

# M E N U E X P R E S S RESTAURANT DELIVERY

985-875-7700

<http://www.menuexpressdelivery.com>

## Palmisano's Catering and Cafe

### ALL ITEMS ARE GLUTEN FREE

#### Appetizers

1. Onion Rings \$6.50  
*Thin sliced hand battered and served with ranch*
2. Thai Shrimp Salad \$10.00  
*Thai glazed grilled shrimp, mixed greens, cherry tomatoes, cucumber, house made croutons, and balsamic vinaigrette.*
3. Chicken Caesar Salad \$10.00  
*Romaine lettuce, Parmesan cheese, house-made croutons, caesar dressing.*
4. Corn & Crab Bisque \$8.00  
*Crab, roasted corn, heavy cream, fresh herbs and spices, cream sherry.*

#### Sandwiches

*Includes Fries or Salad. Sub Onion Rings \$2.00*

5. Chicken Sandwich \$11.00  
*Buttermilk marinated chicken, grilled or fried, served on a garlic buttered bun with lettuce tomato and pickle*
6. Double Cheese Burger \$11.00  
*Two house made burgers, char grilled, and served on a garlic buttered bun topped with cheddar cheese*
7. Crab Grilled Cheese \$13.00  
*Sauteed crab meat, roasted garlic, brie cheese, roasted tomato aioli.*

#### Chef Specialties

8. Eggplant Lasagna \$11.00  
*Pasta, sliced eggplant, sliced zucchini layered with tomato basil cream sauce, served with a house salad*
9. Buttermilk Chicken Strips \$11.00  
*Buttermilk fried chicken strips paired with our three cheese mac and cheese*
10. Crab Cakes \$15.00  
*Sauteed crab cakes topped with garlic butter, served with garlic parmesan asparagus and mashed potatoes*
11. Shrimps & Grits \$15.00  
*Grilled shrimp tossed in a lemon butter barbecue sauce and served with roasted corn grits*
12. Shrimp and Catfish Platter \$17.00  
*Fried shrimp and catfish served with fries and bisque*
13. Grilled Seafood \$17.00  
*Blackened redfish, grilled, shrimp, crabcake topped with creole butter sauce and served with Brussel sprouts and mashed potatoes.*

#### Keto Entrees

### Meal Prep!- Low Carb Options

*We use fresh, local ingredients whenever possible. We offer weekly meal preps, a gluten free menu and a variety of other options to savor your tastebuds 10 meals for \$90, 5 meals for \$45, 3 meals for \$30 Please call to verify the weekly plans available for week you are ordering (985)900-2350 Click on Week # to order.*

### Quarantine Meal Prep- Low Carb Options

*Choose from #1 Cracked Pepper Tuna : #2 Barbeque Shrimp : #3 Pecan Crusted Chicken : #4 Chicken Picatta : #5 Hamburger Steak : #6 Shredded Pork Loin : #7 Redfish Creole : #8 Baked Chicken*

- #1 Cracked Pepper Tuna  
*Cracked pepper seared tuna served with creamed spinach and blasamic brussel sprouts. 4 Net Carbs, 14g Fat, 31g Protein, 350 Calories*
- #2 BBQ Shrimp  
*Grilled shrimp tossed in homemade abita barbecue glaze served with broccoli and cauliflower rice. 4 Net Carbs, 9g Fat, 28g Protein, 320 Calories*
- #3 Pecan Crusted Chicken  
*Pecan crusted chicken breast, topped with honey garlic glaze, served with broccoli and spaghetti squash. 5 Net Carbs, 22g Fat, 46g Protein, 495 Calories*
- #4 Chicken Picatta  
*Sauteed Chicken, mushrooms, artichoke hearts, and capers tossed in lemon butter sauce served over spaghetti squash and a side salad. 3 Net Carbs, 18g Fat, 31g Protein, 356 Calories*
- #5 Hamburger Steak  
*Hamburger steak served with grilled onions and gravy served with smothered green beans and crumbled bacon 4 Carbs, 11g Fat, 37g Protein, 390 Calories*
- #6 Shredded Pork Loin  
*Shredded pork loin topped with homemade BBQ sauce served with creamed spinach and spaghetti squash. 4 Carbs, 14g Fat, 30g Protein, 390 Calories*
- #7 Redfish Creole  
*Sauteed red fish simmered with lemon juice, tomato and cajun spices served with cauliflower rice and brussel sprouts. 3 Carbs, 16g Fat, 28g Protein, 325 Calories*
- #8 Baked Chicken  
*Marinated leg quarter topped with herbed*

