
The Slimdown

A 14 Day Sample Menu

This menu is a SAMPLE ONLY and does not reflect our complete offering which includes over 1400 recipes. Because of the personalized nature of The Slimdown, your actual menu will reflect your personal food preferences.

THE SLIMDOWN
WWW.THESLIMDOWN.COM
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Day 1.

*Asparagus and Cheese Egg Bake
Grilled Tofu Pecan Salad w/ Raspberry Vinaigrette
Turmeric Chicken with String Beans
Strawberry Crepes
Baked Turkey Tenders in Middle Eastern Dressing with Brown Rice*

Day 2.

*Muffin w/ Fresh Melon Salad
Turkey Pastrami on Spinach Wrap with Fresh Garden Salad
Wine Sauced Pot Roast with Zucchini
Tuna and Cannelloni Bean Salad
Roasted Bell Pepper Salad with Feta*

Day 3.

*Baked Stuffed French Toast with Apples
Turkey Chili w/ Corn Bread
Poached Red Snapper with Lemon Sauce
Vanilla Custard
Asian Chicken & Zucchini Skewer*

Day 4.

*Squash Omelet
Western Broccoli Salad with Tofu
Turkey Picatta w/ Sautéed String Beans and Brown Rice
Apple Tortilla
Ginger Beef Soup*

Day 5.

*Bell Pepper Onion & Cheddar Omelet
Sunshine Turkey Salad
Whole Wheat Baked Ziti
Cinnamon Soufflé
Feta Edamame Salad*

Day 6.

*1/2 Pumpernickel Bagel w/ Cream Cheese & Scrambled Eggs
Chicken, Bean and Wild Rice Salad
Baked Tilapia Asian Style
Eggplant Italiano
Strawberry Cheesecake*

Day 7.

*Banana Nut Oatmeal with Soy Cream
Cilantro Chicken Salad
Dijon Veal Roast with Glazed Carrots and Sautéed String Beans
Lemon Tart
Tangy Fruit Salsa w/ Ricotta Cream*

Day 8.

Spinach and Mushroom Crepes
Roast Beef Pitawiches
Baked Eggplant Rollatini
Cottage Cheese with Fall Fruit
Asian Beef Salad

Day 9.

Fruit Plate w/ Ricotta & Granola
Seafood Salad over Fresh Garden Salad
Rosemary Lamb Chops w/ Asparagus & Couscous
Apricot Crepes
Egg White & Vegetable Stir-Fried Brown Rice

Day 10.

Stuffed French Toast with Apricot Syrup
Chef Salad with Cubed Luncheon Meats
Sesame Grilled Salmon with Roasted Potatoes and Sautéed Asparagus
Chocolate Custard
Fresh Melon Salad w/ Ricotta Cheese

Day 11.

Smoked Salmon and Cream Cheese Frittata with Kiwi
Crunchy Turkey Salad in a Whole Wheat Wrap with Citrus Salad
Chicken Cacciatore w/ Barley
Gala Apples & Honey with Turkey
Vegetarian Stuffed Mushroom Caps

Day 12.

Cheese Blintzes w/ Blueberry Sauce
Portobello Napoleon
Tangy Beef Stir Fry
Lemon Tart
Tofu with Grilled Vegetables

Day 13.

Waffles with Syrup & Scrambled Egg Whites
Classic Italian Salad
Orange Salmon with Three Bean Salad
Tapioca Pudding
Sun Dried Deviled Eggs w/ Carrot & Celery Sticks

Day 14.

Breakfast Skillet
Skirt Steak with Peppers and Onions
Moroccan Chicken and Vegetable Stew
Bulgur and Orange Salad w/ Cubed Turkey
Avocado Salad with Tofu