



Steaks & Chops

Counts as: Red meat allowance of the week
Protein

Hanger Steak 12 oz

Delmonico Steak 16 Oz

Appetizers

Yellow & Red Beet Salad

Counts as: Veggies and Fat
Ask to omit pistachios

Seared Yellowfin Tuna 3 oz

Counts as: Protein and Fat

Steak Tartare

Counts as: Protein and Fat

Ask for no chips

Spicy Tuna Tartare

Counts as: Protein and Fat

Ask for dressing on the side

Use half of the dressing

Main

Grilled Salmon

Counts as: Protein and Fat

Ask to omit crispy artichokes

Natural Roasted Chicken

Counts as: Protein and Starch

Long Island Duck Breast 6 oz

Counts as: Protein and Fat

Sides

Counts as: Free

Cauliflower

Mixed Vegetables

French String Beans