

Week 1

Week 2

DAY FORMULA MEAL REPLACEMENTS

1

Complete 15g Fruit Frenzy Bar

Ingredients
1 Complete 15g Fruit Frenzy bar
Directions: Grab and go!



PHE 32 MG PRO 15 G KCAL 330

Swirl Strawberry Yogurt Parfait

Ingredients
1 Swirl packet, 2-3 oz water, 76g fresh strawberries
Directions: Combine Swirl packet with water and top with fresh strawberries.

PHE 39.4 MG PRO 15.8 G KCAL 324

Lemon Lime Power Chug

Ingredients
1 Restore Lemon Lime, 1 BetterMilk packet
Directions: Drink to indentation in Restore bottle (above the label), add BetterMilk, shake and enjoy.

PHE 38 MG PRO 25 G KCAL 330

Chocolate Strawberry Smoothie

Ingredients
Ice, 1 Glytactin RTD 15g Chocolate, 76g fresh strawberries
Directions: Combine ingredients in a blender; blend until thoroughly mixed and enjoy.

PHE 41.4 MG PRO 15.8 G KCAL 224

BetterMilk Mexican Horchata

Ingredients
8oz rice milk, 1 BetterMilk packet, ¼ tsp ground cinnamon, ½ tsp vanilla extract
Directions: Combine ingredients in a blender; blend until thoroughly mixed. Place in freezer for 10 minutes, then serve.

PHE 79.8 MG PRO 16.2 G KCAL 297

Banana Smoothie

Ingredients
1 medium banana, 1 Glytactin RTD 15g Chocolate, ice
Directions: Combine ingredients in a blender; blend until thoroughly mixed and serve cold.

PHE 76 MG PRO 16.1 G KCAL 289

BetterMilk Waffles

Ingredients
½ cup water, 1 cup (100g) MixQuick, ½ BetterMilk packet, 2 Tbs syrup, 1 Tbs butter
Directions: Heat waffle iron; grease with vegetable oil or shortening. Stir ingredients in a bowl until blended. Pour onto center of hot waffle iron and close lid. Bake about 5 minutes or until golden brown and crispy. Carefully remove waffle and serve with butter and syrup. NOTE: Each waffle (without syrup/butter) delivers 7.7g of protein equivalent.

PHE 23.5 MG PRO 7.8 G KCAL 681

Island Smoothie

Ingredients
1 BetterMilk packet (or BetterMilk Lite for less calories), ½ cup pineapple chunks, ¼ cup ginger ale, ½ cup ice
Directions: Combine ingredients in a blender; blend until thoroughly mixed and enjoy.

PHE 36.6 MG PRO 15.6 G KCAL 228

Complete 10g Fruit Frenzy Bar

Ingredients
1 Complete 10g Fruit Frenzy bar
Directions: Grab and go!

PHE 22 MG PRO 10 G KCAL 220

Low Calorie Power Chug

Ingredients
1 Restore Lite Lemon Lime or 1 Restore Lite Tangerine, 1 BetterMilk Lite packet
Directions: Drink to indentation in Restore Lite bottle (above the label), add BetterMilk Lite, shake and enjoy.

PHE 50 MG PRO 30 G KCAL 220

Complete 15g Peanut Butter Bar

Ingredients
1 Complete 15g Peanut Butter bar
Directions: Grab and go!



PHE 37 MG PRO 15 G KCAL 320

Tangerine Power Chug

Ingredients
1 Restore Tangerine, 1 BetterMilk packet
Directions: Drink to indentation in Restore bottle (above the label), add BetterMilk, shake and enjoy.

PHE 38 MG PRO 25 G KCAL 330

Complete 10g Peanut Butter Bar

Ingredients
1 Complete 10g Peanut Butter bar
Directions: Grab and go!

PHE 24 MG PRO 10 G KCAL 210

Very Berry Smoothie

Ingredients
⅓ cup strawberries, ½ cup raspberries, ¼ cup water, 1 Tbs sugar, ½ cup ice, 1 BetterMilk packet (or BetterMilk Lite for less calories)
Directions: Combine ingredients in a blender; blend until thoroughly mixed and enjoy.



