

SAMPLE WELLNESS MENU



The wellness menu is the meal for most clients. It is in line with Dietary Guidelines for Americans for saturated fat and sodium. It has a moderately high level of quality protein to ensure adequate protein intake of our clients eating one or our meals per day.

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
WEEK 1	Turkey Picadillo Cuban-Style Rice Cauliflower	Chicken Chilli Brown Rice w/ Veggies Garden Mixed Veggies	Pork Loin Sherry-Shroom Sauce Whole Wheat Rotini	Blackened Salmon Black Eyed Peas & Peanut Stew Bulgur Pilaf Garden Mixed Veg	Chicken Shroom Adobo Brown Rice w/ Okra Brussel Sprouts & Carrots	Beef & Lentil Ragout Whole Wheat Rotini w/ Marinara Sauce Green Beans & Peppers	Mediterranean Turkey Burger Zesty Tomato Sauce Piquillo Tomato Grits Capri Mixed Veggies
WEEK 2	Hoisin Chicken Thigh Ginger Garlic Sauce Fried Brown Rice Broccoli	Turkey Beef Bolognese Whole Wheat Rotini Garlic-Herb Carrots	Mustard Glazed Thigh Wheat Berry Pilaf Garbanzo & Veg Stew	Baked Salmon Red Pepper Sauce Wild Rice Tofu-Sweet Potato Hash	Beef Bourguignon Whole Wheat Rotini Brussel Sprouts & Carrots	Curried Pork Loin Pumpkin Puree Whole Wheat Rotini Garden Mixed Veg	Smokey Drumstick Brown Rice Veg Ranchero Stew Green Beans

Note: this is a sample menu, meant to reflect the general options available in each diet type. The order of the frozen meals that you receive will likely not align directly with this menu.

SAMPLE END STAGE RENAL DISEASE MENU



The ESRD menu is designed to meet the needs of those on hemodialysis. It is restricted in sodium, phosphorus and potassium. This diet will also be appropriate for those needing a restricted sodium diet.

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
WEEK 1	Turkey Picadillo Cuban-Style Rice Cauliflower	Chicken Chilli Brown Rice Pllaf Garden Mixed Veggies	Baked Salmon Basil Pesto Sauce White Egg Noodle Broccoli	Roasted Pork Loin Black Eyed Pea & Peanut Stew Bulgur Pilaf Brussel Sprouts	Chicken Shroom Adobo Brown Rice w/ Okra Brussel Sprouts	Beef & Lentil Ragout Whole Wheat Rotini w/ Marinara Sauce Green Beans & Peppers	Chicken Breast Squash Puree w/ Veg White Egg Noodle Green Beans
WEEK 2	Hoisin Chicken Thigh Ginger Garlic Sauce Fried Brown Rice Broccoli	Turkey Beef Bolognese Whole Wheat Rotini Garlic-Herb Carrots	Mustard Glazed Thigh Wheat Berry Pilaf Garbanzo & Veg Stew	Baked Salmon Red Pepper Sauce Wild Rice Brussel Sprouts	Tempeh Lasagna Peas & Carrots	Curried Pork Loin Pumpkin Puree Whole Wheat Rotini	Smokey Drumstick Vegetarian Ranchero Stew Brown Rice

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SAMPLE BLAND MENU

The bland diet is designed to restrict foods or seasonings that may cause irritation in the mouth, throat, or gastrointestinal system. Acidic, seasoned, and spicy foods are eliminated. This diet also restricts foods that have pungent odors for management of nausea/vomiting. Additionally, the diet is appropriate for those requiring a low fiber diet due to gastrointestinal conditions.

