

Sample Healthy Weekly Family Menu



Personal Chef Service

There just isn't enough time to eat well at home. That's why we created this plan with you in mind. Relax after a hard day and refuel your body with the finest and freshest meals available. The Art of Cuisine will keep you well fed with minimal effort and time. You demand the best and we deliver it without wasting a minute of your precious time.

- Save 10-15 hours per week while eating like a pampered celebrity!
- Five guilt-free gourmet dinners for the home and three entrée salad lunches to take to the office makes this plan the ideal quantity of meals for your typical work week, if there is such a thing!
- You decide which days of the week you want to enjoy a meal that is ready when you are!

Facts about our meals:

- Always trans-fat free
- Heart Healthy with nutritional info for each menu item
- Whole grain goodness so you know it's full of fiber and low-glycemic index carbs for sustained energy
- All natural meats and seafood are hand trimmed
- Fresh never frozen means full flavor and freshness with each delicious bite
- No preservatives or additives ever!
- Restaurant and Spa quality meals without the hassle or expense of dining out
- Unbelievable taste and variety
- Ready in minutes

Dinner or Lunch Menu Sample

Lemon Pepered Tilapia Fillets

The taste of lemon paired with cracked black pepper give these Tilapia Fillets a well seasoned flavor that's delicious any time. Serve with rice and a colorful vegetable medley

Calories 220	Protein 30g	Total Fat 10g	Sat. Fat 2g
Net Carbs 2g	Fiber 0g	Sodium 180mg	Pts. 7

BBQ Chicken Sandwiches

Shredded Chicken meat with zesty BBQ sauce served on a Whole-Wheat bun with side salad

Calories 323	Protein 26g	Total Fat 8g	Sat. Fat 1g
Net Carbs 37g	Fiber 4g	Sodium 529mg	Pts. 8

Carne Asada Autentica

This very flavorful hand trimmed lean sirloin of beef that is marinated in citrus and Mexican spices. Making great taco's or burritos. Served with whole wheat flour tortillas, lettuce, low fat sour cream, and salsa.

Calories 283	Protein 19g	Total Fat 8g	Sat. Fat 3g
Net Carbs 36g	Fiber 7g	Sodium 440mg	Pts. 8

Chinese Orange Chicken

Sweet and savory chicken breaded chicken with honey orange sauce served over white rice and a side cucumber salad

Calories 273	Protein 28g	Total Fat 12g	Sat. Fat 4g
Net Carbs 11g	Fiber 3g	Sodium 177mg	Pts. 8

Healthy Baked Chicken Parmesan

chicken breast topped with fresh tomato sauce and heart-healthy provolone cheese, served with whole-grain pasta

Calories 475	Protein 49g	Total Fat 12g	Sat. Fat 4g
Net Carbs 33g	Fiber 7g	Sodium 460mg	Pts. 10

Oven-Roasted Sliced Lean Filet of Beef

tender and juicy with our rich-tasting beef gravy, served with roasted sweet potatoes and tuscan-style vegetables

Calories 441	Protein 36g	Total Fat 8g	Sat. Fat 3g
Net Carbs 24g	Fiber 7g	Sodium 352mg	Pts. 10

Shrimp Scampi

lemon garlic shrimp and seasonal vegetables sautéed to perfection, served with six-grain rice

Calories 384	Protein 28g	Total Fat 8g	Sat. Fat 4g
Net Carbs 32g	Fiber 4g	Sodium 540mg	Pts. 9

Zesty Whole Wheat Pasta Bake

whole-grain pasta, chicken sausage, low-fat cheeses and roasted red peppers in our home-style marinara sauce

Calories 483	Protein 31g	Total Fat 12g	Sat. Fat 4g
Net Carbs 36g	Fiber 9g	Sodium 500mg	Pts. 10

Pesto Shrimp

jumbo shrimp in fresh basil pesto sauce served with chef seasonal veggie

Calories 348	Protein 27g	Total Fat 11g	Sat. Fat 4g
Net Carbs 20g	Fiber 7g	Sodium 356mg	Pts. 8

