

# **D**inners in a **D**ash

**Menu for Thursday, April 6th, 6:30-8:30 PM  
Fitness Solutions, 9330 W. Broadway, Pearland**

**Ordering Instructions:**

**Please place your order by choosing 8 of the following 10 entrees in any combination. Indicate your selections by placing a number in the “Quantity” section next to each item. You may order several of the same items as long as your order totals 8 entrees.**

- \_\_\_\_\_  
Quantity
- Chipotle Corn and Two-Bean Chili (Serves 6)**  
A zesty chili of lean ground beef, corn, tomatoes, beans and other vegetables stewed with flavorful chipotle chilies and your favorite Mexican seasonings. Make yours as mild or as spicy as you like. Ole!  
**Freezer-friendly recipe.**  
**(Freezer bags provided)**
- \_\_\_\_\_  
Quantity
- The Bagged Bird (Serves 4)**  
Chicken and hearty root vegetables baked in a browning bag for exceptional flavor and tenderness.  
**Freezer-friendly recipe.**  
**(Bring 9 x 13 baking pan; Baking bag provided)**
- \_\_\_\_\_  
Limit 1
- Shrimp Creole (Serves 4)**  
Shrimp simmered with lean bacon, tomatoes, okra, peppers, and onions and seasoned with Creole herbs and spices. We'll even send you home with the rice!  
**Freezer-friendly recipe.**  
**(Bring 8 x 8 baking pan)**
- \_\_\_\_\_  
Quantity
- Grilled Chicken, Chickpea & Veggie Salad w Soy-Ginger Dressing (Serves 4)**  
The Asian flavors found in the Soy-Ginger Dressing are a perfect accompaniment to the grilled chicken, chickpeas, lettuce and veggies in this delicious main dish salad. Great for lunch or dinner.  
**Do Not Freeze**  
**(Storage bags provided)**
- \_\_\_\_\_  
Quantity
- Coq Au Vin (Serves 6)**  
In this version of the classic French stew, chicken, vegetables, herbs, and garlic are steeped in an aromatic red wine mixture that is sure to please your palate. Bon appetit!  
**Freezer-friendly recipe.**  
**(Bring 10 cup freezer container or 8 x 8 baking pan)**
- \_\_\_\_\_  
Quantity
- Barbecued Meatloaf with Fresh Corn (Serves 4)**  
Flavorful and moist BBQ turkey meatloaf paired with a side of sweet corn-on-the-cob.  
**Freezer-friendly recipe.**  
**(Bring 2 - 8 x 8 baking pans)**
- \_\_\_\_\_  
Quantity
- Chicken Breasts with 3 seasoning choices (Serves 4)**  
Choose from our 3 signature seasonings (Cajun Mix, Herbs de Provence, and Caribbean Spice Rub) then you decide how to cook it (Bake, Sauté, or Grill)  
**Zipper bag provided**

\_\_\_\_\_ **Pork Chops with 3 seasoning choices (Serves 4)**  
Quantity Choose from our 3 signature seasonings (Cajun Mix, Herbs de Provence, and Caribbean Spice Rub) then you decide how to cook it (Bake, Sauté, or Grill)  
**Zipper bag provided**

\_\_\_\_\_ **Jamaican Jerk Beef Kabobs (Serves 6)**  
Limit 1 Lean sirloin cubes marinated in a spicy “jerk” seasoning blend and threaded onto skewers with onions, plantains, peppers, and zucchini.  
**Do Not Freeze**  
**(Bring 9 x 13 baking pan)**

\_\_\_\_\_ **Pork Tenderloin Studded with Rosemary and Garlic (Serves 4)**  
Quantity Tender, moist, and fragrant pork tenderloin is a hearty main dish and a breeze to prepare!  
**Freezer-friendly recipe.**  
**(Freezer bag provided)**

**HOW TO ORDER:**

1. Select entrees from the menu above and indicate quantities. **Price for 8 entrees serving is \$175.** Please note that some entrees have a recommended pan size that you should bring from home. If you prefer smaller serving sizes, bring 2-8x8 pans instead of 1-9x13 pan. We also have aluminum pans of various sizes that you may purchase when you arrive if you prefer not to bring your own.
2. Place your order in one of three ways:
  - a. Fax this order sheet to Fitness Solutions at 832-736-9955
  - b. Email you order to [Kitchen@fitnessolutions.net](mailto:Kitchen@fitnessolutions.net)
  - c. Call in your order to 832-736-9700
  - d. All orders must be placed by 5 pm on Friday, March 31st, 2006.
3. Payment is due at the time your order is placed. You may pay by cash, check or major credit card (AX, Visa, Discover or Mastercard). Please make check payable to Fitness Solutions. Cancellations will be accepted up to 48 hours prior to the session. Inside this time frame, we will not make refunds because your food has already been purchased. Please note that we will prepare your meals for you at an additional cost of \$50.

**CONTACT INFORMATION:**

**First Name:** \_\_\_\_\_ **Last Name:** \_\_\_\_\_  
**Address:** \_\_\_\_\_  
**City:** \_\_\_\_\_ **State:** \_\_\_\_\_ **Zip:** \_\_\_\_\_  
**Day Phone:** \_\_\_\_\_  
**Email:** \_\_\_\_\_

**ORDER TOTAL: \$175.00**

**Circle Type of Payment: CASH CHECK# \_\_\_\_\_ CREDIT CARD**

For Credit Card Transactions:

Name on Card \_\_\_\_\_

CC# \_\_\_\_\_

**Circle Type of Card VISA AX MC Discover**

**Expiration Date:** \_\_\_\_\_ / \_\_\_\_\_

**Customer Signature:** \_\_\_\_\_

**IMPORTANT! PLEASE BRING A LARGE COOLER AND SEVERAL PREFROZEN ICE PACKS WITH YOU SO THAT YOU CAN TRANSPORT YOUR MEALS HOME SAFELY.**