PHE 63.4 MG PRO 16.6 G KCAL 273



Nutrient Data / Shopping List

Cambrooke Product	Serving Size	Phe, mg	Pro, g	Calories	Grocery Item	Serving Size	Phe, mg	Pro, g	Calories
<input type="checkbox"/> BetterMilk*	1 packet	23	15	160	<input type="checkbox"/> Apples, raw	138g	7	0.3	81
<input type="checkbox"/> BetterMilk Lite*	1 packet	35	20	150	<input type="checkbox"/> Applesauce, unsweetened	122g	6	0.2	52
<input type="checkbox"/> Complete 10g Fruit Frenzy*	1 bar	22	10	220	<input type="checkbox"/> Bananas	100g	49	1.1	89
<input type="checkbox"/> Complete 10g Peanut Butter*	1 bar	24	10	210	<input type="checkbox"/> Butter	1 Tbs	6	0.1	101
<input type="checkbox"/> Complete 15g Fruit Frenzy*	1 bar	32	15	330	<input type="checkbox"/> Carrots, raw	52g	18	0.6	24
<input type="checkbox"/> Complete 15g Peanut Butter*	1 bar	37	15	320	<input type="checkbox"/> Celery, raw	60g	11	0.4	10
<input type="checkbox"/> Glytactin RTD 15g Chocolate*	1 tetra	27	15	200	<input type="checkbox"/> Cucumber, raw	52g	8	0.3	7
<input type="checkbox"/> Restore Lemon Lime*	1 bottle	15	10	170	<input type="checkbox"/> Frozen French Fries, baked	25g	38	0.9	82
<input type="checkbox"/> Restore Tangerine*	1 bottle	15	10	170	<input type="checkbox"/> Generic Nondairy Creamer	60g	12	0.0	40
<input type="checkbox"/> Restore Lemon Lime Lite*	1 bottle	15	10	70	<input type="checkbox"/> Ginger Ale	16oz	0	0	166
<input type="checkbox"/> Restore Tangerine Lite*	1 bottle	15	10	70	<input type="checkbox"/> Grape Jelly	1 Tbs	0	0	54
<input type="checkbox"/> Swirl*	1 packet	25	15	300	<input type="checkbox"/> Grapes	46g	6	0.3	29
<input type="checkbox"/> American Cheese Singles	1 slice	20	0.4	35	<input type="checkbox"/> Ground Cinnamon	2g	3.7	0.1	6
<input type="checkbox"/> Apple Breakfast Bars	1 bar	22	0.4	210	<input type="checkbox"/> Iceberg Lettuce, shredded	72g	16.6	0.6	10
<input type="checkbox"/> Aproten Penne	62g dry	17	0.3	215	<input type="checkbox"/> Italian Dressing	1 Tbs	4	0.1	69
<input type="checkbox"/> Aproten Spaghetti	62g dry	17	0.3	215	<input type="checkbox"/> Ketchup	1 Tbs	7	0.3	16
<input type="checkbox"/> Artisan Bread	⅓ roll, 52g	6	0.3	130	<input type="checkbox"/> Maple Syrup	1 Tbs	0	0	50
<input type="checkbox"/> Bagel Bars French Toast	1 bagel	23	0.5	140	<input type="checkbox"/> Mushroom, raw	18g	14	0.4	4
<input type="checkbox"/> Blueberry Breakfast Bars	1 bar	21	0.4	220	<input type="checkbox"/> Onion, raw	40g, ¼ cup	12	0.5	14
<input type="checkbox"/> Brooklyn Dog Buns	1 bun	9	0.3	250	<input type="checkbox"/> Pineapple, canned	½ cup	13.6	0.6	40
<input type="checkbox"/> Brooklyn Dogs	1 dog	27	0.5	80	<input type="checkbox"/> Ranch Dressing	1 Tbs	15	0.3	79
<input type="checkbox"/> Camburger Buns	1 bun	6	0.3	200	<input type="checkbox"/> Raspberries, frozen	¼ cup	13	0.4	17.5
<input type="checkbox"/> Camburgers	1 burger	50	1.3	90	<input type="checkbox"/> Rice Milk	½ cup	25	0.5	60
<input type="checkbox"/> Cheddar Shreds	30g	37	0.7	80	<input type="checkbox"/> Rich's Nondairy Creamer	2 Tbs	6	0	40