Roasted Turkey Breast with Healthy Home-Style Gravy

served with cranberries and garlic potato mash

Calories 436	Protein 44g	Total Fat 5g	Sat. Fat 2g
Net Carbs 22g	Fiber 6g	Sodium 532mg	Pts. 10

Grilled Sweet and Sour Pork Chops

pork chops grilled till tender with our special sweet and sour sauce served with white or brown rice and steamed vegetables

Calories 434	Protein 34g	Total Fat 8g	Sat. Fat 3g
Net Carbs 33g	Fiber 3g	Sodium 496mg	Pts. 10

Mediterranean Fresh Catch, Swimming in Peppers, Onions, and Tomatoes

served with fresh herb-citrus organic brown rice and broccoli florets

Calories 400	Protein 43g	Total Fat 8g	Sat. Fat 0g
Net Carbs 29g	Fiber 5g	Sodium 495mg	Pts. 8

Soy and Ginger Glazed Salmon

served with cilantro herbed vegetables and rice pilaf

Calories 370	Protein 37g	Total Fat 8g	Sat. Fat 1g
Net Carbs 10g	Fiber 4g	Sodium 465mg	Pts. 7

Breast of Chicken Sautéed with a Creamy Mushroom, Shallot, and Marsala Wine Sauce

served Garlic mashed potato

Calories 365	Protein 48g	Total Fat 7g	Sat. Fat 1g
Net Carbs 29g	Fiber 6g	Sodium 380mg	Pts. 7

Chicken Saltimbocca: Prosciutto, Provolone, and Sage, in a Chicken Jus Lie

served with chef's seasonal vegetable

Calories 360	Protein 51g	Total Fat 9g	Sat. Fat 4g
Net Carbs 8g	Fiber 5g	Sodium 625mg	Pts. 7

Herb Rubbed-Pork Chops with Red Wine Sauce

served with wild rice and bulgur wheat pilaf

Calories 430	Protein 41g	Total Fat 11g	Sat. Fat 4g
Net Carbs 31g	Fiber 6g	Sodium 355mg	Pts. 9

Grilled Curry Chicken Salad with Crisp Veggies

Calories 345	Protein 28g	Total Fat 7g	Sat. Fat 2g
Net Carbs 7g	Fiber 4g	Sodium 185mg	Pts. 7

Low-Carb Penne Pasta and Shrimp Salad in our Balsamic Vinaigrette

Calories 354	Protein 28g	Total Fat 8g	Sat. Fat 4g
Net Carbs 28g	Fiber 5g	Sodium 515mg	Pts. 7

Italian Antipasto Salad with our Famous Low-Fat Italian Dressing

Calories 319	Protein 40g	Total Fat 10g	Sat. Fat 4g
Net Carbs 15g	Fiber 4g	Sodium 675mg	Pts. 6

Salmon Rockefeller, Stuffed with Spinach, Crabmeat and Bacon

served with roasted autumn sage squash and onions

Calories 363	Protein 48g	Total Fat 9g	Sat. Fat 4g
Net Carbs 21g	Fiber 5g	Sodium 445mg	Pts. 7

Vietnamese-Style Shrimp and Scallops

served with whole-grain rice pilaf

Calories 404	Protein 38g	Total Fat 9g	Sat. Fat 0g
Net Carbs 36g	Fiber 6g	Sodium 536mg	Pts. 8

Grilled Sicilian Chicken Breast with Artichokes, Mushrooms, and Peppers

served with black and white bean relish with fresh herb garnish

Calories 363	Protein 58g	Total Fat 8g	Sat. Fat 2g
Net Carbs 31g	Fiber 14g	Sodium 275mg	Pts. 7

Chicken Marengo, Chicken Breast in a Kalamata Olive Sauce

served with fresh green beans

Calories 355	Protein 46g	Total Fat 7g	Sat. Fat 3g
Net Carbs 8g	Fiber 6g	Sodium 410mg	Pts. 7

Garlic-Chili Beef-Thai Style

served with garlic sizzled mushrooms and roasted edamame

Calories 402	Protein 41g	Total Fat 9g	Sat. Fat 2g
Net Carbs 12g	Fiber 4g	Sodium 253mg	Pts. 8

