

Week 0

Starch/Grains

- Jasmine Rice
- Quinoa Pilaf
- Roasted Potatoes

Vegetables

- Steamed Buttered Corn
- Roasted Zucchini
- Roasted Red Potatoes

Protein/Entrees

- Blackened Salmon
- Cheese Ravioli with Alfredo Sauce
- Tofu Creole

Week 1

Starch/Grains

- Jasmine Rice
- Thai Fried Rice

Vegetables

- Szechuan Vegetables
- Thai Vegetable Stir Fry

Protein/Entrees

- Roasted Salmon with Wasabi and Sesame Butter

Week 2

Starch/Grains

- Chipotle Mashed Sweet Potatoes
- Plantains
- Corn Tortillas

Vegetables

- Mexican Corn Salad
- Roasted Zucchini
- Roasted Carrots

Protein/Entrees

- Coconut Tofu with Mango Salsa
- Poblano Corn Casserole

Week 3

Starch/Grains

- Red Beans and Rice

Vegetables

- Roasted Yellow Squash
- Sauteed Swiss Chard

Protein/Entrees

- Roasted Cod
- Grilled Polenta and Mushroom Ragu

Week 4

Starch/Grains

- Saffron Spiced Basmati Rice
- Cauliflower Dahl

Vegetables

- Gujarati Cabbage
- Carrot Kari

Protein/Entrees

- Shrimp Korma
- Potato and Pea Curry

Week 5

Starch/Grains

- Plantains
- Corn Tortillas
- Peruvian Quinoa

Vegetables

- Mexican Corn Salad

Protein/Entrees

- Spiced Cauliflower Tacos
- Chile Relleno

Week 6

Starch/Grains

- Garlic Mashed Potatoes
- Jalapeno Hush Puppies

Vegetables

- Spiced Cauliflower

Protein/Entrees

- Tofu Jambalaya

Week 7

Starch/Grains

- Jasmine Rice
- Thai Fried Rice

Vegetables

- Poppyseed Cauliflower

Protein/Entrees

- Herb Marinated Shrimp

Week 8

Starch/Grains

- Plantains
- Corn Tortillas
- Cuban Black Beans

Vegetables

- Spinach and Garlic
- Mexican Corn Salad
- Roasted Yellow Squash

Protein/Entrees

- Spiced Cauliflower Tacos
- Cocoa Chili Lamb

Week 9

Starch/Grains

- Scalloped Potatoes

- Buttered Egg Noodles

Vegetables

- Roasted Brussels Sprouts

Protein/Entrees

- Rosemary Leg of Lamb
- Vegetable Lasagna
- Stuffed Mushroom

Week 10