

Dinners in a Dash

Menu for Thursday, May 11th, 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	<p>1. Lime-Cilantro-Peanut Chicken (Serves 4) Chicken breasts marinated in a lime-cilantro-peanut sauce will delight your taste buds with their wonderfully exotic, Asian flavor. You decide how to cook them (Bake, Sauté, or Grill). Included is a side of delicious whole grain couscous. (Freezer bag provided)</p>
Quantity	<p>2. Minestrone w. White Beans & Italian Turkey Sausage (Serves 4) The Italian <i>minestra</i> refers to a variety of thick soups. Our minestrone is a hearty mixture of fresh vegetables, pasta and lean turkey Italian sausage. (Freezer bag provided)</p>
Quantity	<p>3. Lancaster County Casserole (Serves 6) This old-fashioned dish is a blend of roasted chicken, noodles, savory soup and vegetables. Topped with cheese and bread crumbs, this casserole will not leave you hungry! (Bring 10-inch casserole or baking dish <u>with</u> tight fitting lid for transport) (Freezer Friendly)</p>
Limit 1	<p>4. Tex-Mex Beef Fajitas with the Trimmings (Serves 4) Ole! You’ll love our healthier version of this popular tex-mex meal. We’ll marinate lean flank steak with savory Mexican spices and send you home with all the trimmings including tortillas, pico de gallo, guacamole and our own version of frijoles a la charra (Mexican bean soup). (Freezer bag provided)</p>
Quantity	<p>5. Southwestern Chili w. Black Beans and Ground Beef (Serves 4) Add cornbread and a salad to make a great meal with a spicy Southwestern flavor. Freezes well and easy to reheat. (Freezer bag provided)</p>
Quantity	<p>6. Italian-Style Meatloaf w. Parmesan and Parsley (Serves 4) This tasty twist on traditional meatloaf is loaded with fresh parsley and glazed with a bit of barbecue sauce. (Bring 1- 8 x 8 Baking Pan) (Freezer Friendly)</p>
Quantity	<p>7. Chili-Lime Pork w. Sweet Potatoes (Serves 4) Our Thai-style pork tenderloin with a rub of chili powder and fresh lime peel is served with sweet potatoes and makes a colorful, pleasing, and healthful dinner plate. (Freezer bag provided)</p>
Quantity	<p>8. Chicken Cordon Bleu (Serves 4) You’ll love our healthy version of this classic French dish! Add your favorite veggie and fruit for dessert to create an extra special family meal in a snap. (Freezer bag provided)</p>

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 get to decide how to cook it (Bake, Sauté, or Grill). (Freezer 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 get to decide how to cook it (Bake, Sauté, or Grill). (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
 - c. Call in your order to 832-736-9700
 - d. All orders must be placed by 5 PM on Friday, May 5th, 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.