<input type="checkbox"/> Cheddar Wizard	2 Tbs, 28g	36	0.75	70	<input type="checkbox"/> Salsa	1 Tbs	5	0.4	4
<input type="checkbox"/> Cheese Filled Meatballs	2 veggie balls	34	1.2	130	<input type="checkbox"/> Strawberries, fresh	76g	14.4	0.8	24.3
<input type="checkbox"/> Cheese Pizza	1 pizza	44	1	300	<input type="checkbox"/> Strawberries, frozen	109g	13	0.5	22
<input type="checkbox"/> Cheese Ravioli	4 raviolis	17	0.4	120	<input type="checkbox"/> Sugar	4g	0	0	15
<input type="checkbox"/> Chicken Consommé	3g	1	0.4	5	<input type="checkbox"/> Sweet Bell Pepper, raw	50g, ½ cup	13	0.4	13
<input type="checkbox"/> Cinnamon Raisin Swirl Bread	1 slice	14	0.2	140	<input type="checkbox"/> Tomato	91g	21	0.8	17
<input type="checkbox"/> Corny Dogs	1 dog	13	0.3	160	<input type="checkbox"/> Vanilla Extract	1 tsp	0	0	12
<input type="checkbox"/> Eggz	¼ cup (16g)	6	0.1	70	<input type="checkbox"/> Vegetable Oil	1 Tbs	0	0	120
<input type="checkbox"/> Focaccia Sticks Italian Style	1 stick	13	0.3	120					
<input type="checkbox"/> Go Pockets Burrito	1 pocket	26	0.9	230					
<input type="checkbox"/> Go Pockets Cheesy Broccoli	1 pocket	82	2	300					
<input type="checkbox"/> Go Pockets Samosa	1 pocket	42	1	240					
<input type="checkbox"/> HomeStyle Bread	1 slice	5	0.1	130					
<input type="checkbox"/> Jalapeno Cheese Singles	1 slice	20	0.4	35					
<input type="checkbox"/> Marinara Minis	1 marinara cup	26	1	35					
<input type="checkbox"/> Medley Meals Barbecue Bake	1 tray	60	1.9	470					
<input type="checkbox"/> Medley Meals Thai	1 tray	115	2.9	340					
<input type="checkbox"/> Medley Meals Vegetable Masala	1 tray	50	1.6	300					
<input type="checkbox"/> Mini Pockets Pizza	2 pockets	35	0.7	180					
<input type="checkbox"/> MixQuick	100g	6	0.2	400					
<input type="checkbox"/> Mozzarella Shreds	30g	35	0.7	80					
<input type="checkbox"/> Pasta Duets Mac & Cheese	66g dry	25	0.5	230					
<input type="checkbox"/> Pea-Not Butter	2 Tbs, 28g	31	0.65	100					
<input type="checkbox"/> Pierogi	4 pierogi	25	0.4	120					
<input type="checkbox"/> Pita Pockets	½ pita, 45g	5	0.3	120					
<input type="checkbox"/> Pizza Primavera	1 pizza	80	2.5	290					
<input type="checkbox"/> Portabella Spinach Ravioli	4 raviolis	21	0.6	120					
<input type="checkbox"/> Short Grain Rice	50g	11	0.3	180					
<input type="checkbox"/> Swiss Cheese Singles	1 slice	20	0.4	35					
<input type="checkbox"/> The Bigger Bagel Apple Cinn.	1 bagel	34	0.6	170					
<input type="checkbox"/> The Bigger Bagel Garlic	1 bagel	34	0.6	160					
<input type="checkbox"/> The Bigger Bagel Plain	1 bagel	32	0.5	160					
<input type="checkbox"/> Toasted Pierogi	3 pierogis	22	0.4	180					
<input type="checkbox"/> Tortilla Chips Sea Salt	1 bag	3	0.2	145					
<input type="checkbox"/> Tortilla Wraps	1 tortilla	4	0.2	180					
<input type="checkbox"/> Tuscan Pizza Crusts	¼ crust, 52g	5	0.3	130					
<input type="checkbox"/> Tweekz	3 pieces	48	1.2	200					
<input type="checkbox"/> Veggie Meatballs	2 veggie balls	30	1	110					

