



Meal Plan Delivery 11/10

Beefy Baked Ziti w/Ricotta (NOT GF)

w/Garlic Green Beans

LC GF Option Zucchini

Oven Ready Entrée Only Available Feeds 3-4ppl

Cheesy Ham & Scallop Potato Casserole

w/Seasoned Green Peas

LC Butternut Option

Oven Ready Entrée Only Available Feeds 3-4ppl

Balsamic Chicken Thigh w/Pear & Tart Cherry

over 7-grain Blend. w/Sugar Snaps

LC CauliRice Option

Lemon Herb Grilled Pork Chop

w/Sauteed Carrot & Broccoli

Sesame Baked Salmon Spinach Salad w/Mandarins, Cucumber, Cherub & Almond

Orange Sesame Dressing

Herb Chicken Blueberry Baby Kale Salad w/Red Onion, Pecan & Feta

Dijon Dressing

Grilled Chicken Caprese Spring & Herb Salad w/Fresh Mozzarella, Cherub & Fresh Basil

Balsamic Vinaigrette

Blueberry Quinoa Power Bowl w/Chickpea, Arugula & Almond

Honey Lemon Vinaigrette

Healthy Oatmeal Bake

Blueberry Cinnamon Walnut

2 Mini Breakfast Burritos w/Tajin Sauce

Bacon Spinach Scramble w/Pepper Jack

LC Burrito Bowl Option

Overnight Chia Oat Bowl

Banana Honey Almond Butter

Chicken Salad By The Pound-

Classic w/Celery & Pecan or Basil Pesto w/Celery, Sundried Tomato & Walnut

Protein Snack Box

Mesquite Turkey Breast & Havarti, MDC's Own Grain-free Trail Mix, Fresh Fruit & Whole Wheat Crackers

Protein By The Pound

Herb-roasted Chicken Breast or Lemon Herb Grilled Pork Chop