### Catering

*Requires 24hr notice*

- Appetizers
- Gumbos & Soups
- Salads
- Sides
- Entrees
- Desserts

14. Balsamic Salmon \$11.00  
Balsamic infused salmon, pan seared and topped with balsamic reduction. Served with honey butter haricot verts
15. Lasagna Bolognese \$11.00  
Homemade meat sauce and mozzarella layered between palmini noodles and baked golden brown. served with side salad
16. Roast Beef and Gravy \$11.00  
Slow roasted roast beef simmered in homemade gravy served with cauliflower mashed potatoes.
17. Lettuce Wrap \$11.00  
Grilled chicken or redfish, cabbage slawm crisp lettuce wrap, and balsamic glaze. served with roasted veggies
18. Chicken Piccata (Low Carb) \$12.00  
Thinly sliced chicken breast sauteed with garlic, fresh herbs, lemon, mushrooms and artichokes, served over zucchini noodles
19. Shrimp and Crab Alfredo \$12.00  
Sauteed shrimp and lump crab tossed with homemade alfredo sauce, served zucchini noodles, topped with Parmesan cheese

### Sides

20. French Fries \$3.00  
Generous portion of fries served with ketchup
21. Side Salad \$5.00  
Lettuce, cherry tomato, cucumber and homemade croutons served with your choice of dressing; Caesar, Italian, Blue Cheese, Ranch, Balsamic
22. Blazing Brussel Sprouts \$5.00  
Fresh brussel sprouts pan seared and tossed with a sweet and spicy glaze.
23. Garlic Parmesan Asparagus \$5.00
24. Cauliflower Mashed Potatoes \$5.00  
Roasted cauliflower blended with butter, garlic, fresh herbs and cream to make an excellent replacement for mashed potatoes
25. Sauteed Red Potatoes \$5.00  
Diced potatoes sauteed with garlic butter, herbs ad house seasoning
26. Roasted Corn Grits \$5.00  
Corn grit simmered with roasted corn, parmesan cheese, fresh herbs, spices and cream
27. Mac and Cheese \$5.00  
Pasta tossed in homemade four cheese sauce

### Desserts

28. Blueberry Bread Pudding \$5.00  
A New Orleans Tradition, fresh baked blueberry bread pudding topped with white chocolate amaretto sauce.
29. Chocolate Truffle Tart \$6.00  
Chocolate brownie crust with chocolate ganache center
30. Cheesecake \$6.50  
Home made graham cracker crust, vanilla bean cheesecake, topped with caramel sauce

### Drinks

32. Can Drinks \$1.50  
Coke, Coke Zero, & Sprite
33. Fresh Brewed Tea \$2.00  
Sweetened or Unsweetened.
34. Bottled Water \$1.00

butter and served with loaded mashed cauliflower 5 Carbs, 15g Fat, 33g Protein, 380 Calories

## Week #1 Meal Prep!- Low Carb Options

**Choose from #1 Balsamic Glazed Shrimp : #2 Shrimp En Brouchette : #3 Chicken Mozzarella : #4 Sirloin Fajita Wraps : #5 Chicken Piccata : #6 Crab**

### Cakes

**#1 Buffalo Shrimp Lettuce Cups..**  
Grilled shrimp tossed in spicy buffalo sauce topped with feta, grilled onion, shaved celery and ranch. Served with lettuce cups and brussel sprouts. 3 Carbs, 15g Fat, 25g Protein, 380 Calories

### #2 Chicken Stir-fry

House made rotisserie style chicken, asparagus, green beans and mushrooms tossed in a spicy honey garlic glaze. 4 Carbs, 12g Fat, 32g Protein, 358 Calories

### #3 Stuffed Sirloin Wraps

Sliced sirloin wrapped with cheddar, asparagus and grilled onion topped with marsala wine sauce served over zucchini noodles. 5 Carbs, 18g Fat, 33g Protein, 390 Calories

### #4 Taco Stuffed Zucchini Boat

Ground beef simmered in homemade taco seasoning, stuffed in a zucchini log and topped with tomatoes and cheddar baked in the oven, served with shredded lettuce and sour cream. 5 Carbs, 24g Fat, 38g Protein, 485 Calories

### #5 Chicken Piccata

Sauteed chicken, mushrooms, artichoke hearts and capers tossed in lemon butter sauce, served over spaghetti squash and a side salad. 3 Net Carb, 18g Fat, 31g Protein, 356 Calories