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DAY

BREAKFAST

LUNCH

DINNER

1

Bigger Bagel w/ Butter & Banana

Ingredients

1 Bigger Bagel (any flavor), 1 medium banana, 2 tsp butter

Directions: Toast Bigger Bagel, spread with butter and serve with banana.

PHE 85 MG PRO 1.6 G KCAL 316

Breakfast Burrito

Ingredients

¼ cup (48g) Eggz, 6-8 Tbs water, 2 Tbs sliced & sautéed onion, 2 Tbs sliced and sautéed peppers, 1 large mushroom sliced and sautéed, 2 Tbs Cheddar or Mozzarella Shreds, 1 Tortilla Wrap

Directions: Combine in bowl Eggz & water. Mix ingredients with fork until blended. Pour the batter onto a lightly greased hot skillet (like a pancake). Top with onions, peppers, mushroom and Cheddar or Mozzarella shreds. Fold over to make omelet & heat until cheese is melted. Place omelet in warmed Tortilla Wrap and wrap.

PHE 82 MG PRO 1.9 G KCAL 484

Quick & Easy Pancakes w/ Syrup

Ingredients

2/3 cup water, 1 cup (100g) MixQuick, 2 Tbs syrup

Directions: Mix the ingredients with a fork until blended. Pour the batter onto a lightly greased hot skillet. Cook until golden, then turn and cook on other side until golden brown.

PHE 6 MG PRO 0.2 G KCAL 500

Veggie & Cheese Omelet

Ingredients

¼ cup (48g) Eggz, 6-8 Tbs water, 2 Tbs sliced & sautéed onion, 2 Tbs sliced and sautéed peppers, 1 large mushroom sliced and sautéed, 2 Tbs Cheddar or Mozzarella Shreds

Directions: Combine in bowl Eggz & water. Mix ingredients with fork until blended. Pour the batter onto a lightly greased hot skillet (like a pancake). Top with onions, peppers, mushroom and Cheddar or Mozzarella shreds. Fold over to make omelet & heat until cheese is melted.

PHE 78 MG PRO 1.7 G KCAL 304

Grab & Go Apple Bar

Ingredients

1 Apple Breakfast Bar, 1 Tbs butter

Directions: Toast or warm & serve with butter.



PHE 28 MG PRO 0.5 G KCAL 311

Cinnamon Raisin Toast w/ Apples

Ingredients

2 slices Cinnamon Raisin Swirl Bread (or 1 to cut calories), 1 Tbs butter or jelly, 138g apple slices

Directions: Toast Cinnamon Raisin Swirl Bread and spread with butter or jelly. Serve with apple slices.

PHE 41 MG PRO 0.8 G KCAL 462

Banana Muffins

Ingredients

2 cups (200g) MixQuick, 2 cups (200g) mashed bananas (2 small), 3/4 cup water, ½ tsp cinnamon

Directions: Mix all the ingredients together in a bowl with a wire whisk. Pour batter into greased muffin tins. Bake until the sides separate from the pan and the muffin tops begin to brown, about 9-10 minutes. Makes 12 servings.

PHE 9 MG PRO 0.2 G KCAL 80

PB&J Sandwich w/ Grapes

Ingredients

2 slices Homestyle Bread, 2 Tbs Pea-Not Butter, 2 Tbs jelly, 46g grapes

Directions: Defrost or toast Homestyle Bread; spread one half with Pea-Not Butter and the other with jelly and combine to make sandwich. Serve with grapes.

PHE 47 MG PRO 1.2 G KCAL 497

Mac & Cheese w/ Cucumbers and Dip

Ingredients

66g dry Pasta Duets - Mac & Cheese, 1/3 cup nondairy creamer, 1/3 Tbs butter, 52g cucumber slices, 1 Tbs ranch dressing

Directions: Boil pasta according to package directions; drain and rinse. Combine pasta with nondairy creamer, butter, and 1/3 seasoning packet. Serve with cucumber slices and ranch dressing for dipping on the side.

PHE 50 MG PRO 1.6 G KCAL 443

Mini Pockets Pizza w/ Carrots, Apples & Chips

Ingredients

2 Mini Pockets Pizza, 52g carrot sticks, 138g apple slices, 1 bag Tortilla Chips Sea Salt

Directions: Prepare Mini Pockets Pizza according to package directions. Serve with Tortilla Chips Sea Salt, apple slices and carrot sticks on the side.

PHE 63 MG PRO 1.8 G KCAL 430

Go Pockets Burrito w/ Chips & Salsa

Ingredients

2 Go Pockets Burrito, 1 bag Tortilla Chips Sea Salt, 2 Tbs salsa

Directions: Prepare Go Pockets Burrito according to package directions. Serve with Tortilla Chips Sea Salt and salsa on the side.

