

Healthy Lifestyle Menu

The following entrees are low fat and low calorie and portion controlled. All entrees are prepared with healthy fats and oils and the freshest ingredients available. Combine these meals with our balanced nutrition and/or our weight loss system and you are on your way to a healthy lifestyle.

POULTRY ENTREES

Chicken with Fennel and Olives

Boneless, skinless chicken thighs simmered with fennel, tomatoes, onion and garlic and garnished with black olives.

Cal: 227; Fat 7.5g; Sat. Fat 2.2g; Points: 5

Spicy Pecan Crusted Chicken

Oven baked chicken cutlets coated with pecans, breadcrumbs, orange zest and chipotle pepper.

Cal: 281; Fat 15g Sat. Fat 2g Points 7

Chicken Cutlets with Puttanesca Sauce

Boneless, skinless chicken cutlets sautéed and served in a delicious sauce of tomatoes, onions, capers and olives.

Cal: 225; Fat 2.4g; Sat. Fat 0.5g; Points 5

Marsala Style Chicken

Love Chicken Marsala? Here's a low fat version with the same great flavor as the traditional dish.

Cal: 347; Fat 2.4g; Sat. Fat 0.5g; Points 7

Chicken Scallopine over Broccoli Rabe

Chicken cutlets served in a light sauce of lemons and capers served over broccoli rabe.

Cal. 318; Fat 7.4g; Sat. Fat 1.7g; Points 6

Tarragon Chicken

Boneless, skinless chicken breasts sautéed and served with a light tarragon cream sauce.

Cal. 262; Fat 7.2g; Sat. Fat 3.1g; Points 6

Rosemary Chicken with White Beans

Lightly breaded chicken breasts sautéed and served over white beans simmered in a tomato based sauce with rosemary and garlic.

Cal. 270; Fat 4.4g; Sat. Fat 0.9g; Points 6

Chicken Thighs with Sweet Red Onions and Balsamic Vinegar

Chicken thighs smothered in a thick onion sauce.

Cal. 371; Fat 12.8g; Sat. Fat 2.7g; Points 8

Chipotle-Orange Chicken Cutlets

Boneless, skinless chicken cutlets lightly coated with flour, orange juice, cumin and chipotle chilies in adobo sauce. Great served with brown rice and cilantro.

Cal: 419; Fat 9.5g; Sat. Fat 2.8g; Points 9

Light Chicken Parmesan

Love chicken parmesan, but are afraid of all the fat? Here's a light version that is oven baked and served with a delicious marinara sauce.

Cal: 310; Fat 8g; Sat. Fat 2.8g; Points 7

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Chicken Cashew Stir-Fry

This dish combines both sweet and spicy Asian flavors. Chicken thighs, red bell pepper, carrots, mushroom, snow peas combined with pineapple, green onions and cashews. Great served over white or brown rice.

Cal: 474; Fat 11.8g; Sat. Fat 2.4g; Points 10

Hoisin Chicken and Broccoli Stir Fry

Chicken tenders stir fried in sesame oil and combined with hoisin sauce, sherry, orange juice, garlic, ginger, broccoli and water chestnuts.

Cal: 246; Fat 10g; Sat. Fat 1.0g; Points 6

Beef Fajitas

Sirloin steak seared in a hot skillet and served with fajita seasoned red bell peppers and onions. Served in a flour or whole wheat tortilla and garnished with salsa and low fat sour cream.

Cal: 407; Fat 14.2g; Sat. Fat: 4.3g; Points 9

Baked Rigatoni with Beef

Ground round beef oven baked in tomato sauce, low-fat mozzarella and Parmesan cheese.

Cal: 305; Fat 9.6g; Sat. Fat: 4.3g; Points 7

Filet Mignon with Rosemary Port Wine Sauce

Beef tenderloin steaks seasoned with garlic and seared in a hot skillet and served in a sauce of port wine and rosemary.

Cal: 158; Fat 7.8g; Sat. Fat 3.2g; Points 4

Chicken Enchilidas

Shredded chicken breasts, light cheddar cheese and jalapeno chilies wrapped in corn tortillas and baked in a spicy tomato sauce.

