

## Jodi's Vitality Gourmet--Power Meals Menu--Updated: 9/1/09

Approx. Nutritional Value for Each Meal: 35% Protein, 35% Low Glycemic Carbs, 30% Good Fats, 9 grams Fiber

**Menu #1** Minimum Order is 5 Meals (Lunch and/or Dinner Meals)

Quantity	Vitality Power Breakfast	Calories
	Vitality Boosting Smoothie (Vanilla base--add fruit of choice and blend)*	375
	Vitality Boosting Smoothie (Chocolate base--add ice and blend)*	375
	Vitality Boosting Smoothie Blender/Shaker Bottle (Perfect for travel)	N/A
	Frittata with Ham and Vegetables, Redskin Potatoes, Mini Muffin and Applesauce with Cinnamon	320
	Frittata with Crab Vegetables, Redskin Potatoes, Mini Muffin and Applesauce with Cinnamon	320

*\*To order a 30-day supply of our complete Smoothie Ingredients (in Containers) please contact us directly.*

Quantity	Vitality Energy Muffins (Standard Size)	Calories
	<i>(Two Muffins equals a complete meal, balanced with Protein, Carbs, Fats and Fiber.)</i>	
	Banana Walnut with Blueberries	180
	Pumpkin Chiffon	180
	Chocolate Carob Chip	180
	Spiced Apple Pie	180

Quantity	Vitality Power Soups	Calories
	White Chicken Chili	368
	Chunky Salmon Chowder with Fresh Veggies	365
	Mexican Chicken Soup	367

Quantity	Vitality Power Lunch Chopped Salads Plus 2 Snacks	Calories
	<i>(Includes Protein Mini Muffin, Vitality Trail Mix, Fresh Veggie Sticks and Dip.)</i>	
	Greek Brown Rice Chicken Chopped Salad	350
	Greek Brown Rice Shrimp Chopped Salad	350
	Curry and Dill Chicken Chopped Salad	350
	Chicken Waldorf Chopped Salad	350
	Grilled Salmon Chopped Salad	350
	Tuna and Egg Chopped Salad	350

Quantity	Mini Muffin Options for Lunch Meals	Calories
	<i>(Enter quantity of muffin for each lunch selected above.)</i>	
	Banana Walnut with Blueberries	90
	Pumpkin Chiffon	90
	Chocolate Carob Chip	90
	Spiced Apple Pie	90

Quantity	Power Dinners Plus Dessert	Calories
	<i>(Select 1 dessert for each dinner meal from options below.)</i>	
	Savory Beef Pot Roast with Redskin Potatoes, Carrots and Broccoli	336
	Chicken Marsala with Mushrooms, Fresh Green Beans and Brown Rice	356
	Shrimp Primavera with Spaghetti Squash	374
	Lemon Rosemary Chicken with Julienne Vegetables and Brown Rice	370
	Grilled Salmon with Roasted Red Pepper Sauce, Quinoa and Asparagus	349
	Veggie "Lasagne" w/ Grilled Eggplant and Zucchini (no pasta)	384

Quantity	Dessert Options for Power Dinners	Calories
	<i>(Included with Dinner Meals)</i>	
	Dark Chocolate Covered Soy Nuts	75
	Oatmeal Cranberry Cookie	75
	Variety of Low-Carb Cookies	75
	Chocolate Mousse' (non-dairy)	75

Quantity	Extra Side Orders	Calories
	4 oz. Grilled Chicken Breast	190
	4 oz. Grilled Salmon Fillet	210
	4 oz. Cooked Shrimp	210
	4 oz. Mixed Raw Vegetables	75
	4 oz. Mixed Sauteed Vegetables	75
	2 oz. Serving Brown Rice	75
	1 Serving Dessert (based on selection above)	75
	1 Serving Vitality Trail Mix	150
	1 Protein Bar--Chocolate Peanut Crunch	150

	1 Protein Bar--Oatmeal Raisin Spice	180
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<b>Quantity</b>	<b>Nutrition and Wellness Education Materials by Jodi Jones, PhD, Founder of Vitality Gourmet</b>	<b>Calories</b>
	Book: The Vitality Connection: Ten Practical Ways to Optimize Your Health and Reverse the Aging Process	N/A
	DVD: Nutrition Made Easy: 4 Segments for the Entire Family	N/A
	Nutrition Consultation, Assessment and Custom Plan (2 one-hour meetings)	N/A

<b>Quantity</b>	<b>Pharmaceutical-Grade Nutritional Supplements (USANA Health Sciences 30-Day Supply)</b>	<b>Calories</b>
	Nutrition Essentials: Mega Antioxidants and Chelated Minerals ( <i>Dr. Jodi's minimum recommendation</i> )	N/A
	Active Calcium ( <i>800 mg calcium, 400 mg magnesium and 400 IU Vitamin D3</i> )	N/A
	Poly C ( <i>High Potency 600 mg vitamin C</i> )	N/A
	CoQuinone 30 ( <i>High Potency 30 mg CoEnzyme Q-10 and 12.5 mg alpha lipoic acid</i> )	N/A
	BiOmega ( <i>Omega 3 EPA and DHA Essential Fatty Acids</i> )	N/A