PHE 65 MG PRO 2.8 G KCAL 613

Cheese Ravioli w/ Breadstick

Ingredients

8 Cheese Ravioli, 1 Marinara Mini, 1 Focaccia Stick Italian Style

Directions: Prepare Cheese Ravioli according to package directions; top with Marinara Mini. Serve with a warmed Focaccia Stick Italian Style on the side.

PHE 73 MG PRO 2.1 G KCAL 395

Artisan Bread Sandwich w/ Grapes

Ingredients

1 Artisan Bread, 1 American Cheese Single, 36g shredded iceberg lettuce, 91g tomato slices, 1 Tbs Italian dressing, 46g grapes

Directions: Defrost Artisan Bread and make a partial cut (not all the way through) lengthwise; place American Cheese Single, tomato slices and iceberg lettuce inside and drizzle with Italian dressing. Serve with grapes on the side.

PHE 77 MG PRO 2.8 G KCAL 545

Grilled Cheese & Tomato w/ Apples

Ingredients

2 slices Homestyle Bread, 2 slices American Cheese Singles, 92g tomato slices, 138g apple slices

Directions: Defrost Homestyle Bread; place American Cheese Singles and tomato slices between the Homestyle Bread and grill using a frying pan until Homestyle Bread is toasted. Serve with apple slices on the side.

PHE 78 MG PRO 2.1 G KCAL 428



Toasted Pierogi w/ Salad

Ingredients

3 Toasted Pierogi, 1 Marinara Mini, 72g shredded iceberg lettuce, 26g cucumber slices, 2 Tbs Italian dressing

Directions: Prepare Toasted Pierogi according to package directions; serve with Marinara Mini for dipping and a salad (iceberg lettuce, cucumber slices and Italian dressing).

PHE 77 MG PRO 2.4 G KCAL 367

Spaghetti & Cheese Filled Meatballs

Ingredients

62g Aproten Spaghetti (dry), 2 Cheese Filled Meatballs, 1 Marinara Mini

Directions: Prepare Aproten Spaghetti and Cheese Filled Meatballs according to package directions. Top Aproten Spaghetti with Marinara Mini and Cheese Filled Meatballs.

PHE 77 MG PRO 2.5 G KCAL 380

Cheese Pizza w/ Carrots & Dip

Ingredients

1 Cheese Pizza, 52g carrot sticks, 1 Tbs ranch dressing

Directions: Prepare Cheese Pizza according to package directions. Serve with carrot sticks and ranch dressing for dipping on the side.

PHE 77 MG PRO 1.9 G KCAL 403



Brookelyn Dog w/ French Fries

Ingredients

1 Brookelyn Dog, 1 Brookelyn Dog Bun, 1 Tbs ketchup, 25g frozen french fries

Directions: Prepare Brookelyn Dog and frozen french fries according to package directions. Defrost and warm/toast Brookelyn Dog Bun; place Brookelyn Dog inside and top with ketchup. Serve with french fries on the side.

PHE 81 MG PRO 2 G KCAL 428

Portabella Spinach Ravioli w/ Breadstick

Ingredients

8 Portabella Spinach Raviolis, 1 Marinara Mini, 1 Focaccia Sticks Italian Style

Directions: Prepare Portabella Spinach Ravioli according to package directions; top with Marinara Mini and serve with warmed Focaccia Stick Italian Style on the side.

PHE 81 MG PRO 2.5 G KCAL 395

Make Your Own Pizza Night

Ingredients

1 Tuscan Pizza Crusts, 1 Marinara Minis, 30g Cheddar Shreds

Directions: Defrost/thaw Tuscan Pizza Crust; top with Marinara Mini and Cheddar Shreds. Bake on baking sheet in oven at 425° F for 10-12 minutes.

PHE 83 MG PRO 2.9 G KCAL 635

Cheesy Rice & Veggies w/ Breadstick

Ingredients

50g Short Grain Rice (dry), 1 Tbs water, 1 tsp Chicken Consommé, 60g chopped celery, 52g chopped carrots, 2 Tbs Cheddar Wizard, 1 Focaccia Stick Italian Style

Directions: Prepare Short Grain Rice according to package directions. Sauté celery, carrots, and Chicken Consommé with 1 Tbs water in non-stick frying pan until cooked. Mix together Short Grain Rice with sautéed vegetables, top with warmed Cheddar Wizard, and serve with warmed Focaccia Stick Italian Style on the side.