### #6 Crab Cakes

Sauteed crab cakes topped with lemon butter served with broccoli and a side salad. 4 Net Carbs, 18g Fat, 23g Protein, 377 Calories

### #7 Crawfish Etouffee

Saut ed crawfish tails with cajun spices tossed in white wine, stewed tomatoes and a garlic butter sauce, served over cauliflower rice. Served with roasted vegetables. 5 Carbs, 15g Fat, 21g Protein, 390 Calories

### #8 Roast Beef and Gravy

Slow simmered roast beef pulled apart and topped with natural gravy and served with mashed cauliflower. 4 Carbs, 20g Fat, 27g Protein, 450 Calories

## Week #2 Meal Prep!- Low Carb Options

**Choose From #1 Pulled Pork Nachos : #2 Chicken Parmesan: #3 Marinated Lump Crab Salad : #4 Shrimp Creole : #5 Cowboy Butter Chicken #6 Fire Cracker Shrimp #7 Stuffed Turkey Breast #8 Steak Chimichurri**

### #1 Pulled Pork Nachos

Slow simmered barbecue pork filled bell peppers topped with grilled onion and cheddar cheese, broiled in oven. Served

## **Kid's Meals**

**Served with chips and a drink.**

*with creole cabbage slaw. 4 Carbs, 14g Fat, 38g Protein, 340 Calories*

### **#2 Chicken Parmesan**

*Chicken Tenders coated with parmesan cheese and seared in a pan with garlic butter over a bed of zucchini noodles tossed in homemade tomato sauce. 5 Carbs, 18g Fat, 35g Protein, 435 Calories*

### **#3 Marinated Lump Crab Salad**

*Lump Crab marinated in olive oil, lemon, shallot wine reduction, garlic and braised onions over a bed of mixed greens, roasted artichoke hearts and cherry tomato. 2 Carbs, 8g Fat, 18g Protein, 190 Calories*

### **#4 Shrimp Creole**

*Gulf Shrimp simmered in tomatoes, white wine butter sauce with Louisiana spices served over cauliflower rice. Includes a side spinach salad. 4 Carbs, 15g Fat, 32g Protein, 350 Calories*

### **#5 Cowboy Butter Chicken**

*Chicken strips sautéed in a lemon sriracha butter sauce served over diced zucchini noodles and shaved Brussels sprouts. 5 Carbs, 15g Fat, 35g Protein, 330 Calories*

### **#6 Fire Cracker Shrimp**

*Gulf Shrimp sautéed in a spicy Thai style glaze served over brussel sprouts and glazed french beans. 5 Carbs, 12g Fat, 30g Protein, 300 Calories*

### **#7 Stuffed Turkey Breast**

*Spinach, artichoke and feta cheese stuffed house smoked turkey breast served with creamy mashed cauliflower and smothered green beans. 3 Carbs, 14g Protein, 35g Protein, 380 Calories*

### **#8 Steak Chimichurri**

*Pan seared strip loin topped with homemade chimichurri sauce served with steamed broccoli and creamed spinach. 3 Carbs, 22g Fat, 28g Protein, 455 Calories*

## **Week #3 Meal Prep!- Low Carb Options**

**Choose from: #Cracked Pepper Tuna :**

**#2 Mahi Mahi Tacos-Lettuce Wraps : #3**

**Steak Caprese Wrap : #4 Stuffed**

**Chicken Breast : #5 Teriyaki Glazed**

**Chicken : #6 Crab Cakes**

### **#1 Balsamic Glazed Salmon**

*Fresh balsamic infused seared salmon topped with honey balsamic glaze, served with Smashed parmesan brussel sprouts. 4 Carbs, 18g Fat, 34g Protein, 400 Calories*

### **#2 Chicken Bruschetta**

*Thinly sliced grilled chicken topped with diced tomato, garlic, basil and parmesan cheese. Served over french onion zucchini bake. 4 Carbs, 15g Fat, 40g Protein, 325 Calories*

### **#3 Stuffed Mushrooms**

*Crab stuffed crimini mushrooms topped with garlic cream, served with stir fried vegetables. 4 Carbs, 18g Fat, 23g Protein, 350 Calories*

### **#4 Cheese Burger Sliders**

*Two grilled burgers topped with cheddar cheese, served with lettuce and pickles,*