Grilled Balsamic-Dijon Chicken Salad with Balsamic Dressing

Calories 278	Protein 38g	Total Fat 7g	Sat. Fat 3g
Net Carbs 10g	Fiber 4g	Sodium 275mg	Pts. 5

Greek Shrimp Salad with Lemon Cucumber Yogurt Dressing

Calories 310	Protein 28g	Total Fat 8g	Sat. Fat 3g
Net Carbs 10g	Fiber 3g	Sodium 465mg	Pts. 6

Chopped Chicken and Honey Roasted Ham on Crisp Greens in our Light House-Made Dressing

Calories 275	Protein 41g	Total Fat 8g	Sat. Fat 2g
Net Carbs 11g	Fiber 4g	Sodium 432mg	Pts. 5

Breakfast

Whole Grain Waffles with Cherry Sauce

Calories 380	Protein 12g	Total Fat 5g	Sat. Fat 1g
Net Carbs 74g	Fiber 6g	Sodium 456mg	

Southwest Breakfast Wrap

Egg omelet with scallions, cilantro, black beans, salsa and wrapped in a whole-wheat wrap

Calories 321	Protein 18g	Total Fat 17g	Sat. Fat 5g
Net Carbs 24g	Fiber 2g	Sodium 570mg	

Greek Omelet served with roasted potatoes and onions

This dish is reminiscent of the Classic Greek Spanakopita. The omelet has spinach, onions, feta cheese, and fresh dill, served with roasted potatoes and onions.

Calories 271	Protein 19 g	Total Fat 19g	Sat. Fat 7 g
Net Carbs 4g	Fiber 2g	Sodium 432mg	

Sausage Strata

The "strata" in this classic casserole are layers of bread, cheese, and turkey sausage baked in an egg-rich pudding. This dish reminds me of an oven-baked omelet. This strata has mushrooms, bell pepper, onions, whole-wheat bread, and cheese.

Calories 256	Protein 16g	Total Fat 13g	Sat. Fat 4g
Net Carbs 20g	Fiber 3g	Sodium 552mg	

Ham and Eggs Bagelwich

A whole-wheat bagel served with egg, Canadian bacon and cheese, served with roasted potatoes medley.

Calories 214	Protein 19g	Total Fat 5g	Sat. Fat 1g
Net Carbs 25g	Fiber 3g	Sodium 520mg	

Egg & Salmon Bagelwich

A whole-wheat bagel served with egg, tomatoes, capers and topped with smoked salmon.

Calories 214	Protein 19g	Total Fat 5g	Sat. Fat 1g
Net Carbs 25g	Fiber 3g	Sodium 520mg	

Yogurt with honey and fruit served with whole-wheat cereal

Low Fat Greek Yogurt served with fresh fruit compote and choice of Whole-Wheat lowfat cereal

Calories	Protein g	Total Fat g	Sat. Fat g
Net Carbs g	Fiber g	Sodium mg	

Snacks

100 to 150 Calorie Snacks

I will always provide fresh seasonal fruit like the following:

- Apples
- Oranges
- Grapes
- Blueberries
- Strawberries.

Apricot

Low Fat Greek Yogurt served with fresh fruit compote and choice of Whole-Wheat lowfat cereal

Calories 64	Protein 2g	Total Fat 4g	Sat. Fat 1g
Net Carbs 7g	Fiber 1g	Sodium 20mg	

Yogurt with honey and fruit served with whole-wheat cereal

Low Fat Greek Yogurt served with fresh fruit compote and choice of Whole-Wheat lowfat cereal

Calories	Protein g	Total Fat g	Sat. Fat g
Net Carbs g	Fiber g	Sodium mg	

Yogurt Parfaits

Choice of different parfaits like Pina Colada Parfaits, Strawberry and Pineapple parfaits.

Calories 133	Protein 5g	Total Fat 3g	Sat. Fat 3g
Net Carbs 22g	Fiber 1g	Sodium 60mg	