

Frozen Foods

Get Healthy America

<u>Select</u>	<u>Quantity</u>		
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- | | | | |
|--------------------------|--------------------------|--|---------------|
| <input type="checkbox"/> | <input type="checkbox"/> | <u>Baked Apple Pancake Delites</u> | \$4.99 |
| | | <ul style="list-style-type: none">○ Two light and fluffy pancakes filled and topped with a delicious blend of apples and spices, served with sugar free maple syrup on the side○ ½ fruit, 1 carb | |
| <input type="checkbox"/> | <input type="checkbox"/> | <u>Chocolate Chip Pancake Delites</u> | \$4.99 |
| | | <ul style="list-style-type: none">○ Two light and fluffy pancakes filled with Belgian chocolate and topped with a decadent chocolate drizzle, served with a sugar free syrup on the side○ 1 carb, 1 dairy | |
| <input type="checkbox"/> | <input type="checkbox"/> | <u>Peanut Butter & Jelly Pancake Delites</u> | \$4.99 |
| | | <ul style="list-style-type: none">○ Two light and fluffy pancakes filled a thin layer of creamy Peanut Butter and concord grape preserves served with sugar free maple syrup on the side○ ½ fruit, 1 carb | |
| <input type="checkbox"/> | <input type="checkbox"/> | <u>Thin Crust Tomato Cheese Pizza</u> | \$4.99 |
| | | <ul style="list-style-type: none">○ Baked, reduced carb, whole-wheat pizza crust, topped with a light tomato sauce and a sprinkling of reduced fat, part-skim mozzarella○ 3 proteins, 1 carb | |

Select**Quantity**

- Thin Crust Primavera Pizza** **\$4.99**
 - Baked, reduced carb, whole-wheat pizza crust, topped with broccoli, red peppers and onions, light tomato pizza sauce, and a sprinkling of part-skim mozzarella
 - 2.5 proteins, 1 carb
- Carrot Soufflé** **\$4.99**
 - 1 protein, 1 fat
- Spinach Soufflé** **\$4.99**
 - 1 protein, ½ carb or ½ fruit
- Broccoli Soufflé** **\$4.99**
 - 1 protein, ½ carb
- Cauliflower Soufflé** **\$4.99**
 - 1 protein, ½ carb
- Creamy Broccoli Soup (10oz.)** **\$4.99**
 - Low fat, low sodium
 - 1 fruit or 1 dairy
- Mushroom Barley Soup (10oz.)** **\$4.99**
 - Low fat, low sodium
 - Good source of fiber
 - 3 proteins, 1 carb
- Vegetable Quiche (4.75oz.)** **\$4.49**
 - 1 protein, 1 fat
- Pumpkin Pudding Pie** **\$4.49**
 - Sugar free
 - 1 fruit

- | <u>Select</u> | <u>Quantity</u> | | |
|--------------------------|--------------------------|---|---------------|
| <input type="checkbox"/> | <input type="checkbox"/> | <u>Apple Crisp (3.3 oz)</u> | \$4.49 |
| | | ○ No sugar added | |
| | | ○ 1 fruit, ½ carb | |
| <input type="checkbox"/> | <input type="checkbox"/> | <u>Broccoli Manicotti (10oz)</u> | \$6.99 |
| | | ○ Two tender crepes filled with a blend of low fat cheeses and broccoli, and topped with a tasty marinara sauce | |
| | | ○ 2 proteins, 1 carb, 1 dairy | |
| <input type="checkbox"/> | <input type="checkbox"/> | <u>Cheese Blintzes</u> | \$5.99 |
| | | ○ Two gluten free, wheat free crepes, with creamy lightly sweetened cheese filling | |
| | | ○ 3 proteins, ½ dairy | |
| <input type="checkbox"/> | <input type="checkbox"/> | <u>Cherry Cheese Blintzes</u> | \$5.99 |
| | | ○ Two gluten free, wheat free crepes, with creamy lightly sweetened cherry cheese filling | |
| | | ○ 3 proteins, ½ fruit | |
| <input type="checkbox"/> | <input type="checkbox"/> | <u>Blueberry Cheese Blintzes</u> | \$5.99 |
| | | ○ Two gluten free, wheat free crepes, with creamy lightly sweetened blueberry cheese filling | |
| | | ○ 3 proteins, ½ fruit | |
| <input type="checkbox"/> | <input type="checkbox"/> | <u>Eggplant Rollatini</u> | \$6.99 |
| | | ○ Lightly seasoned eggplant slices, filled with creamy blend of low fat cheeses, topped with zesty marinara sauce and sprinkling of grated cheese | |
| | | ○ 3 proteins, 1 carb | |

Select

Quantity

- Turkey Vegetable Meatloaf** **\$6.99**
 - A savory loaf of ground turkey breast, spinach, onions, carrots and herbs with vegetable gravy, and side of whipped butternut squash
 - 3 proteins, 1 carb

