

Good Life Meals

September 15th to September 21st

Monday September 15th Delivery Options (For Monday and Tuesday Meals)

Breakfast

Hash Brown Quiche (350 or 500 calories)

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

Banana Pancakes (350 or 500 calorie)

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

Lunch and Dinner Options (All Entrees 500 calories)

Crab Cakes with Garlic Aioli, Hot n' Spicy Rice & Sautéed Spinach

Pan seared crab cakes with a side of garlic aioli, hot n' spicy rice salad, and garlic sautéed spinach.

Turkey Vegetable Meat Loaf with Cauliflower “Au Gratin” & Green Beans

Mouth watering turkey loaf with zucchini, carrots and porcini mushrooms served with creamy Creole seasoned cauliflower and steamed green beans.

Citrus Herbed Chicken with Avocado Salsa, Brown Rice & Grilled Asparagus

Fresh cilantro and citrus infused marinated chicken, avocado citrus salsa, brown rice and grilled asparagus.

Lemon Herb Beef Kabobs with Quinoa Salad

Lemon herb seared beef kabobs, grilled peppers and onions over lemon quinoa 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 (200 calories each)

Apple Pie Lara Bar

Cherry Pie Lara Bar

Turkey Lettuce Wraps

Lentil Pate on Endive Leaves

Organic Beef or Turkey Jerky

California Roll

Hummus & Rice Crackers

Egg Salad & Rice Crackers

Almonds & Fruit

Soy Yogurt & Berries

Apple & Almond Butter

Chocolate Tofu Pudding

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Wednesday, September 17th Delivery Options (For Wednesday and Thursday Meals)

Breakfast

Andouille Sausage Scramble (350 or 500 calories)

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

Vanilla Bean Waffles with Fresh Strawberries (350 or 500 calories)

Vanilla bean infused waffles with fresh strawberries and turkey bacon.

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)

Pecan Pine Nut Encrusted Trout, Sautéed Kale & Roasted Veggies

Pecan pine nut encrusted rainbow trout served with garlic sautéed kale and roasted root vegetables.

Sirloin Taco Salad

Grass fed organic ground sirloin seasoned and served over a bed of mixed greens, corn tortillas, black beans, guacamole and salsa dressing.

Confetti Quinoa Salad with Roasted Chicken & “Creamy” Tomato Soup

Quinoa salad with walnuts, dried cranberries, celery and chicken in a balsamic orange vinaigrette served with a side of creamy tomato soup.

Grass-Fed Beef Lasagna

You won't believe this cheese-less wonder! Layers of rice pasta filled with spinach, ground beef and homemade marinara sauce. Served with a side mixed greens salad with tomato ginger dressing.

Vegan: Tofu Spinach Lasagna

You won't believe this cheese-less wonder! Layers of rice pasta filled with spinach, tofu and homemade marinara sauce. Served with a side mixed greens salad with tomato ginger dressing.

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 (200 calories)

Apple Pie Lara Bar

Cherry Pie Lara Bar

Turkey Lettuce Wraps

Lentil Pate on Endive Leaves

Organic Beef or Turkey Jerky

California Roll

Hummus & Rice Crackers

Egg Salad & Rice Crackers

Almonds & Fruit

Soy Yogurt & Berries

Apple & Almond Butter

Chocolate Tofu Pudding

Good Life Meals

Friday September 19th Delivery Options (For Friday, Saturday, and Sunday Meals)

Breakfast

Wild Nitrite Free Smoked Salmon Omelet (350 or 500 calories)

Wild smoked salmon, scallions and tofu cream cheese throughout this delicious omelet.

Blueberry Pancakes with Apple Chicken Sausages (350 or 500 calories)

Fluffy gluten free blueberry oat pancakes served with delectable caramelized apple chicken sausages.

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

Delicious blend of flavors with pesto, ham, eggs and a touch of soy cheese.

Lunch and Dinner Options (All Entrees 500 calories)

Shrimp Pad Thai and Miso Soup

Rice noodles cooked with peanuts, green onions and shrimp served with a side of miso soup.

Avocado Fruit Salsa Topped Pork Tenderloin, “Cheddar” Corn Muffin and Caramelized Cauliflower

Seasoned seared pork tenderloin slices served with avocado citrus fruit salsa, mild chili and soy cheddar cheese corn muffin and a side of roasted cauliflower.

Summer Chicken Salad with Mixed Greens and Poppy Seed Dressing

Chicken salad with grapes and pecans served on a bed of mixed greens and low fat poppy seed dressing

Herb Seared Chicken with Butternut Squash Risotto & Artichoke Hearts

Seasoned herb seared chicken with creamy butternut squash risotto & marinated grilled artichoke hearts

Steak Diane with Seasoned Baked Potato Wedges and Chopped Salad

A real treat! Decadent tenderloin steak with seasoned potato wedges and chopped vegetable salad with balsamic vinaigrette.

Pineapple Citrus Marinated Salmon, Dilled New Potato Salad & Broccoli

Marinated and grilled wild salmon with sesame broccoli and dilled vinaigrette new potato salad.

Salad Nicoise

Crisp mixed greens topped with French green beans, new potatoes, artichoke hearts, hard boiled eggs, kalamata olives and tuna. Just like the original!

Vegan: *Tofu Pad Thai and Miso Soup*

Rice noodles cooked with peanuts, green onions and tofu served with a side of miso soup.

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 Choose from Monday and Wednesday options