

Good Life Meals

DELIVERY MENU – 7/7/08 to 7/13/08

Monday Delivery Options, July 7th
(For Monday/Tuesday Meals)

Breakfast Options

Denver Omelet Scramble (350 calorie/500 calorie)

Organic egg whites scrambled and cooked with Canadian bacon, sautéed onions and peppers.

Banana Pancakes (350 calories/500 calorie)

Fluffy banana pancakes with fresh bananas, served with maple syrup and organic chicken sausages.

Soy Yogurt with Gluten Free Granola Topper (350 calories)

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

Lunch and Dinner Options (All Entrees 500 calories)

Chicken Fagioli with Caramelized Zucchini

Organic chicken simmered in hearty tomato and red kidney bean sauce with garlic and caramelized onion zucchini sauté served over brown rice.

Coconut Shrimp with Pineapple Salsa, Plantains & Dijon Asparagus

Coconut encrusted shrimp with pineapple fruit salsa, seared plantains, and asparagus with Dijon mustard sauce.

Greek Lamb Kabobs with Tzatziki Sauce and Dilled Rice

Seasoned Greek lamb kabobs served with tzatziki sauce, grilled eggplant and baked lemon dilled rice.

Vegan: Tempeh Vegetable Stew

Don't knock it 'til you try it! This delicious soy based vegetable stew tastes a LOT like traditional beef stew, but without all of the fat! Plus you get the added bonus of healthful soy protein. Served with a side of cauliflower mashed potatoes and French green bean salad.

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 or Bison Jerky

Organic Turkey Jerky

Hummus & Rice Crackers

Egg Salad & Rice Crackers

Almonds & Fruit

Soy Yogurt & Berries

Apple & Almond Butter

Chocolate Tofu Pudding

Good Life Meals

Wednesday Delivery Options, July 9th
(For Wednesday/Thursday Meals)

Breakfast Options

Spinach Quiche Cups (350 calories/500 calories)

Organic egg whites cooked with sautéed onions and spinach topped with “parmesan” pine nut cheese and fresh fruit.

Hot Oatmeal Cereal (350 calories/500 calories)

Just like you would think! Organic oatmeal cooked with cinnamon and spices with a sprinkling of dried fruit and nuts.

Soy Yogurt with Gluten Free Granola Topper (350 calories)

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

Lunch and Dinner Options (All Entrees 500 calories)

Chinese Chicken Lettuce Wraps

Chinese chicken and mushroom lettuce caps with cucumber bok choy quinoa salad and Asian peanut miso side salad.

Chopped Salad with Flank Steak

Loads of chopped veggies topped with Latin spice rubbed flank steak and creamy cranberry vinaigrette.

Cornmeal Encrusted White Fish with BBQ Beans and Greens

Crispy encrusted white fish with barbecue braised beans and Louisiana style greens.

Turkey Chili and Golden Corn Muffin

Mouth watering turkey chili served with golden gluten free corn muffin.

Vegan: Meal of Southern Sides

A real southern treat! Sides of BBQ Braised Beans, Sauteed Greens, Golden Corn Muffin and Fresh Vinaigrette Coleslaw.

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

Good Life Meals

Friday Delivery Options, July 11th
(For Friday, Saturday, Sunday Meals)

Breakfast Options

Mexican Breakfast Wraps (350 calories/500 calories)

What a treat for breakfast! Enjoy these guilt free egg whites on corn tortillas with refried beans, avocado and salsa. A great way to start the day!

Hearty Breakfast Muffin & Cashew Nut Butter (350 calories/500 calories)

Enjoy this hearty breakfast muffin packed with protein and flavor! Nuts, seeds and dried fruit loaded into every muffin. Served with a side of cashew butter to provide you with extra nutritional goodness.

Cajun Country Breakfast (350 calories/500 calories)

Seasoned tomatoes, onions and organic chicken sausage served over a bed of seasoned corn polenta.

Soy Yogurt with Gluten Free Granola Topper (350 calories)

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

Lunch and Dinner Options (All Entrees 500 calories)

Herb Seared Turkey with Mashed Sweet Potatoes and Roasted Brussels Sprouts

Herb seared oven roasted organic turkey breast served with pineapple mashed sweet potatoes and Brussels sprouts with caramelized onions and pine nut sauté.

Crispy Chicken, Garden Black Bean Corn Salad, and Grilled Zucchini

Italian seasoned oven baked unfried chicken served with black bean, banana pepper and corn salad with a side of grilled seasoned zucchini.

Shrimp Fajitas with All the Fixings

Corn tortillas smothered with seasoned shrimp, grilled peppers and onions, refried white beans, guacamole and salsa.

BBQ Chicken with Fried Green Tomatoes and Coleslaw

Barbecue chicken breast with fried green tomatoes, honey mustard aioli, and vinaigrette coleslaw.

Chicken Marsala and Side Caesar Salad

Delicate chicken marsala covered in shitake and portabella mushrooms served over brown rice pasta. Served with a crisp Caesar salad.

Vegan: Lentil Soup with Vegetable Pancakes and Mango Salsa

Homemade lentil soup served with vegetable pancakes and a side chunky bean and mango salsa.

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 – ***Choose from Monday and Wednesday options***