*includes a side of loaded mashed cauliflower. 5 Net Carbs, 21g Fat, 43g Protein, 450 Calories*

#### #5 Chicken Enchiladas

*Shredded chicken simmered in homemade enchilada sauce wrapped in thinly sliced zucchini and topped with cheddar cheese and enchilada sauce. Includes a side salad. 5 Carbs, 15g Fat, 23g Protein, 330 Calories*

#### #6 Shrimp and Crab Alfredo

*Sautéed Gulf shrimp, lump crab meat and New Orleans seasonings simmered in sherry cream sauce tossed in zucchini noodles. 4 Carbs, 15g Fat, 17g Protein, 355 Calories*

#### #7 Air Fried Turkey Breast

*Marinated air fried turkey breast sliced over a bed of smothered cabbage, topped with turkey gravy. Served with a side salad. 4 Carbs, 15g Fat, 35g Protein, 370 Calories*

#### #8 Steak Fajitas

*Grilled skirt steak, onions, mushrooms and bell peppers tossed in homemade fajita seasoning and served with Mexican style cauliflower rice and a salad. 4 Carbs, 21g Fat, 30g Protein, 400 Calories*

### **Week #4 Meal Prep!- Low Carb Options**

**Choose from: #1 Salmon Lettuce Wraps : #2 stuffed Mushrooms : #3 Chicken parmesan : #4 Stuffed Chicken : #5 Shrimp Stir Fry : #6 Crab Cakes**

#### #1 Salmon Lettuce Wrap

*Blackened Salmon, spicy mango slaw, served with crispy brussel sprouts and asparagus. 4 Net Carbs, 13g Fat, 23g Protein, 350 Calories*

#### #2 Stuffed Mushrooms

*Crab and shrimp stuffed portobello, served with fire roasted vegetables. 5 Net Carbs, 18g Fat, 23g Protein, 397 Calories*

#### #3 Chicken Parmesan

*Mozzarella and parmesan cheese topped chicken, pan seared and then broiled in the oven, served with lemon basil zucchini noodles and spaghetti squash. 5 Carbs, 18g Fat, 35g Protein, 435 Calories*

#### #4 Stuffed Chicken

*Chicken breast stuffed with spinach and artichokes and served with ratatouille and crispy brussel sprouts. 4 Net Carbs, 14g Fat, 42g Protein, 390 Calories*

#### #5 Shrimp Stir Fry

*Sautéed shrimp with fresh vegetables tossed in a homemade teriyaki glaze, served with broccoli and a side salad. 4 Net Carbs, 10g Fat, 34g Protein, 340 Calories*

#### #6 Crab Cakes

*Sautéed crab cakes topped with lemon butter served with crab bisque and a side salad. 5 Net Carbs, 18g Fat, 23g Protein, 440 Calories*

### **Week #5 Meal Prep!- Low Carb Options**

**Choose From: #1 Pecan Crusted Chicken : #2 Grilled Sirloin : #3**

**Parmesan crusted Mahi Mahi : #4**  
**Cheese Burger : #5 Chicken Piccata: #6**  
**Barbecue Shrimp**

60. 3 Meals Prep of Week 5 \$30.00

Options

61. 5 Meals Prep of Week 5 \$45.00

Options

62. 10 Meals Prep of Week 5 \$90.00

Options

**#1 Pecan Crusted Chicken**

*Pecan crusted chicken breast, topped with honey garlic glaze, served with broccoli and spaghetti squash. 5 Net Carbs, 22g Fat, 46g Protein, 495 Calories*

**#2 Grilled Sirloin**

*Grilled sirloin topped with parmesan butter served with ratatouille and a side salad. 5 Net Carbs, 16g Fat, 46g Protein, 440 Calories*

**#3 Parmesan Crusted Mahi Mahi**

*Parmesan Crusted Mahi Mahi seared and served with crispy brussels sprouts and garlic cauliflower mash. 4 Net Carbs, 14g Fat, 31g Protein, 350 Calories*

**#4 Cheese Burger**

*Grilled Homemade burger topped with cheddar cheese, served with garlic cauliflower mash and a side salad. 5 Net Carbs, 21g Fat, 43g Protein, 485 Calories*

**#5 Chicken Piccata**

*Sauteed Chicken, mushrooms, artichoke hearts, and capers tossed in lemon butter sauce served over spaghetti squash and a side salad. 3 Net Carbs, 18g Fat, 31g Protein, 356 Calories*

