



## Menu for 40 Days to Wellness

### Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Meal 1</b>	Chicken Waldorf Salad, <i>with apples walnuts, celery, lettuce, and topped with red wine vinaigrette</i>	Ahi Tuna Soba Bowl <i>with cabbage and cauliflower over soba noodles, topped with soy sauce</i>	Mediterranean Chicken, Salad, and Pita	Chicken Fajitas with Brown Rice and Pico de Gallo.	Blackened Catfish With Vegetable Jambalaya, <i>cooked brown rice, onion, celery, green bell pepper, parsley, garlic, and vegetable stock.</i>
<b>Meal 2</b>	Seared Salmon with <i>mushrooms, leeks, barley, and vinaigrette</i>	Jerk Pork Tenderloin, <i>with wild rice, mangoes, pecans, and goat cheese.</i>	Roasted Turkey <i>with curried brown rice and spinach.</i>	Cauliflower Steak, <i>with toasted rice pilaf and herbs.</i>	Smokey Pork Tenderloin and Quinoa Salad, <i>summer vegetables, quinoa, garlic, shallot, white wine, sauce, and extra virgin olive oil.</i>

In Partnership

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## Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Meal 1</b>	Tuna Sandwich with Grilled Vegetables, <i>fresh tuna on a multi-grain roll with sliced roma tomatoes, lettuce, and roasted zucchini, yellow squash, and bell peppers.</i>	Salmon with Artichokes, Israeli Couscous, <i>with veggie stock, garlic, red onion, sun-dried tomato, lemon juice, and artichokes.</i>	Lemon Salmon, <i>with white beans, rosemary, and kale</i>	Roasted Pork loin with Braised Escarole and Chickpeas  <i>raw escarole, chickpeas, garlic, shallot, lemon, white wine, veggie stock</i>	Grilled Lemon Chicken with Lentils and Eggplant, <i>contains garlic, shallot, red onions, diced bell pepper, squash, white wine, lemon juice, and EVOO</i>
<b>Meal 2</b>	Stuffed Airline Chicken Breast with Quinoa Salad, Topped with Roasted Red Pepper Sauce, <i>with diced vegetables, goat cheese, spinach leaves, bread crumbs, lemon juice, garlic, and Extra virgin olive oil</i>	Turkey and Rice Stuffed Peppers with Feta <i>with bell pepper, ground turkey, brown rice, red onion, diced squash, marinara sauce, minced garlic, feta, and EVOO</i>	Grilled Vegetable and Goat Lasagna with Spicy Pomodoro, <i>with pasta sheets, diced grilled yellow squash, peppers, tomatoes, peppers, onions, green squash), goat cheese, and spicy marinara</i>	Cod with Puttanesca and Polenta, <i>with capers, lemon, olives, garlic, shallot, and marinara</i>	Roasted Turkey Breast with Couscous and Provençal Vegetables, <i>contains marinara sauce, cajun seasoning, garlic, shallot, and white wine</i>

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