



HCG FRIENDLY MEALS

Welcome to The Dinner Dude! We make succeeding on the hCG easy by providing you with appropriate meals and snacks.

We work on a three week rotation which changes every Tuesday in-store and every Thursday online for the following weeks delivery.

Our meals are prepared FRESH, so be sure to always check your ENJOY OR FREEZE BY date. Thank you for choosing us during this journey!

How to shop: You can come into our storefront, or have your meals delivered.

Delivery: Deliveries to homes are made between 1am– 6am, and to offices between 9am-2pm. Delivery fee depends on your zip code. If you'd like your meals delivered, please place your order 2 days in advance.

When to shop: Our store is open Monday– Friday 10am to 6pm, and Saturday 10am to 4pm. Though we always have meals– we recommend placing a preorder so you don't risk a meal being sold out.

HERE'S OUR MENU!

*Please note that we do NOT prepare all weeks at the same time.

<p>Meals A-La –Carte: \$9.30 (Some meals have a tax added to them; *Denotes Pricing Differences)</p> <p>7 Day hCG Meal Plan: \$130 + TAX Receive 14 hCG friendly meals based on which week rotation we are preparing. Meal plan includes lunch and dinner portions of chicken, beef and seafood. IF substitutions are required, meals will be charged individually.</p>	<p>Pound of Buffalo Chicken Tenders & Sauce: \$20 About 4 servings. 3 tenders per serving. 12 ounce buffalo sauce. <i>Calories not calculated; estimated at about 200 per serving.</i></p> <p>Filet with Grilled Onion: \$16 Beef Tenderloin, onion, house-made beef rub. Includes <i>Cal 243,Fat 9g,Sodium 512mg,Carb10g, Fiber 2g,Protein 32g</i></p>	<p>Prepared Apples: May be eaten in place of raw fruit</p> <p>Baked Cinnamon Apple: \$4 Apple, cinnamon, xylitol. <i>Cal 101,Fat 0g,Sodium 2mg,Carb24g, Fiber 4g,Protein 1g</i></p> <p>Apple Compote: \$4 Apple, cloves, cinnamon, lemon juice, salt. <i>Cal 98,Fat 0g,Sodium 2mg,Carb24g, Fiber 4g,Protein 0g</i></p> <p>Apple Crisp: \$6 Apple, 1 Grissini Breadstick, xylitol, cinnamon, nutmeg, clove <i>Cal 69,Fat 3g,Sodium 21mg,Carb18g, Fiber 3g,Protein 1g</i></p>	<p>Popular meals always available (not just during their weekly rotation)</p> <ul style="list-style-type: none"> Asian Chicken & Cabbage Soup (\$9.30) Famous Texas Chili (\$9.30) Italian Meatballs (\$9.30) All American Meatloaf (\$9.30) Buffalo Chicken Tenders (\$9.30)
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Weekly Rotations

WEEK A		WEEK B		WEEK C	
Famous Texas Chili (2 in Week Rotation)	230 Cal.	Asian Beef w/Spicy Cabbage (1 in Week Rotation)	186 Cal.	Beef & Onion Soup (2 in Week Rotation)	209 Cal.
Italian Meatballs (1 in Week Rotation)	189 Cal.	All American Meatloaf (2 in Week Rotation)	178 Cal.	Famous Texas Chili (1 in Week Rotation)	230 Cal.
Asian Chicken Cabbage Soup (2 in Week Rotation)	230 Cal.	Buffalo Chicken w/Celery (2 in Week Rotation)	148 Cal.	Italian Chicken with Spinach (1 in Week Rotation)	144 Cal.
South of the Border Soup (2 in Week Rotation)	217 Cal.	Ginger Chicken Lettuce Wrap(1 in Week Rotation)	135 Cal.	Chicken Creole (2 in Week Rotation)	187 Cal.
Citrus Chicken w/Slaw (1 in Week Rotation)	145 Cal.	Cajun Chicken w/Asparagus (1 in Week Rotation)	141 Cal.	Thai Basil Chicken w/Spicy Cabbage (2 in Week Rotation)	149 Cal.
Greek Salad (1 in Week Rotation)	121 Cal.	Chicken Cacciatore (2 in Week Rotation)	175 Cal.	Tomato Basil Soup (2 in Week Rotation)	181 Cal.
Lemon Herb Tilapia (2 in Week Rotation)	134 Cal.	Cilantro Chipotle Tilapia (2 in Week Rotation)	127 Cal.	Island Roast Shrimp w/Asparagus (1 in Week Rotation) ^{*\$13.00}	99 Cal.
Shrimp Diablo (2 in Week Rotation)	112 Cal.	Chipotle Lime Shrimp (1 in Week Rotation) ^{*\$11.50}	108 Cal.	Mediterranean Tilapia w/Spinach (2 in Week Rotation)	124 Cal.
New Orleans Shrimp (1 in Week Rotation) ^{*\$11.50}	114 Cal.	Shrimp Creole (2 in Week Rotation)	101 Cal.	Poached Shrimp Salad (1 in Week Rotation)	173 Cal.

