



JANUARY/FEBRUARY MENU

JOIN THE VIP CLUB AND GET ANY 7 MEALS FOR \$40.00/WEEK! MIX AND MATCH TO CREATE YOUR PERFECT WEEK OF HEALTHY EATING!

PRICE PER RECIPE: 2/\$20.00 4/\$30.00 6/\$36.00
ALL MEALS RANGE BETWEEN 300-400 CALORIES/SERVING

FREE DELIVERY TO LOCAL BUSINESSES. MENU CAN BE MODIFIED AND ADJUSTED TO ACCOMMODATE SPECIAL REQUESTS/DIETARY RESTRICTIONS

MONDAY MENU

PINEAPPLE BBQ CHICKEN MEATBALLS

EXTRA LEAN GROUND CHICKEN MEATBALLS
IN CHEZ AMI'S SIGNATURE PINEAPPLE BBQ
SAUCE. SERVED WITH BROWN RICE

ZESTY STEAK FAJITA BOWL

THIN-SLICED CILANTRO LIME INFUSED
STEAK ATOP FIESTA RICE WITH
FRESH MADE PICA DE GALLO

LIGHT LINGUINI CARBONARA

SMART TASTE, FIBER-RICH LINGUINI TOSSED
WITH TURKEY BACON AND PEAS IN
A LIGHT CREAM SAUCE

SUPER-STUFFED BELL PEPPER

EXTRA LEAN GROUND SIRLOIN, PETITE
DICED ROMA TOMATOES, BROWN RICE
AND QUINOA, SIMMERED WITH ITALIAN HERBS AND
AND BAKED TO PERFECTION IN A
SWEET BELL PEPPER TOPPED WITH MOZZARELLA

MU SHU PORK

SLOW SIMMERED PORK TENDERLION WITH
SHREDDED CHINESE VEGETABLES AND HOISEN
SAUCE FOLDED IN A SOFT WHOLE WHEAT WRAP

WEDNESDAY MENU

CHEESY CHICKEN ENCHILLADAS

SHREDDED SALSA CHICKEN AND
NEUFCHATEL CHEESE WRAPPED IN A WHOLE WHEAT
TORTILLA AND TOPPED WITH SMOOTH ENCHILLADA
SAUCE AND MONTEREY JACK CHEESE

CHICKEN FRIED RICE

A RESTAURANT FAVORITE WITHOUT THE ADDED
SATURATED FAT AND CALORIES. MADE EVEN BETTER
WITH BROWN RICE, ENDAMAME
AND EXTRA VEGETABLES SAUTEED LIGHTLY WITH
COCONUT OIL

PHILLY CHEESE STEAK STUFFED POTATO

SHVED LEAN BEEF, BELL PEPPERS, ONIONS, AND
MUSHROOMS PACKED INTO A POTASSIUM-RICH
POTATO SHELL AND TOPPED WITH MELTED
PROVOLONE CHEESE

VEGGIE LASAGNA ROLLATINI

RIBBON CUT VEGGIES ROLLED UP WITH ITALIAN CHEESE
AND TOPPED WITH HOMEMADE MARINARA

BIG TEXAN

BACON WRAPPED CHICKEN MEATLOAF SMOTHERED IN
SWEET SMOKEY BBQ SAUCE AND TOPPED WITH
CHEDDAR CHEESE. SERVED WITH CRISPY BAKED
VEGGIES