

*D*inners in a *D*ash

**Menu for Thursday, March 9th, 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.

- _____ (Limit 1)
- 1. GREEK STYLE SHRIMP SCAMPI (Serves 4)**
The zesty Mediterranean flavors of fresh lemon, sharp feta cheese, and tangy tomatoes compliment the shrimp and pasta in this delicious dish.
(Bring 1-8 x 8 baking pan)
DO NOT FREEZE
- _____ Quantity
- 2. MARGARITA CHICKEN WITH PINEAPPLE SALSA (Serves 4)**
Chicken breasts marinated in lime juice and tequila-the true makings of a margarita-with a side of fresh pineapple salsa.
(Freezer bag provided)
FREEZER FRIENDLY RECIPE
- _____ Quantity
- 3. CANNELONI w. TOMATO-EGGPLANT-TURKEY SAUSAGE SAUCE**
Manicotti pasta shells stuffed with ricotta cheese, spinach and parmesan, and topped off with a yummy Italian tomato-eggplant-turkey sausage sauce. **(Serves 4)**
(Bring 9 x 13 or 2-8 x 8 baking pans)
FREEZER FRIENDLY RECIPE
- _____ Quantity
- 4. CHICKEN TETRAZZINI (Serves 6)**
The classic casserole of chicken, pasta, white sauce, mushrooms and parmesan cheese created and named for the 19th century opera singer Luisa Tetrazzini.
(Bring 9 x 13 or 2-8 x 8 baking pans)
FREEZER FRIENDLY RECIPE
- _____ Quantity
- 5. SUPER SUPPER SLOPPY JOES (Serves 4)**
Lean ground beef and a savory tomato sauce make this dish a family favorite. Buns included.
(Freezer bag provided)
FREEZER FRIENDLY RECIPE)
- _____ Quantity
- 6. HONEY-MUSTARD PORK TENDERLOIN (Serves 4)**
Pork tenderloin marinated in tangy honey mustard sauce.
(Freezer bag provided)
FREEZER FRIENDLY RECIPE
- _____ Quantity
- 7. SOUTHWEST BRUNCH BAKE (Serves 4)**
Eggs, cheese, potatoes, corn, black beans and southwestern seasonings make this a great overnight brunch dish. **BAKE FIRST THEN FREEZE**
(Bring 9 x 13 or 2-8 x 8 baking pans with tight fitting lids for transport)

Quantity **8. Garlic-Rosemary Roasted Chicken (Serves 6)**
A whole chicken rubbed with olive oil, rosemary and garlic and baked for exceptional color, flavor and tenderness.
(Freezer bag provided)
FREEZER FRIENDLY RECIPE

Quantity **9. 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

Quantity **10. Pork Chops 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

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@fitnesssolutions.net
 - c. Call in your order to 832-736-9700
 - d. All orders must be placed by 5 pm on Friday, March 3rd, 2005.
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.