- Turkey Chili with Beans** **\$4.99**
 - Hearty, mildly seasoned chili made with turkey breast, tomatoes, kidney beans, chickpeas and fresh diced vegetables
 - 3 proteins, 1 carb

- Yogurt pops** **\$1.50**
 - Chocolate outside, chocolate inside
 - Chocolate outside, vanilla inside
 - Chocolate outside, strawberry inside
 - White chocolate outside, orange cream inside
 - Chocolate outside, cappuccino inside
 - 1 dairy

Let's Eat In (\$8.99 meals-3 for \$25, \$6.99 meals-4 for \$25)

- | <u>Select</u> | <u>Quantity</u> | |
|--------------------------|--------------------------|---|
| <input type="checkbox"/> | <input type="checkbox"/> | <u>Rainbow Swiss Chard</u> 3 for \$12.00 or \$4.99 each <ul style="list-style-type: none">○ braised with grape tomatoes |
| <input type="checkbox"/> | <input type="checkbox"/> | <u>Ground sirloin steak</u> \$8.99 <ul style="list-style-type: none">○ with onion broth, zucchini wedges, roasted broccoli and cauliflower<ul style="list-style-type: none">• 3 proteins |
| <input type="checkbox"/> | <input type="checkbox"/> | <u>Ratatouille</u> \$4.99 <ul style="list-style-type: none">• ½ cup= calorie free |
| <input type="checkbox"/> | <input type="checkbox"/> | <u>Eggplant Parmigiana</u> \$6.99 <ul style="list-style-type: none">• 2 proteins, 1 fat |
| <input type="checkbox"/> | <input type="checkbox"/> | <u>Chicken Parmigiana</u> \$8.99 <ul style="list-style-type: none">• 4 proteins, 1 fat |
| <input type="checkbox"/> | <input type="checkbox"/> | <u>Miso roasted extra firm tofu</u> \$8.99 <ul style="list-style-type: none">○ ginger steamed carrots, and mushrooms, steamed spinach<ul style="list-style-type: none">• 2 proteins |
| <input type="checkbox"/> | <input type="checkbox"/> | <u>Chicken Meatball</u> \$8.99 <ul style="list-style-type: none">○ with basil, garlic steamed green beans, roasted spaghetti squash<ul style="list-style-type: none">• 4 proteins |
| <input type="checkbox"/> | <input type="checkbox"/> | <u>Chicken Sausage & peppers</u> \$8.99 <ul style="list-style-type: none">○ braised cabbage with prosciutto<ul style="list-style-type: none">• 4 proteins, 1 fat |

Select

Quantity

- Turkey Meatloaf** **\$8.99**
 - mashed parsnips, steamed broccoli
 - 4 proteins

- Cabbage stuffed with turkey** **\$8.99**
 - brown rice and yellow raisins
 - 3 proteins, 1 carb

- Chicken fajita** **\$8.99**
 - tomato & corn salsa, cumin roasted carrots
 - 4 proteins, ½ fruit

Seafood Plaza (\$8.99 meals-3 for \$25)

<u>Select</u>	<u>Quantity</u>		
<input type="checkbox"/>	<input type="checkbox"/>	<u>Butternut squash soup (16 oz.)</u>	\$4.99
		○ 1 carb or 1 fruit	
<input type="checkbox"/>	<input type="checkbox"/>	<u>Manhattan Clam Chowder Soup (16 oz.)</u>	\$4.99
		○ ½ fruit or carb	
<input type="checkbox"/>	<input type="checkbox"/>	<u>Asparagus soup (16 oz.)</u>	\$4.99
		○ Calorie free	
<input type="checkbox"/>	<input type="checkbox"/>	<u>Shirataki Noodles</u>	\$8.99
		○ with white clam sauce	
		• 2 proteins	
<input type="checkbox"/>	<input type="checkbox"/>	<u>Poached Salmon with dill</u>	\$8.99
		• 4 proteins, 1 fat	
<input type="checkbox"/>	<input type="checkbox"/>	<u>Baked Clams Casino</u>	\$8.99
		• 2 proteins, 1 fat	
<input type="checkbox"/>	<input type="checkbox"/>	<u>Shrimp cocktail</u>	\$8.99
		• 2 proteins	
<input type="checkbox"/>	<input type="checkbox"/>	<u>Pasta Primavera</u>	\$8.99
		• ½ carb and 1 protein	
<input type="checkbox"/>	<input type="checkbox"/>	<u>Mussels</u>	\$8.99
		○ in garlic white wine sauce	
		• 4 proteins	
<input type="checkbox"/>	<input type="checkbox"/>	<u>Mussel Marinara</u>	\$8.99
		• 4 proteins	
<input type="checkbox"/>	<input type="checkbox"/>	<u>Grilled shrimp with broccoli</u>	\$8.99
		• 2 proteins	