



**everyday, don't miss a day**

**DAILY MEAL PLANS  
SAMPLE MEALS  
New menus every day, every week!**

**everydaySPA-** Ideal for nutrition programs and weight loss & maintenance as it helps you control your complete dietary intake during the day. Based on a 1200-1500 calorie plan.

BREAKFAST	LUNCH	DINNER
Lower-Fat Herb Omelet Cheese Blintzes W/ Marinated Strawberries Fibreful Muffins Blueberry Flax Pancakes Low-fat Homemade Nutty Granola Cantelope, Yogurt, Granola Parfait Four Cheese Open Faced Omelet Bruschetta Eggs w/ Turkey Bacon Cheesy Spinach Crepes	Caramelized Onion & Gorgonzola Pizza Japanese Curly Noodle Salad W/ Sesame Sauce Celery Soup W/ Walnuts & Blue Cheese Wheatberry & Grilled Corn Salad W/ Orange Chipotle Dressing Creamy Pumpkin Soup & Low-fat Brownies Udon Noodle Soup With Chicken And Shrimp	Turkey Scaloppini w/ Light Pesto Cream Sauce Side dish: Risotto alla Milanese  Walnut Chicken With Pomegranate Sauce Side dish: Roasted Root Vegetables  Apricot, Garlic, Thyme Lamb Side dish: Citrus Scented Couscous  Sesame Salmon, Asian Coleslaw, Wasabi Mayo Side dish: Jasmine Rice Cakes

**everydayCOMFORT-** Fresh & delicious meals that are also nutritionally complete. Lean protein, whole grains, healthy & high-quality fats, and a wide variety of vegetables/ fruits. Based on a 1600-2000 calorie plan.

BREAKFAST	LUNCH	DINNER
Breakfast Salad W/ Poached Eggs & Smoked Salmon Vegetable & Cheese Galette Apple Puff Pancake Lemon Polenta Biscotti W/ Apricots, Nuts, Sunflower Seeds & Currants Fine Herb Omelet with Swiss Cheese	Pear & Watercress Soup W/ Stilton Croutons Grilled Chicken Club Sand W/ Avocado Mayo Turkey & Roasted Red Pepper Wraps With Herb Cream Cheese Tex-Mex Macaroni Salad With Charred Corn And Black Beans	Thai Ginger Meatballs In Coconut Sauce Side dish: Oriental Vegetable Salad  Lamb Shanks W/ Sweet Red Pepper Sauce Side dish: Garlic Mashed Potatoes  Beef Burgers Stuffed w/ Gorgonzola & Raisins Side dish: Pear & Spinach Salad

**everydayVEGETARIAN-** High non-meat protein, whole grains, a wide variety of vegetables/ fruits.

BREAKFAST	LUNCH	DINNER
Good Morning Apple Crisp Spinach Potato Frittata Apricot Honey Oatmeal Berry Breakfast Puff Nutty Banana Bran Muffins Corn Crepes W/ Molten Mozzarella Survival Bars Potato & Red Pepper, Broccoli Frittata Banana, Granola Parfait Whole Wheat Griddle Cakes w/ Cherry Sizzle Eggs Giardinere Stir-fried Fruit salad w/ Yogurt & Nuts	Portobello Mushroom Wraps With Red Pepper Hummus And Goat Cheese Polenta Pizza With Mushrooms, Olives And Goat Cheese Tofu And Red Kidney Bean Chili Egg & Fennel Tabbouleh w/ Nuts Wild Mushroom & Fontina Tarts Curried Lentil Burgers w/ Coriander Yogurt Polenta With Chevre And Roasted Vegetables Tomato & Olive Tart Vegetable Tarte Tatin Mushroom And Cheese Phyllo Strudel Aubergine & Spinach Pie	Carrot Roll With Artichoke Garlic Filling Side dish: Edamame & Green Bean Salad  Lentil Curry with Spaghetti Squash and Spinach Side dish: Brown Rice Biryani  Lemon, Thyme, Bean Stuffed Portobellos w/ Pinenut Sauce Side dish: Double Potato Gratin  Tofu Stir-fry With Sweet And Sour Sauce, Snow Peas, And Red Peppers Side dish: Five Spice Rice

*\*Please contact us for other Special Diet Plans that may suit your needs better.*