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Approx. Nutritional Value for Each Meal: 35% Protein, 35% Low Glycemic Carbs, 30% Good Fats, 9 grams Fiber

### **Menu #2** Minimum Order is 5 Meals (Lunch and/or Dinner Meals)

Quantity	Vitality Power Breakfast	Calories
	Vitality Boosting Smoothie (Vanilla base--add fruit of choice and blend)*	375
	Vitality Boosting Smoothie (Chocolate base--add ice and blend)*	375
	Vitality Boosting Smoothie Blender/Shaker Bottle (Perfect for travel)	N/A
	Frittata with Ham and Vegetables, Redskin Potatoes, Mini Muffin and Applesauce with Cinnamon	320
	Frittata with Crab Vegetables, Redskin Potatoes, Mini Muffin and Applesauce with Cinnamon	320

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Quantity	Vitality Energy Muffins (Standard Size)	Calories
	<i>(Two Muffins equals a complete meal, balanced with Protein, Carbs, Fats and Fiber.)</i>	
	Banana Walnut with Blueberries	180
	Pumpkin Chiffon	180
	Chocolate Carob Chip	180
	Spiced Apple Pie	180

Quantity	Vitality Power Soups	Calories
	Chunky Chicken Chowder	352
	Black Bean Pumpkin Soup with Chicken and Pumpkin Seeds	403
	Asian Chicken Soup with Vegetables and Brown Rice	384

Quantity	Vitality Power Lunch Chopped Salads Plus 2 Snacks	Calories
	<i>(Includes Protein Mini Muffin, Vitality Trail Mix, Fresh Veggie Sticks and Dip.)</i>	
	Asian Chicken Chopped Salad	350
	Herb Salmon Chopped Salad	350
	Shrimp Cocktail Chopped Salad	350
	Savory Egg Chopped Salad	350
	Chicken Caesar Chopped Salad	350
	Grilled Steak Chopped Salad	350

Quantity	Mini Muffin Options for Lunch Meals	Calories
	<i>(Enter quantity of muffin for each lunch selected above.)</i>	
	Banana Walnut with Blueberries	90
	Pumpkin Chiffon	90
	Chocolate Carob Chip	90
	Spiced Apple Pie	90

Quantity	Power Dinners Plus Dessert	Calories
	<i>(Select 1 dessert for each dinner meal from options below.)</i>	
	Southwestern Halibut with Bean/Corn Salsa and Cucumber Slaw	325
	Chicken Piccata with Fresh Broccoli and Roasted Redskin Potatoes	384
	Vitality Crab Cakes with Asparagus and Strawberries	388
	Shrimp Scampi with Snow Peas, Carrots and Brown Rice	305
	Santa Fe Black Bean Vegetarian Meatloaf with Avocado and Corn Salsa	403
	Teriyaki Chicken with Broccoli, Carrots and Brown Rice	373

Quantity	Dessert Options for Power Dinners	Calories
	<i>(Included with Dinner Meals)</i>	
	Dark Chocolate Covered Soy Nuts	75
	Oatmeal Cranberry Cookie	75
	Variety of Low-Carb Cookies	75
	Chocolate Mousse' (non-dairy)	75

Quantity	Extra Side Orders	Calories
	4 oz. Grilled Chicken Breast	190
	4 oz. Grilled Salmon Fillet	210
	4 oz. Cooked Shrimp	210
	4 oz. Mixed Raw Vegetables	75
	4 oz. Mixed Sauteed Vegetables	75
	2 oz. Serving Brown Rice	75
	1 Serving Dessert (based on selection above)	75
	1 Serving Vitality Trail Mix	150
	1 Protein Bar--Chocolate Peanut Crunch	150

	1 Protein Bar--Oatmeal Raisin Spice	180
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<b>Quantity</b>	<b>Nutrition and Wellness Education Materials by Jodi Jones, PhD (CEO, Vitality Gourmet)</b>	<b>Calories</b>
	Book: The Vitality Connection: Ten Practical Ways to Optimize Your Health and Reverse the Aging Process	N/A
	DVD: Nutrition Made Easy: 4 Segments for the Entire Family	N/A
	Nutrition Consultation, Assessment and Custom Plan (2 one-hour meetings)	N/A

<b>Quantity</b>	<b>Pharmaceutical-Grade Nutritional Supplements (USANA Health Sciences 30-Day Supply)</b>	<b>Calories</b>
	Nutrition Essentials: Mega Antioxidants and Chelated Minerals ( <i>Dr. Jodi's minimum recommendation</i> )	N/A
	Active Calcium ( <i>800 mg calcium, 400 mg magnesium and 400 IU Vitamin D3</i> )	N/A
	Poly C ( <i>High Potency 600 mg vitamin C</i> )	N/A
	CoQuinone 30 ( <i>High Potency 30 mg CoEnzyme Q-10 and 12.5 mg alpha lipoic acid</i> )	N/A
	BiOmega ( <i>Omega 3 EPA and DHA Essential Fatty Acids</i> )	N/A