



A 14 Day Sample Menu

**This menu is a SAMPLE ONLY and does not reflect our complete offering which includes over 4,000 recipes! Because of the personalized nature of our program, your actual menu will reflect your personal food preferences and nutritional needs.**

---

[www.kosherdietdelivery.com](http://www.kosherdietdelivery.com)

© 2017 Reboot Nutrition Inc.  
All Rights Reserved

**Day 1.**

Asparagus and Cheese Egg Bake  
Grilled Tofu Pecan Salad w/ Raspberry Vinaigrette  
Turmeric Chicken with String Beans  
Strawberry Crepes  
Baked Turkey Tenders in Middle Eastern Dressing with Brown Rice

**Day 2.**

Muffin w/ Fresh Melon Salad  
Turkey Pastrami on Spinach Wrap with Fresh Garden Salad  
Wine Sauced Pot Roast with Zucchini  
Tuna and Cannelloni Bean Salad  
Roasted Bell Pepper Salad with Feta

**Day 3.**

Baked Stuffed French Toast with Apples  
Turkey Chili w/ Corn Bread  
Poached Red Snapper with Lemon Sauce  
Vanilla Custard  
Asian Chicken & Zucchini Skewer

**Day 4.**

Squash Omelet  
Western Broccoli Salad with Tofu  
Turkey Picatta w/ Sautéed String Beans and Brown Rice  
Apple Tortilla  
Ginger Beef Soup

**Day 5.**

Bell Pepper Onion & Cheddar Omelet  
Sunshine Turkey Salad  
Whole Wheat Baked Ziti  
Cinnamon Soufflé  
Feta Edamame Salad

**Day 6.**

1/2 Pumpnickel Bagel w/ Cream Cheese & Scrambled Eggs  
Chicken, Bean and Wild Rice Salad  
Baked Tilapia Asian Style  
Eggplant Italiano  
Strawberry Cheesecake

**Day 7.**

Banana Nut Oatmeal with Soy Cream  
Cilantro Chicken Salad  
Dijon Veal Roast with Glazed Carrots and Sautéed String Beans  
Lemon Tart  
Tangy Fruit Salsa w/ Ricotta Cream

**Day 8.**

Spinach and Mushroom Crepes  
Roast Beef Pitawiches  
Baked Eggplant Rollatini  
Cottage Cheese with Fall Fruit  
Asian Beef Salad

**Day 9.**

Fruit Plate w/ Ricotta & Granola  
Seafood Salad over Fresh Garden Salad  
Rosemary Lamb Chops w/ Asparagus & Couscous  
Apricot Crepes  
Egg White & Vegetable Stir-Fried Brown Rice

**Day 10.**

Stuffed French Toast with Apricot Syrup  
Chef Salad with Cubed Luncheon Meats  
Sesame Grilled Salmon with Roasted Potatoes and Sautéed Asparagus  
Chocolate Custard  
Fresh Melon Salad w/ Ricotta Cheese

**Day 11.**

Smoked Salmon and Cream Cheese Frittata with Kiwi  
Crunchy Turkey Salad in a Whole Wheat Wrap with Citrus Salad  
Chicken Cacciatore w/ Barley  
Gala Apples & Honey with Turkey  
Vegetarian Stuffed Mushroom Caps

**Day 12.**

Cheese Blintzes w/ Blueberry Sauce  
Portobello Napoleon  
Tangy Beef Stir Fry  
Lemon Tart  
Tofu with Grilled Vegetables

**Day 13.**

Waffles with Syrup & Scrambled Egg Whites  
Classic Italian Salad  
Orange Salmon with Three Bean Salad  
Tapioca Pudding  
Sun Dried Deviled Eggs w/ Carrot & Celery Sticks

**Day 14.**

Breakfast Skillet  
Skirt Steak with Peppers and Onions  
Moroccan Chicken and Vegetable Stew  
Bulgur and Orange Salad w/ Cubed Turkey  
Avocado Salad with Tofu