PHE 90 MG PRO 2.8 G KCAL 409

DAY

BREAKFAST

LUNCH

DINNER

1

Grab & Go Blueberry Bar

Ingredients

1 Blueberry Breakfast Bar, 1 Tbs butter

Directions: Toast or warm & serve with butter.

PHE 27 MG PRO 0.5 G KCAL 321

French Toast Bagel Bar w/ Applesauce

Ingredients

122g unsweetened apple sauce, 1 French Toast Bagel Bar

Directions: Warm French Toast Bagel Bar and serve with unsweetened applesauce.

PHE 29 MG PRO 0.7 G KCAL 192

Fantastic Biscuits & Eggz

Ingredients

¾ cup and 7 Tbs nondairy creamer, ¼ cup (16g) Eggz, 2 cups (200g) MixQuick

Directions: Mix 7 Tbs nondairy creamer & Eggz and put on hot nonstick pan like pancake; flip. For biscuits: Combine MixQuick with ¾ cup nondairy creamer. Bake at 450° F on cookie sheet or in muffin tins for 10-12 minutes. Makes 2 servings.

PHE 38 MG PRO 0.3 G KCAL 625

Plain Toast w/ Apples

Ingredients

2 slices Homestyle bread (or 1 to cut calories), 1 Tbs butter or jelly, 138g apple slices

Directions: Toast Homestyle Bread and top with butter or jelly. Serve with apple slices.

PHE 23 MG PRO 0.6 G KCAL 442

Eggz & Cheese Breakfast Sandwich

Ingredients

¼ cup (16g) Eggz, 7 Tbs nondairy creamer, 1 Cheese Single (any flavor), 2 slices Homestyle Bread (or 1 to cut calories)

Directions: Prepare 1 serving Eggz according to package directions using nondairy creamer, melt 1 slice Cheese Single (jalapeno, swiss or cheddar) on top of Eggz; set aside. Toast HomeStyle bread and combine ingredients into sandwich.

PHE 78 MG PRO 0.7 G KCAL 505

Quick & Easy Waffles w/ Syrup

Ingredients

1 cup (100g) MixQuick, 2/3 cup water, 1 Tbs butter, 2 Tbs syrup

Directions: Preheat waffle iron. In a mixing bowl blend MixQuick & water with a fork until smooth & creamy. Bake in a hot waffle iron; follow instructions for waffle iron use. Serve with butter & syrup.

PHE 12 MG PRO 0.3 G KCAL 601



Breakfast Quesadilla

Ingredients

2 Tortilla Wraps, 30g Cheddar Shreds, ¼ cup (16g) Eggz, 7 Tbs nondairy creamer

Directions: Cook Eggz according to package directions. Place Cheddar Shreds & cooked Eggz in between the Tortilla Wraps. Place onto cookie sheet and place in oven at 350° F for 10-15 minutes or until cheese is melted.

PHE 72 MG PRO 1.2 G KCAL 650

2

Pita Pocket Sandwich w/ Apples

Ingredients

1 Pita Pocket, 1 American Cheese Single, 36g shredded iceberg lettuce, 91g tomato slices, 1 Tbs ranch dressing, 138g apple slices

Directions: Defrost Pita Pocket, slice one side to create a "pocket"; fill the pocket with American Cheese Single, iceberg lettuce, tomato slices and ranch dressing. Serve with apple slices on the side.

PHE 81 MG PRO 2.7 G KCAL 457

Tweekz w/ Dip, Chips & Carrots

Ingredients

3 Tweekz, 1 bag Tortilla Chips Sea Salt, 52g carrot sticks, 1 Tbs ranch dressing

Directions: Prepare Tweekz according to package directions; serve with ranch dressing for dipping, and Tortilla Chips Sea Salt and carrot sticks on the side.

PHE 84 MG PRO 2.3 G KCAL 448

Go Pockets Samosa w/ Garden Salad

Ingredients

1 Go Pockets Samosa, 72g shredded iceberg lettuce, 45g tomato slices, 52g cucumber slices, 2 Tbs Italian dressing

Directions: Prepare Go Pockets Samosa according to package directions; serve with salad on the side (iceberg lettuce, tomato and cucumber slices mixed with Italian dressing).

PHE 85 MG PRO 2.2 G KCAL 396

Fantastic Nachos

Ingredients

1 bag Tortilla Chips Sea Salt, 1 chopped Camburger, 2 Tbs Cheddar Wizard

Directions: Prepare Camburger according to package directions; chop finely. Warm Cheddar Wizard according to package directions. Top Tortilla Chips Sea Salt with chopped Camburger and heated Cheddar Wizard.

