

MEALS AMERICA



(215) 399-5676

MealsAmerica.com

Week 1 Gourmet

ALFREDO PASTA W/ CHICKEN & BROCCOLI Chicken, Broccoli & Rigatoni in Alfredo Sauce	280 cal	39g carbs
BAKED CHICKEN Chicken w/ Stuffing Mashed Potatoes & Gravy	240 cal	30g carbs
CHICKEN & MUSHROOM MARSALA Glazed Chicken w/ Mushrooms, Fettuccini, & Marsala Wine Sauce	300 cal	40g carbs
CHICKEN POT PIE Chicken w/ Vegetables in a Golden Crust	600 cal	61g carbs
COUNTRY FRIED CHICKEN & GRAVY White Meat Chicken w/ Mashed Potatoes, Corn in a Homestyle Gravy	390 cal	44g carbs
FETTUCCINI ALFREDO Freshly Made Pasta in an Alfredo Sauce	290 cal	49g carbs
SWEET SESAME CHICKEN Grilled Chicken Breast w/ Rice, Vegetables in a Sweet & Spicy Sesame Sauce	300 cal	43g carbs

Week 2 Comfort

ROMANO CRUSTED CHICKEN Romano & Parmesan Breaded Chicken w/ Pasta in an Herb Butter Sauce	470 cal	51g carbs
GRILLED CHICKEN MARINARA W/ PARMESAN Grilled Chicken Breast & Penne Pasta & Broccoli in Zesty Marinara Sauce	230 cal	42g carbs
GREEN PEPPER STEAK Tender Beef, Peppers & Onions Tangy Soy Sauce Over White Rice	290 cal	34g carbs
LASAGNA W/ MEAT SAUCE Layered Pasta w/ Seasoned Meat, Tomato, Mozzarella & Parmesan Cheese	310 cal	25g carbs
SPAGHETTI W/ MEATBALLS In a Hearty Tomato Sauce	280 cal	43g carbs
FRIED CHICKEN Chicken w/ Russet Mashed Potatoes & Homestyle Gravy	380 cal	32g carbs
LEMONGRASS BASIL CHICKEN Chicken, Green Peppers, & Onions Simmered in Lemongrass Basil Green Curry	60 cal	8g carbs

Week 3 Deli

ADOBO CHICKEN Chicken Breast w/ Vegetables, Brown & Red Rice, Red Quinoa, Roasted Pepitas, Black Barley w/ Guajillo Chili Sauce	300 cal	38g carbs
BEEF TERIYAKI Beef Strips w/ Rice, Vegetables, Water Chestnuts in a Sweet Teriyaki Sauce	270 cal	43g carbs
CHICKEN PARMESAN Breaded Chicken Breast w/ Rib Meat, Topped w/ Marinara Sauce & Mozzarella Cheese w/ Spaghetti	490 cal	54g carbs
GENERAL TSO'S SPICY CHICKEN Grilled Chicken Breast w/ Rice, Vegetables in an Authentic Spicy Brown Sauce	290 cal	47g carbs
CHICKEN ENCHILADA SUIZA Chicken & Mexican-Style Rice in a Sour Cream Sauce	300 cal	54g carbs
FRENCH BREAD CHEESE PIZZA Crispy French Bread Pizza w/ Mozzarella Cheese	410 cal	43g carbs
SPINACH, RICE &     BEANS ENCHILADA Creamed Spinach & Cheese, Basmati Rice w/ Rajmah Dal	360 cal	57g carbs

Week 4 International

PEPPER JACK PARMESAN  & MOZZARELLA CHEESE STUFFED CHICKEN Bacon Wrapped Stuffed Chicken, Pepper Jack, Parmesan & Mozzarella Cheese	380 cal	6g carbs
FISH FILET Breaded Filet of Alaska Pollock w/ Macaroni in a Cheddar Cheese Sauce	490 cal	49g carbs
ROAST TURKEY Turkey & Stuffing in a Homestyle Gravy w/ Russet Mashed Potatoes	280 cal	29g carbs
FRENCH BREAD PEPPERONI PIZZA Crispy French Bread Pizza w/ Pepperoni	300 cal	44g carbs
GRILLED CHICKEN SANDWICH Flamebroiled Chicken Breast Patty w/ Rib Meat on a Sesame Seed Bun	290 cal	35g carbs
UNCURED PEPPERONI &  CHEESE CHICKEN NUGGETS Chicken Breast Stuffed w/ a Pepperoni & Cheese Filling	200 cal	3g carbs
SALISBURY STEAK Roasted Beef Patty w/ Onions & Gravy w/ Macaroni & Cheese	340 cal	26g carbs

YOUR HEALTH IS OUR PRIORITY!