**#6 Barbecue Shrimp**

*Grilled shrimp tossed in homemade abita barbecue glaze served with broccoli and cauliflower rice. 4 Net Carbs, 9g Fat, 28g Protein, 320 Calories*

**Week #6 Meal Prep!- Low Carb Options**

**Choose From: #1 Roasted Garlic Dijon Salmon : #2 Lasagna Bolognese: #3 Shrimp Stuffed Jalapenos: #4 Tuscany Chicken: #5 Shrimp Scampi #6 French Onion Stuffed Chicken #7 Roasted Beef Tips #8 Cobb Salad**

**#1 Roasted Garlic Dijon Salmon**

*Pan seared salmon topped with a Dijon garlic butter sauce served over asparagus and brussel sprouts simmered in a white wine parmesan cream reduction. 3 Carbs, 16g Fat, 28g Protein, 325 Calories*

**#2 Lasagna Bolognese**

*Thin sliced egg plant, and squash layered with fresh mozzarella and homemade tomato meat bolognese sauce. Served with a side salad. 6 Carbs, 18g Fat, 26g Protein, 390 Calories*

**#3 Shrimp Stuffed Jalapenos**

*Jalapenos stuffed with mozzarella, shrimp and garlic butter, wrapped with bacon and broiled in oven. Served with steamed broccoli. 3 Carbs, 12g Fat, 21g Protein, 375 Calories*

**#4 Tuscany Chicken**

*Chicken strips, mushrooms, onions, tomatoes, asparagus, green beans and fresh spinach sautéed in avocado oil and*

*simmered in a sherry cream reduction. 3 Carbs, 16g Fat, 31g Protein, 385 Calories*

#### #5 Shrimp Scampi

*Gulf shrimp marinated with garlic and lemon zest, tossed in a white wine butter sauce, served over zucchini noodles and sautéed spinach. 4 Carbs, 14g Fat, 34g Protein, 350 Calories*

#### #6 French Onion Stuffed Chicken

*Chicken breast stuffed with caramelized onion and provolone cheese, simmered in homemade french onion soup. served with mashed cauliflower and smothered green beans. 5 Carbs, 15g Fat, 40g Protein, 410 Calories*

#### #7 Roasted Beef Tips

*Filet Mignon steak tips roasted with onions and mushrooms and tossed in a Marsala demi glace, served with mashed cauliflower and asparagus. 4 Carbs, 15g Fat, 43g Protein, 430 Calories*

#### #8 Cobb Salad

*House smoked turkey, boiled egg, iceberg lettuce, cucumber, cherry tomatoes and cheddar cheese served with creamy Italian dressing. 3 Carbs, 10g Fat, 20g Protein, 300 Calories*

### **Week #7**

**Choose From; #1 Steak Medallions : #2**

**Herb Crusted Chicken : Salad : #3**

**Citrus Salmon : #4 Chicken En**

**Brochette : #5 Crab Stuffed Shrimp : #6**

#### **Blackened Redfish**

##### #1 Cheese Steak Stuffed Pepper

*Sliced ribeye grilled with onions and peppers stuffed inside of a bell pepper and topped with provolone cheese. Served with a side salad. 4 Carbs, 20g Fat, 27g Protein, 410 Calories*

##### #2 Shrimp Skewers

*Lemon and garlic marinated shrimp, grilled on a skewer and topped with bourbon glaze, served with roasted vegetables. 3 Carbs, 14g Fat, 22g Protein, 375 Calories*

##### #3 Stuffed Pork Tenderloin

*Pork tenderloin stuffed with spinach, artichoke hearts and brie cheese, roasted in air fryer, served with smothered cabbage and mashed cauliflower. 5 Carbs, 15g Fat, 31g Protein, 390 Calories*

##### #4 Citrus Salmon

*Pan seared fresh salmon topped with a citrus marinade served with cauliflower risotto and sautéed spinach. 3 Carbs, 17g Fat, 30g Protein, 420 Calories*

##### #5 Stuffed Chicken Breast

*Crab and shrimp stuffed chicken breast, served with green bean casserole. 5 Carbs, 14g Fat, 42g Protein, 395 Calories*

##### #6 Buffalo Skillet Chicken

*Chicken breast simmered in homemade buffalo sauce and served over zucchini noodles and crispy Brussels sprouts. 4 Carbs, 11g Fat, 37g Protein, 390 Calories*