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
WEEK 1	Turkey Lasagna Green Beans	Chicken Eggplant Stew Orzo & Herb Pilaf Garden Mixed Veg	Baked Salmon Basil Pesto Sauce White Egg Noodle Capri Mixed Veg	Roasted Pork Loin Apple Raisin Sauce Orzo Carrot & Green Beans	Beef Rosemary Stew White Rice Garden Mixed Veg	Tempeh Tuna Cake Herb Sauce Orzo Carrots	Chicken Breast Squash Puree w/ Veg White Egg Noodle Green Beans
WEEK 2	Tuna & Veg Frittata White Rice w/ Herbs Garden Mixed Veggies	Baked Salmon Orzo & Herb Pilaf Vegetable Fricassee	Pork Stew White Egg Noodle Green Beans	Turkey Casserole White Rice w/ Herbs Capri Mixed Veggies	Herbed Chicken Breast Squash Potato Puree Orzo Garden Mixed Veg	Beef Potato Dill Stew White Rice w/ Herbs Green Beans	Turkey Stuffed Mushroom Bechamel Sauce White Egg Noodle Garden Mixed Veg

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SAMPLE VEGETARIAN MENU



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The vegetarian diet is designed to use combinations of vegetable protein that provide similar quality and quantity as animal protein. It follows the guidelines of a lacto-ovo vegetarian, meaning that there is no animal meats but some meals may contain eggs and dairy products.

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
WEEK 1	Tempeh Picadillo Garlic Confit Cuban-Style Rice Cauliflower	White Bean Spinach Casserole Pumpkin Seed Sauce Garden Mixed Veg	Zucchini & Pepper Frittata Garlic Wild Rice Broccoli	Blackened Tempeh Black Eyed Pea & Peanut Stew Bulgur Pilaf Zucchini	Tofu Mushroom Adobo Brown Rice w/ Okra Brussel Sprouts	Quinoa Caprese Bake Carrots	Tempeh Cauliflower Patty Arugula Parsley Puree Piquillo Tomato Grits Spicy Green Beans
WEEK 2	Tofu Egg Foo Young Ginger Garlic Sauce Brown Rice Peas & Carrots	Stuffed Mushroom, Tempeh Herb Polenta & Ricotta Caponata	Spiced Tempeh Cake Garbanzo & Veg Stew Wheat Berry Pilaf	Tofu Sweet Potato Hash Red Pepper Sauce Wild Rice	Tempeh Lasagna Peas	Curried Tofu Pumpkin Puree Whole Wheat Rotini Garden Mixed Veg	Vegetarian Ranchero Stew Brown Rice Green Beans

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SAMPLE CHRONIC KIDNEY DISEASE MENU



The CKD menu is for people with chronic kidney disease, stages 3 and 4 that are not undergoing dialysis treatment. It is restricted in protein, sodium, phosphorous and potassium. This diet will also be appropriate for those needing a restricted sodium diet.

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
WEEK 1	Tempeh Cauli Patty Garlic Confit Orzo	Beef Stew White Egg Noodle Roasted Potatoes Marinates Peas & Carrots	Southwest Tofu Salsa Verde Brown Rice Succotash	BBQ Pork Stew Quinoa & Edamame Vegetable Marinade Broccoli	Turkey Meatloaf Sage Gravy Sweet Potatoes & Parsnips Marinated Garden Mixed Veg	Salmon Fish Cake Artichoke Ragout White Egg Noodle Garlic Confit Green Beans	Chicken Eggplant Stew Orzo Zesty Herb Puree Green Beans
WEEK 2	Black Bean Chilli Patty House Enchilada Sauce Herb Sauce Orzo	Tofu Mushroom Stroganoff Garlic Confit White Egg Noodle Carrots	Tempeh Lentil Hash Brown Rice Vegetable Marinade Garden Mixed Veg	Turkey Chilli Brown Rice Roasted Sweet Potato	White Bean & Peppers Saute Orzo Carrots & Green Beans	Turkey Patty Artichoke Provencal White Egg Noodle Garlic Confit Butternut Squash	Pork & Root Veg Stew White Rice w/ Herbs Vegetable Marinade Carrots

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