Cal: 350; Fat 10g; Sat. Fat 4.5g; Points 8

Chipotle Turkey Tacos

Ground turkey browned with onions and garlic and combined with chipotle chilies in adobo sauce and tomatoes. Served in a flour or whole wheat taco and garnished with low fat Mexican cheese and salsa.

Cal: 419; Fat 10g; Sat. Fat 2.3g; Points 9

Filet Mignon with Mushroom Wine Sauce

Beef tenderloin steak seasoned and seared in a hot skillet and served in a sauce of shitake mushrooms, red wine and fresh thyme.

Cal: 210; Fat 10.7g; Sat. Fat 3.6g; Points 6

Beef Stuffed Peppers

Red bell peppers stuffed with ground sirloin, onion, parsley, brown rice and Parmesan cheese. Oven baked in a tomato-basil and red wine sauce.

Cal: 347; Fat 7.9g; Sat. Fat 3.9g; Points 8

Balsamic Marinated Flank Steak

Lean beef flank steak marinated with balsamic vinegar, olive oil and red onion. Broiled to your taste.

Cal: 316; Fat 13.4g; Sat. Fat 5.6g; Points 7

BEEF ENTREES

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PORK ENTREES

Pork Au Poivre

Pork tenderloin coated with crushed black peppercorns seared in a hot skillet and served in a red wine sauce.

Cal: 162; Fat 5.7g; Sat. Fat 1.3g; Points 4

Breaded Pork Cutlets

Boneless pork chops coated in a light breading with sage and pan seared.

Cal: 245; Fat 8g; Sat. Fat 2.2g; Points 6

Roast Pork Loin with Apricot Orange Glaze

Lean pork loin roasted and glazed with lemon, apricot and orange juice.

Cal: 350; Fat 9g; Sat. Fat 2.5g; Points 8

Roast Pork Tenderloin with Spicy Honey Glaze

Pork tenderloin seared in a hot skillet and roasted with a glaze of honey, lime juice, cumin and chipotle chilies in adobo sauce.

Cal: 370; Fat 9g; Sat. Fat 2.5g; Points 8

Pork Tenderloin Kebabs

Pork tenderloin sliced and marinated in pineapple and lime juice, fresh ginger and Chinese 5 spice powder and grilled on a skewer with fresh pineapple and red onion.

Cal: 247; Fat 5.9g; Sat. Fat 1.7g; Points 5

Asian Pork and Broccoli Stir Fry

Pork tenderloin stir-fried in a sauce of mango chutney, bean sprouts, broccoli, garlic and water chestnuts.

Cal: 349; Fat 9.7g; Sat. Fat: 2.2g; Points 8

Pork, Cashew and Green Bean Stir Fry

Pork tenderloin stir-fried with green beans, sesame oil, ginger, and garlic, garnished with cashews. Great served over white or brown rice.

Cal: 349; Fat 9.7g; Sat. Fat: 2.2g; Points 8

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FISH ENTREES

Mushroom, Shrimp & Brown Rice Skillet

Shrimp sautéed in olive oil and garlic and combined with sautéed mushrooms, spinach and brown rice.

Cal: 384; Fat 9.1g; Sat. Fat 3.3g; Points 8

Shrimp, Asparagus and Penne Pasta

Asparagus, onion, garlic and shrimp sautéed and simmered in a sauce of tomatoes and oregano and combined with penne pasta and Parmesan cheese.

Cal: 292; Fat 7g; Sat. Fat 2g; Points 6

Shrimp and Snow Pea Stir-Fry

Shrimp stir-fried in a sauce of ginger, soy sauce, garlic, onion, red bell pepper, and snow peas and garnished with toasted sesame seeds.

Cal: 274; Fat 7.1g; Sat. Fat 1.2g; Points 5

Salmon with Peach Mango Salsa

Fresh salmon filets baked in a sauce of fresh peaches, mango, red onion, yellow bell pepper, tomato, garlic and jalapeno pepper.