##### #7 Parmesan Crusted Mahi

*Parmesan crusted mahi mahi baked and topped with cream sauce, served with roasted brussel sprouts and oven roasted cabbage. 4 Net Carbs, 21g Fat, 40g Protein, 450 Calories*

### #8 Sirloin Fajita Wrap

Thin sliced sirloin stuffed with mushrooms, onions and bell pepper and cheese, grilled with butter sauce and served with roasted vegetables and creamed spinach. 5 Carbs, 16g Fat, 34g Protein, 400 Calories

## **Week #8**

**Choose from #1 Barbecue Ribs, #2 Cabbage Rolls, #3 Buffalo Wings, #4 Honey Almond Chicken Wrap, #5 Pepperoni Pizza, #6 Shrimp Kickers, #7 Lump Crab Mahi, #8 Steak Au Poivre**

### #1 Barbecue Ribs

Marinated baby back ribs baked and chargrilled and basted with homemade barbecue sauce, served with cauliflower mac and cheese. 4 Carbs, 24g Fat, 22g Protein, 380 Calories

### #2 Cabbage Rolls

Cabbage leaves stuffed with fresh ground beef and seasoning topped with homemade tomato sauce, served with sauteed vegetables and braised carrot. 6 Carbs, 16g Fat, 25g Protein, 340 Calories

### #3 Buffalo Wings

Chicken wings marinated, air fried and tossed with homemade buffalo sauce, served with broccoli ranch casserole. 4 Carbs, 17g Fat, 24g Protein, 370 Calories

### #4 Honey Almond Chicken

Chicken tenders tossed in honey garlic glaze topped with toasted almonds and served with cauliflower mac and cheese and lettuce cups. 5 Carbs, 14g Fat, 30g Protein, 350 Calories

### #5 Pepperoni Pizza

Sliced zucchini topped with homemade pizza sauce, fresh mozzarella and pepperoni, baked in oven and served with a side salad. 4 Carbs, 22g Fat, 25g Protein, 370 Calories

### #6 Shrimp Kickers

Cajun boiled shrimp and cream cheese stuffed cucumbers served over a side salad. 4 Carbs, 20g Fat, 18g Protein, 290 Calories

### #7 Lump Crab Mahi

Sauteed Mahi topped with lump crab cream sauce, served with brussel sprouts and sauteed asparagus. 4 Carbs, 20g Fat, 31g Protein, 400 Calories

### #8 Steak Au Poivre

Whole roasted new york strip thinly sliced and topped with peppercorn cognac butter sauce, served with roasted asparagus. 4 Carbs, 15g Fat, 40g Protein, 410 Calories

## **Week #9**

### #1 Blackened Chicken

Chicken breast coated with blackening seasoning, pan seared and served over zucchini noodles, topped with parmesan cream sauce. 4 Carbs, 15g Fat, 24g Protein, 375 Calories

### #2 Eggplant Rolls

Sliced eggplant stuffed with Italian sausage and Romano cheese and topped with shredded parmesan and tomato marinara broiled in oven, served with a salad. 4 Carbs, 18g Fat, 22g Protein, 385

*Calories*

#3 Stuffed Spaghetti Squash

*Baked Spaghetti squash layered with ground beef, mozzarella cheese and tomato cream and baked in oven, served with roasted broccoli. 5 Carbs, 18g Fat, 25g Protein, 385 Calories*

#4 Glazed Tuna

*Seared Tuna topped with Asian glaze paired with shaved pan fried Brussels sprouts and oven roasted cabbage. 4 Carbs, 16g Fat, 24g Protein, 350 Calories*

#5 Turkey Burger Sliders

*Two grilled burgers topped with bacon, brie and caramelized onions, served with stir fried vegetables and lettuce as the bun. 2 Carbs, 18g Fat, 25g Protein, 340 Calories*

#6 Crab Stuffed Shrimp

*Crab stuffed shrimp broiled in oven and topped with cream sauce, served over creamed spinach. Includes a side salad. 4 Carbs, 17g Fat, 38g Protein, 440 Calories*

#7 Jalapeno Chicken

*Mozzarella stuffed chicken that is wrapped with bacon and baked in oven and topped with fresh jalapeno cream sauce, served over cauliflower mushroom risotto. 5 Carbs, 17g Fat, 37g Protein, 400 Calories*

#8 Garlic Ginger Salmon

*Ginger garlic marinated salmon baked in oven, topped with soy ginger glaze served over pan fried shaved Brussels sprouts and roasted cabbage. 4 Carbs, 17g Fat, 26g Protein, 358 Calories*