

## Gluten Free & Low Carb Meal Selections

#1

Montreal Chicken  
Sautéed Zucchini  
Blistered Tomatoes & Feta

#2

Chicken Lemonato  
Herbed Yellow Squash  
Green Beans Almondine

#3

Honey Chipotle Chicken  
Cumin Roasted Sweet Potatoes  
Smoky Black Beans

#4

Whole Grain Roasted Pork Loin  
Roasted Parsnips  
Sautéed Greens

#5

Porkchops w/ Seasoned Apples  
Mashed Cauliflower  
Glazed Thyme Carrots

#6

Turkey Kielbasa  
Braised Cabbage  
Garlicky Greens

#7

Shrimp Scampi Style  
Vegetable Spirals  
Herbed Yellow Squash

#8

Crab Cakes  
Roasted Parsnips  
Garlic & Peppered Kale

#9

Vegetable Quinoa  
Balsamic Roasted Eggplant

#10

Eggplant Napoleon  
Sesame Snow Peas

#11

Ginger Skirt Steak  
Sesame Cauliflower  
Schezhuan Green Beans

#12

Turkey Meatloaf w/Gravy  
Mashed Sweet Potatoes  
Sauteed Green Beans