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BREAKFAST

Week 5 Family

BEEF MERLOT  180 cal 24g carbs
Tender Beef Strips w/ Russet Potatoes & a Vegetable Medley in Merlot Wine Sauce

CHICKEN FETTUCCINI ALFREDO 540 cal 43g carbs
Grilled Chicken, Broccoli & Fettuccini in an Alfredo Sauce

CLASSIC MACARONI & BEEF 270 cal 39g carbs
In Tomato Sauce w/ Mozzarella Cheese

CLASSIC MEAT LOAF 290 cal 43g carbs
Meat Loaf w/ Rich Brown Gravy, Mashed Potatoes, Corn & Apple Dessert

CRUSTLESS CHICKEN POT PIE 300 cal 40g carbs
Grilled Chicken Breast w/ Vegetables in a Savory Pot Pie Sauce

TUNA NOODLE CASSEROLE 420 cal 40g carbs
Freshly made Egg Noodles, Tuna, Mushrooms, Celery & Peas in a Creamy Sauce

Week 6 Homestyle

BEEF POT PIE 410 cal 40g carbs
Beef w/ Potatoes, Vegetables in a Creamy Gravy

CHICKEN & BROCCOLI ALFREDO 190 cal 8g carbs
Grilled Chicken, Broccoli in a Parmesan & Romano Alfredo Cheese Sauce

CHICKEN Á LA KING 400 cal 48g carbs
Tender Chicken w/ Mushrooms, Red Peppers, Celery, Peas, White Rice in a Creamy Sauce

CHICKEN MARGHERITA W/ BALSAMIC 270 cal 36g carbs
Grilled Chicken Breast w/ Freshly-Made Angel Hair Pasta, Roasted Garlic, Tomatoes in a Balsamic Vinaigrette Sauce

CREAMED CHIPPED BEEF 140 cal 8g carbs
Tender Strips of Dried Beef in a Seasoned Creamy Sauce

GLAZED TURKEY TENDERLOINS 300 cal 47g carbs
With Whipped Sweet Potatoes & Dressing

SWEDISH MEATBALLS 300 cal 44g carbs
Meatballs & Freshly-Made Fettuccini w/ Parsley


BREAKFAST BURRITO 380 cal 42g carbs
Meatless Sausage Crumble w/ Smoky Bacon & Steakless Strips w/ Dairy-Free Cheddar & Seasoned Tofu Scramble

BUTTERMILK PANCAKES 240 cal 45g carbs

BACON, EGG & CHEESE ON A BISCUIT 310 cal 26g carbs
Egg & Cheese Sandwich w/ a Whole Egg Omelet & Melty Cheddar & American Cheese

MEAT LOVERS BREAKFAST BOWL 490 cal 16g carbs
Sausage Crumbles, Crispy Bacon, Fluffy Eggs, Homestyle Potatoes, & Cheddar Cheese

SAUSAGE, EGG & CHEESE CROISSANT 410 cal 28g carbs
Savory Sausage, Fluffy Eggs, & Melty Cheese on a Buttery Croissant

BACON, EGG & CHEDDAR CHEESE SANDWICH  310 cal 7g carbs

BACON BREAKFAST BOWL 440 cal 14g carbs
Crispy Bacon, Fluffy Scrambled Eggs, Savory Diced Potatoes, w/ Rich Cheese Sauce

BACON CIABATTA CHEESE TRAY 441 cal 10g carbs
Bacon ciabatta with cheese








VEGETARIAN

CHEESE RAVIOLI BOWL   380 cal 25g carbs
Soft Little Pillows of Ravioli Pasta, Filled w/ Delicately Seasoned Cheese & Covered w/ Italian-Style Tomato Sauce

CHILI MAC BOWL    410 cal 48g carbs
Organic Chili Mixed w/ Our Signature Creamy Mac & Cheese

BUFFALO CAULIFLOWER MAC & CHEESE BOWL   250 cal 16g carbs
Cauliflower Florets in a Rich & Creamy Buffalo Cheddar Cheese Sauce w/ a Hint of Ranch

GENERAL TSO'S TOFU  370 cal 53g carbs
Tofu, Broccoli, Nutty Brown Rice in a Sweet & Sour Sauce


PAD THAI     410 cal 68g carbs
Broad Rice Noodles, Organic House-Made Tofu, Julienned Carrots, Green Onions, Broccoli, and our twist, Baked Cashews instead of peanuts.

ORGANIC VEGGIE BURGERS   180 cal 20g carbs
Carrots, Peas, Broccoli, & Spinach w/ Vegetarian Patty


SANTA FE-STYLE RICE & BEANS  310 cal 55g carbs
In Sour Cream & Mild Chile Sauce



GLUTEN-FREE

LASAGNA BOWL  360 cal 14g carbs
Homestyle Marinara Sauce & Creamy Ricotta Cheese, Smothered Between Layers of Chicken Parmesan Slices


MONGOLIAN INSPIRED BEEF BOWL  160 cal 13g carbs
Tender Seasoned Beef Strips w/ Mongolian Inspired Savory Sauce, Riced Cauliflower & Garlic

CHEESE BACON WRAPPED STUFFED CHICKEN  380 cal 8g carbs
Bacon Wrapped Chicken Stuffed w/ Mozzarella, Parmesan, & Fontina Cheese

LEMONGRASS BASIL CHICKEN   60 cal 8g carbs
Chicken, Green Peppers, & Onions Simmered in Lemongrass Basil Green Curry

BUFFALO CAULIFLOWER MAC & CHEESE BOWL   250 cal 16g carbs
Cauliflower Florets in a Rich & Creamy Buffalo Cheddar Cheese Sauce w/ a Hint of Ranch

VEGGIE LOAF     350 cal 55g carbs
Meatless Veggie Loaf w/ Mashed Potatoes, Peas, Corn on Side in Gravy

CHICKEN BURRITO BOWL   160 cal 16g carbs
Tender Chicken Breast Strips, Riced Cauliflower, Black Beans & Zesty Pico de Gallo