protein: Seasoned and grilled chicken, shrimp, salmon or tofu.

Snack Options (200 calories)

See Monday Options