PHE 89 MG PRO 2.3 G KCAL 305

Corny Dog w/ Dip, French Fries, Celery & Grapes

Ingredients

1 Corny Dog, 25g baked french fries, 1 Tbs ketchup, 46g grapes, 60g celery strips, 1 Tbs ranch dressing

Directions: Prepare Corny Dog and baked french fries according to package directions; serve with ketchup for dipping. Serve with celery strips with ranch dressing and grapes on the side.

PHE 90 MG PRO 2.5 G KCAL 376

Go Pockets Cheesy Broccoli w/ Buttered Toast

Ingredients

1 Go Pockets Cheesy Broccoli, 1 slice Homestyle bread, 1 Tbs butter

Directions: Prepare Go Pockets Cheesy Broccoli according to package directions. Serve with toasted and buttered Homestyle Bread on the side.

PHE 93 MG PRO 2.2 G KCAL 531

Pierogi w/ Breadstick & Salad

Ingredients

4 Pierogi, 1 Focaccia Stick Italian Style, 72g shredded iceberg lettuce, 45g tomatoes, 2 Tbs ranch dressing

Directions: Prepare Pierogi according to package directions; serve with a warmed Focaccia Stick Italian Style and salad (iceberg lettuce, tomato slices and ranch dressing) on the side.

PHE 95 MG PRO 2.3 G KCAL 416

3

Brookelyn Dog & Beans

Ingredients

1 Brookelyn Dog cut up, 1 Medley Meals Barbecue Bake

Directions: Prepare Brookelyn Dog and Medley Meals Barbecue Bake according to package directions. Cut up Brookelyn Dog in bite size pieces and mix in with the Medley Meals Barbecue Bake.

PHE 87 MG PRO 2.4 G KCAL 550



Camburger w/ Cucumbers & Dip

Ingredients

1 Camburger, 1 Camburger Buns, 1 American Cheese Single, 52g cucumber slices, 1 Tbs ranch dressing

Directions: Prepare Camburger according to package directions. Place Camburger and American Cheese Single in between toasted Camburger Bun; serve with cucumber slices and ranch dressing for dipping on the side.

PHE 99 MG PRO 2.6 G KCAL 411

Penne & Veggie Meatballs w/ Celery & Dip

Ingredients

62g Aproten Penne (dry), 1 Marinara Mini, 2 Veggie Meatballs, 60g celery strips, 1 Tbs ranch dressing

Directions: Prepare Aproten Penne and Veggie Meatballs according to package directions. Top Aproten Penne with Marinara Mini and Veggie Meatballs and serve with celery strips and ranch dressing for dipping on the side.

PHE 99 MG PRO 3 G KCAL 449

Medley Meals Vegetable Masala w/ Carrots, Celery & Dip

Ingredients

1 Medley Meals Vegetable Masala, 52g carrot sticks, 60g celery strips, 2 Tbs ranch dressing

Directions: Prepare Medley Meals Vegetable Masala according to package directions. Serve with carrot sticks, celery strips and ranch dressing for dipping on the side.

PHE 109 MG PRO 3.2 G KCAL 492

Soft Taco Night

Ingredients

1 Tortilla Wrap, 1 Camburger, 72g shredded iceberg lettuce, 2 Tbs Cheddar Wizard, 1 Tbs salsa

Directions: Prepare Camburger according to package directions; then chop finely. Place chopped Camburger, iceberg lettuce, warmed Cheddar Wizard and salsa inside Tortilla Wrap and wrap to create burrito or open taco.

PHE 112 MG PRO 3.3 G KCAL 354

Pizza Primavera w/ Salad

Ingredients

1 Pizza Primavera, 72g shredded iceberg lettuce, 45g tomato, 26g cucumber slices, 2 Tbs Italian dressing

Directions: Prepare Pizza Primavera according to package directions. Serve with a salad (iceberg lettuce, tomato slices, cucumber slices and Italian dressing) on the side.

PHE 118 MG PRO 3.5 G KCAL 450

Medley Meals Thai w/ Apples

Ingredients

1 Medley Meals Thai and 138g apple slices

Directions: Prepare Medley Meals Thai according to package directions. Serve with apple slices on the side.

PHE 122 MG PRO 3.2 G KCAL 421



4

5

6

7