



# GET FIT NOW MENU

## Monday

### Lunch:

Pork loin over roasted apples and zucchini  
Served with spinach and zucchini

### Snack:

White bean and herb hummus served with raw veggies

### Dinner:

Flank Steak with Exotic Mushrooms  
Topped with onions and a red wine sauce  
Served with oyster, Portobello and Crimini mushrooms

## Tuesday

### Lunch:

Tuna Tartare over Spinach and Pita Crisps  
Served over cooked spinach, avocado and shaved red onions  
Topped with a light chili garlic soy glaze  
Served with whole wheat toasted pita triangles

### Snack:

Braised endive with hardboiled eggs drizzled with a lemon pepper sauce

### Dinner:

BBQ Chicken Parmesan topped with Goat Cheese  
Topped with fresh tomato sauce, goat cheese, Parmesan cheese and  
BBQ sauce  
Served with grilled asparagus and onions

## Wednesday

### Lunch:

Grilled Chicken Stuffed Brie and Peppers  
Served over smashed sweet potatoes  
Served with Portobello and oyster mushrooms

### Snack:

Greek yogurt parfait: Greek yogurt with fresh berries

### Dinner:

Louisiana Redfish topped with Roasted Bell Pepper Chutney  
Served over a bed of mashed cauliflower  
Served with roasted Brussels sprouts

## Thursday

### Lunch:

Fish Tacos  
Filled with Tilapia, peppers, onions, avocado and Pico de Gallo  
Served with steamed and roasted Bok Choy

### Snack:

Caramelized pear with ricotta cheese

### Dinner:

Roasted Pork Pinwheels  
Pork loin layered with spinach, onions, and ricotta cheese  
Served with red braised cabbage

## Friday

### Lunch:

Louisiana Shrimp Spicy Pasta  
Served over whole wheat penne pasta with jalapenos, onions, and  
a charred tomato sauce  
Served with zucchini and squash pave

### Snack:

Spinach and artichoke dip with raw veggies

### Dinner:

Grilled Chicken Medley  
Tossed with artichokes, peppers, tomatoes, caramelized pearl  
onions and fresh mozzarella  
Drizzled with a lemon pepper vinaigrette

