

hCG Weekly Menu Rotation

7 Day hCG Diet Meal Plan: \$130 + TAX

Receive 14 HCG Meals and enjoy FLAVORFUL weight-loss success!

Ask about our rewards account today to save on multiple weeks of food!

Meal plan includes chicken, beef & seafood. *No substitutions allowed

Meals A-La-Carte: \$9.30 (*Pricing Exceptions)

Popular Items Always Available:

Texas Chili, Italian Meatballs, All American Meatloaf, Buffalo Chicken Tenders (Individual & Pound Portions) Asian Chicken & Cabbage Soup, Tenderloin Medallion (\$16), Beef & Onion Kabob (\$16)

Extras:

Apple Compote (\$4), Baked Cinnamon Apple (\$4), Apple Crisp (\$6), Box of Thin Grissini Breadsticks (\$4)

<u>Week A</u>		<u>Week B</u>		<u>Week C</u>	
Chicken	CAL.	Chicken	CAL.	Chicken	CAL.
Asian Chicken & Cabbage Soup	222	Buffalo Chicken Tenders	227	Italian Chicken w/Spinach	194
South of the Border Soup	198	Ginger Chicken Lettuce Wraps	200	Thai Basil Chicken with Cabbage	187
Greek Chicken Salad	168	Chicken Cacciatore	209	Tomato Basil Soup w/Chicken	175
Citrus Chicken w/Slaw	203	Cajun Chicken & Asparagus	134	Chicken Creole	183
Seafood		Seafood		Seafood	
Lemon Herb Tilapia w/Tomato Basil Coulis	128	Cilantro Tilapia w/Spinach	131	Mediterranean Tilapia	121
Shrimp Diablo	100	Shrimp Creole	109	Shrimp Salad	173
New Orleans Shrimp w/Slaw ^{*\$11.50}	136	Chipotle Lime Shrimp with Spinach ^{*\$11.50}	117	Island Roast Shrimp ^{*13.00}	106
Beef		Beef		Beef	
Famous Texas Chili	236	All American Meatloaf	216	Famous Texas Chili	236
Italian Meatballs	231	Asian Beef with Spicy Cabbage	217	Beef & Onion Soup	262



7 Day HCG Meal Plans

WEEK A	day 1	day 2	day 3	day 4	day 5	day 6	day 7
<i>lunch</i>	Texas Chili	Asian Chicken & Cabbage Soup	South of the Border Chicken Soup	Lemon Herb Tilapia with Tomato Basil Sauce	Shrimp Diablo with Tomato	Italian Meatballs	Texas Chili
<i>dinner</i>	Lemon Herb Tilapia with Tomato Basil Sauce	Shrimp Diablo with Tomato	New Orleans Shrimp with Red & White Cabbage Slaw	Greek Salad with Chicken	Citrus Grilled Chicken with Cabbage Slaw	Asian Chicken & Cabbage Soup	South of the Border Chicken Soup
<i>WEEK B</i>							
<i>lunch</i>	*Buffalo Chicken Tenders with Celery *includes 2 breadsticks	Ginger Chicken Lettuce Wraps with Asian Dipping Sauce	Chipotle Lime Shrimp with Spinach	All American Meatloaf	Shrimp Creole	Cajun Chicken & Asparagus	Chicken Cacciatore
<i>dinner</i>	Cilantro Chipotle Tilapia with Spinach	Shrimp Creole	Chicken Cacciatore	Cilantro Chipotle Tilapia with Spinach	*Buffalo Chicken Tenders with Celery *includes 2 breadsticks	Asian Beef with Spicy Cabbage	All American Meatloaf
<i>WEEK C</i>							
<i>lunch</i>	Chicken Creole	Tomato Basil Soup with Chicken	Thai Basil Chicken with Spicy Cabbage	H Mediterranean Tilapia	Tomato Basil Soup with Chicken	Italian Chicken with Spinach	Chicken Creole
<i>dinner</i>	H Mediterranean Tilapia	Shrimp Salad with Lemon Thyme Vinaigrette	Island Roast Shrimp with Asparagus	Thai Basil Chicken with Spicy Cabbage	Beef & Onion Soup	Texas Chili	Beef & Onion Soup