

Healthy Plates - February 2012

February brings thoughts of Valentine's Day, hearts and love. Do something for those you love by taking care of yourself and them by serving, nutritional, heart healthy meals, and save some time to spend together!



How It Works

Let's be honest, anyone can buy a frozen dinner at the supermarket and that's precisely why we are different. With our careful attention to detail, we make each weekly menu from scratch.

P.S.G.'s Healthy Plates Program offers 4 complete meals for \$40.00 per week with all meals less than 500 calories and with all the nutritional data listed. We've taken the guess work out of delicious dining and present it to you, our valued customer, in convenient, ready to heat and eat meals.

Say goodbye to dieting and say hello to delicious. Everyday gourmet meals for today's health conscious consumer. Let Anne pamper you with a guilt-free, nutritionally balanced menu each week. Enjoy fine dining restaurant quality meals at half the cost! Freshly prepared weekly menus made from all natural ingredients with no preservatives or additives. 100% trans-fat free. Always fresh, never frozen. It's like having your own personal chef and dietician at a fraction of the cost.

Just as a resolution isn't accomplished the day it's stated, neither is it accomplished the day you reach your goal. Rather, it's accomplished in many small increments along the way. Acknowledge these incremental successes as they come. Let Plum Street Gourmet help.

1831 Oregon Pike

Lancaster, Pa 17601

717-394-3882/ F-717-394-8511/ www.plumstreetgourmet.com

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ORDER THE HEALTHY PLATES MEALS BY MONDAY & PICK UP ON WEDNESDAY BETWEEN 3pm-6:30pm.
February Healthy Plate Dinner Menus

Week 1

Order by 11am Monday February 6th

Pick up Wednesday February 8th between 3pm-6:30pm

Bistro Grilled Chicken Breast w/ Steamed Carrots w/ Ginger Butter

Calories 422	Fat 9.7	Fiber 4.1
Carb 34.2	Sodium 751	Protein 39

Baked Flounder w Fennel, Red Onion & Olives

Calories 331	Fat 13	Fiber 5
Carb 15	Sodium 449	Protein 38

Steak Tips w Peppered Mushroom Gravy & Pasta

Calories 344	Fat 12	Fiber 2
Carb 28	Sodium 438	Protein 27

Parmesan Polenta w Chicken Sausage Sauce

Calories 311	Fat 10	Fiber 5.3
Carb 31	Sodium 544	Protein 16

Name _____

Address _____

Phone Number _____

E-mail Address _____

NUMBER OF MEALS NEEDED

1 of each = \$40.00 + Tax

2 of each = \$80.00 + Tax

3 of each = \$120.00 + Tax

4 of each = \$160.00 + Tax

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Week 2

Order by 11am Monday, February 13^h

Pick up Wednesday February 15th between 3pm-6:30pm

Pan-Seared Salmon w Pineapple Relish & Green Beans

Calories 338	Fat 16	Fiber 4
Carb 11	Sodium 394	Protein 29

Pork Tenderloin w Pomegranate Glaze w/ Broccoli, Carrots & Toasted Almonds

Calories 278	Fat 9	Fiber 5
Carb 8	Sodium 241	Protein 32

Thai One on Chicken w Rice

Calories 302	Fat 5.5	Fiber 3.5
Carb 39	Sodium 277	Protein 25

Marinated London Broil w Green Beans & Potatoes in Chunky Tomato Sauce

Calories 298	Fat 10	Fiber 5
Carb 12	Sodium 263	Protein 37

Nutritional information may vary by a point or two.

Name _____

Address _____

Phone Number _____

E-mail Address _____

NUMBER OF MEALS NEEDED

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2 of each = \$80.00 + Tax

3 of each = \$120.00 + Tax

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Week 3

Order by 11am Monday February 20th

Pick up Wednesday February 22nd between 3pm-6:30pm

Shepherd's Pie w Buttermilk Chive Mashed Potato Crust w Small Garden Salad

Calories 260	Fat 4	Fiber 5
Carb 10	Sodium 150	Protein 20

Pecan Crusted Tilapia w Green Bean and Red Pepper Toss

Calories 345	Fat 13	Fiber 9
Carb 15	Sodium 530	Protein 39

Balsamic Dijon Chicken w Brown Rice & Mushrooms

Calories 346	Fat 4	Fiber 3
Carb 33	Sodium 298	Protein 39

Pan Grilled Pork Loin w Smashed Potatoes w Goat Cheese & Chives

Calories 379	Fat 16	Fiber 2
Carb 25	Sodium 480	Protein 30

Nutritional information may vary by a point or two.

Name _____

Address _____

Phone Number _____

E-mail Address _____

NUMBER OF MEALS NEEDED

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2 of each = \$80.00 + Tax

3 of each = \$120.00 + Tax

4 of each = \$160.00 + Tax

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Week 4

Order by 11am Monday February 27th

Pick up Wednesday February 29th between 3pm-6:30pm

Moroccan- Style Stew w Corn Bread

Calories 450	Fat 11	Fiber 15
Carb 52	Sodium 447	Protein 14

Creole Shrimp Pilaf w Green Salad

Calories 365	Fat 8	Fiber 7
Carb 44	Sodium 278	Protein 27

Merlot Roast Beef w Horseradish Smashed Potatoes

Calories 314	Fat 14	Fiber 2.3
Carb 11	Sodium 256	Protein 34

Chicken Fricassee & Broccoli w Lemon Crumb

Calories 260	Fat 6	Fiber 4
Carb 18	Sodium 297	Protein 34

Nutritional information may vary by a point or two.

Name _____

Address _____

Phone Number _____

E-mail Address _____

NUMBER OF MEALS NEEDED

1 of each = \$40.00 + Tax

2 of each = \$80.00 + Tax

3 of each = \$120.00 + Tax

4 of each = \$160.00 + Tax

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