7 DAY HCG MEAL PLANS

- \$130 + TAX for lunch and dinner portions– 14 meals total. No substitutions. (*Apples, Grissini Breadsticks and additional meals are available for an additional cost.*)
- Our meal plans change every Thursday online for the following week, and every Tuesday new rotation meals are available in store.

<i>DAY 1</i>	<i>DAY 2</i>	<i>DAY 3</i>	<i>DAY 4</i>	<i>DAY 5</i>	<i>REORDER</i>	<i>DAY 6 FREEZE</i>	<i>DAY 7 FREEZE</i>
WEEK A							
Famous Texas Chili <i>230 Cal.</i>	Asian Chicken Soup <i>230 Cal.</i>	South O.T.B. Soup <i>217 Cal.</i>	Lemon Herb Tilapia <i>134 Cal.</i>	Shrimp Diablo <i>112 Cal.</i>	<i>Call our storefront at: 281-529-6396 or visit our website: dinnerdude.com</i>	Italian Meatballs <i>189 Cal.</i>	Famous Texas Chili <i>230 Cal.</i>
Lemon Herb Tilapia <i>134 Cal.</i>	Shrimp Diablo <i>112 Cal.</i>	New Orleans Shrimp <i>114 Cal.</i>	Greek Chicken Salad <i>121 Cal.</i>	Citrus Grilled Chicken <i>145 Cal.</i>		Asian Chicken Soup <i>230 Cal.</i>	South O.T.B. Soup <i>217 Cal.</i>
<i>Total calories for the day: 364 Cal.</i>	<i>Total calories for the day: 342 Cal</i>	<i>Total calories for the day: 331 Cal.</i>	<i>Total calories for the day: 255 Cal.</i>	<i>Total calories for the day: 257 Cal.</i>	<i>to place your order for next pick-up or delivery.</i>	<i>Total calories for the day: 419 Cal.</i>	<i>Total calories for the day: 447 Cal.</i>
WEEK B							
Buffalo Tenders <i>148 Cal.</i>	Chicken Lettuce Wraps <i>135 Cal.</i>	Chipotle Lime Shrimp <i>108 Cal.</i>	All American Meatloaf <i>178 Cal.</i>	Shrimp Creole <i>101 Cal.</i>	<i>Call our storefront at: 281-529-6396 or visit our website: dinnerdude.com</i>	Cajun Chicken <i>141 Cal.</i>	Chicken Cacciatore <i>175 Cal.</i>
Cilantro Tilapia <i>127 Cal.</i>	Shrimp Creole <i>101 Cal.</i>	Chicken Cacciatore <i>175 Cal.</i>	Cilantro Tilapia <i>127 Cal.</i>	Buffalo Tenders <i>148 Cal.</i>		Asian Beef <i>186 Cal.</i>	All American Meatloaf <i>178 Cal.</i>
<i>Total calories for the day: 275 Cal.</i>	<i>Total calories for the day: 236 Cal.</i>	<i>Total calories for the day: 283 Cal.</i>	<i>Total calories for the day: 305 Cal.</i>	<i>Total calories for the day: 249 Cal.</i>	<i>to place your order for next pick-up or delivery.</i>	<i>Total calories for the day: 327 Cal.</i>	<i>Total calories for the day: 353 Cal.</i>
WEEK C							
Chicken Creole <i>187 Cal.</i>	Tomato Basil Soup <i>181 Cal.</i>	Thai Basil Chicken <i>149 Cal.</i>	Mediterranean Tilapia <i>124 Cal.</i>	Tomato Basil Soup <i>181 Cal.</i>	<i>Call our storefront at: 281-529-6396 or visit our website: dinnerdude.com</i>	Italian Chicken <i>144 Cal.</i>	Chicken Creole <i>187 Cal.</i>
Mediterranean Tilapia <i>124 Cal.</i>	Poached Shrimp Salad <i>173 Cal.</i>	Island Roast Shrimp <i>99 Cal.</i>	Thai Basil Chicken <i>149 Cal.</i>	Beef & Onion Soup <i>209 Cal.</i>		Famous Texas Chili <i>230 Cal.</i>	Beef & Onion Soup <i>209 Cal.</i>
<i>Total calories for the day: 311 Cal.</i>	<i>Total calories for the day: 354 Cal.</i>	<i>Total calories for the day: 248 Cal.</i>	<i>Total calories for the day: 273 Cal.</i>	<i>Total calories for the day: 390 Cal.</i>	<i>to place your order for next pick-up or delivery.</i>	<i>Total calories for the day: 374 Cal.</i>	<i>Total calories for the day: 396 Cal.</i>