

# Dinners In A Dash

**Menu for Thursday, February 9<sup>th</sup>, 2006, 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. Unless otherwise noted, you may order several of the same items as long as your order totals 8 entrees.

Limit 1	<p>1. <b>Lime and Honey Glazed Salmon with Warm Black Bean and Corn Salad (Serves 4)</b>  Pan-grilled salmon fillet, served on a bed of savory corn, black bean and spinach salad.  <b>(Bring 9 x 13 pan)</b></p>
Quantity	<p>2. <b>Minestrone w. White Beans &amp; Italian Turkey Sausage (Serves 4)</b>  The Italian <i>minestra</i> refers to a variety of thick soups. Our minestrone is a hearty mixture of fresh vegetables and Italian sausage that will be a perfect treat to enjoy on winter nights.  <b>(Freezer bag provided)</b></p>
Quantity	<p>3. <b>Mediterranean Chicken and Saffron Couscous (Serves 4)</b>  Plump, juicy chicken breasts paired with bold, authentic Mediterranean flavors, served on top of delicious saffron couscous.  <b>(Freezer bag provided)</b></p>
Quantity	<p>4. <b>Tomato-Basil Pasta Nests (Serves 4)</b>  Sweet, delicate tomato sauce and pesto nestled with light herbed pasta.  <b>(Bring 9 x 13 pan)</b></p>
Quantity	<p>5. <b>Garlic-Rosemary Roasted Chicken (Serves 6)</b>  A whole chicken rubbed with olive oil, rosemary and garlic and baked for exceptional color, flavor and tenderness.  <b>(Freezer bag provided)</b></p>
Quantity	<p>6. <b>Southwest Brunch Bake (Serves 4)</b>  Eggs, cheese, potatoes, corn, black beans and southwestern seasonings make this a great overnight brunch dish.  <b>(Bring 9 x 13 or 2-8 x 8 baking pans <u>with</u> tight fitting lids for transport)</b>  <b>BAKE FIRST THEN FREEZE</b></p>
Quantity	<p>7. <b>Chipotle Corn and Two-Bean Chili (Serves 6)</b>  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!  <b>(Freezer bag provided)</b></p>
Quantity	<p>8. <b>Super Supper Sloppy Joes (Serves 4)</b>  Lean ground beef and a savory tomato sauce make this dish a family favorite. Buns included.  <b>(Freezer bag provided)</b></p>

Quantity	<b>9. Chicken Breasts with 3 seasoning choices (Serves 4)</b> Choose from our 3 signature seasonings (Cajun Mix, Herbs de Provence, and Caribbean Spice Rub). Then you get to decide how to cook it (Bake, Sauté, or Grill). <b>(Freezer bag provided)</b>
Quantity	<b>10. Pork Chops with 3 seasoning choices (Serves 4)</b> Choose from our 3 signature seasonings (Cajun Mix, Herbs de Provence, and Caribbean Spice Rub). Then you get to decide how to cook it (Bake, Sauté, or Grill). <b>(Freezer bag provided)</b>

**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 NOON on Monday, February 6, 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.**