Cal: 238; Fat 6.0g; Sat. Fat 1.0g; Points 5

Baked Salmon with Lemon and Dill

A classic dish enjoyed by most! Salmon filets seasoned with lemon juice and fresh dill and oven baked.

Cal. 229; Fat 9.0g; Sat. Fat 1.0g; Points 5

Pan Fried Flounder

Flounder filets lightly coated with eggs, flour, chives and hot sauce and pan-sautéed. Great served with oven baked potatoes and vinegar for a low-fat version of English fish and chips!

Cal: 271; Fat 8.1g; Sat. Fat 1.7g; Points 6

Spiced Pan Seared Salmon

Salmon filets seasoned with salt, pepper, chili powder and cinnamon and pan seared.

Cal: 292; Fat 9.0g; Sat. Fat 1.0g; Points 7

Pecan Crusted Tilapia

Pan seared tilapia filets lightly coated with breadcrumbs, pecans and garlic.

Cal: 302; Fat 9.1g; Sat. Fat 1.1g; Points 7

Baked Tilapia with Tomatoes and Olives

Tilapia filets combined with tomatoes, red onion, thyme, red pepper flakes, garlic and lime juice are oven baked and garnished with green olives.

Cal. 226; Fat 10.0g; Sat. Fat 1.0g; Points 5

Mediterranean Sole

Sole baked over sliced potatoes coated with lemon and oregano and topped with feta cheese and black olives.

Cal: 245; Fat 6; Sat. Fat 3.0g; Points 5

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VEGETARIAN ENTREES

Colorful Stuffed Peppers

Red, yellow, orange and green bell peppers stuffed with brown or white rice, low-fat mozzarella cheese and peas and oven baked.
Cal: 250; Fat 5.0; Sat. Fat 2.5g; Points 5

Skillet Roasted Pepper Lasagna

Oven baked lasagna layered with green bell pepper, onion, roasted bell peppers, garlic, light cottage cheese, and spinach in a marinara sauce and garnished with fresh Parmesan cheese, low-fat mozzarella and fresh basil.
Cal: 335; Fat 8.2g; Sat. Fat 4.8g; Points 7

Stuffed Bell Peppers with Black Beans and Corn

Oven baked green bell peppers stuffed with brown rice, jalapeno chili peppers, garlic, tomatoes, black beans, corn, light cheddar cheese, cilantro and black pepper.
Cal: 350; Fat 5.0; Sat. Fat 2.6g; Points 7

Vegetable Lasagna

Oven baked lasagna layered with red bell pepper, mushrooms, zucchini, carrots, red onions, low-fat ricotta cheese and pesto in a tomato basil sauce and garnished with low-fat mozzarella cheese.
Cal: 328; Fat 10.9g; Sat. Fat 5.4g; Points 7

Greek Style Stuffed Eggplant

Eggplant cut in half and stuffed with onion, tomato, white wine, garlic, feta cheese, parsley, salt and pepper, and seasoned bread crumbs oven baked and garnished with fresh Parmesan cheese.
Cal: 250; Fat 8.4; Sat. Fat 5.1g; Points 6

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HEALTHY LIFESTYLE SIDE DISHES

- Green Beans with Crushed Walnuts
- Lemon Green Beans
- Sautéed Scallions, Mushrooms & Asparagus
- Swiss Chard with Garlic
- Apple Glazed Carrots with Bacon
- Broccoli and Carrots with Toasted Almonds
- Lemon Thyme Peas
- Zucchini with Edamame and Tomatoes
- Sautéed Zucchini, Tomatoes and Peppers
- Bell Pepper Sauté
- Mixed Green Salad with your choice of homemade dressing
- Broccoli Salad
- Corn Salad
- Brown Rice Pilaf
- Dressed Up Rice
- Wild Rice Pilaf
- Whole Wheat Couscous
- Quinoa Pilaf
- French Herb Quinoa
- Basmati Rice with Pecans
- New Potatoes with Sugar Snap Peas
- Oven Roasted French Fries
- Oven Roasted Sweet Potatoes
- Orzo, Tomato and Zucchini Toss



A PERSONAL
CHEF SERVICE

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