

## TLS®-APPROVED BISTROMD MEALS

BistroMD is a frozen meal delivery service that offers delicious and healthy meals for your convenience. Listed below are TLS-friendly meal options from the BistroMD Standard Program.

### FAT SHREDDER MENU PLAN

#### Lunch & Dinner:

- Turkey with Gravy, Cauliflower and Carrots
- Turkey Salisbury Steak
- Turkey Meatloaf with Old Fashioned Tomato Sauce
- Grilled Salmon with Dill Mustard Sauce
- Tilapia with Smoky Tomato Sauce

### RAPID RESULTS MENU PLAN

#### Breakfast:

- Artichoke, Spinach and Roasted Red Pepper Frittata
- Canadian Bacon and Swiss Omelet
- Smoked Chipotle Pork and Eggs
- Sweet Onion Frittata
- Cheese Omelet with Turkey Sausage

#### Lunch & Dinner:

- Beef Marsala with Spaghetti Squash
- Herbed Chicken Parmesan with Italian Cauliflower
- Beef Steak and Ale Stew
- Beef Bourguignon
- Chicken Cacciatore
- Chicken Marsala with Italian Roasted Cauliflower
- Chicken a la King
- Herb and Goat Cheese Stuffed Chicken
- Turkey Breast with Gravy and Spiced Apples
- Turkey with Gravy, Cauliflower and Carrots
- Turkey Salisbury Steak
- Turkey Meatloaf with Old Fashioned Tomato Sauce
- Cuban Style Turkey Picadillo
- Hatch Green Chili and Pork Stew
- Grilled Salmon with Dill Mustard Sauce
- Tilapia with Smoky Tomato Sauce
- Grilled Salmon with Pesto Sauce
- Jerk Spiced Tilapia with Mango Pineapple Salsa

### SURE & STEADY MENU PLAN

#### Breakfast:

- Turkey Sausage and Cheese Frittata
- Bacon and Potato Egg Scramble
- Chicken Sausage and Cheddar Egg Scramble

#### Lunch & Dinner:

- Grilled Salmon with Champagne Sauce
- Chicken, Rice and Vegetable Stew
- Chicken and White Bean Chili
- Grilled Salmon with Lemon Dijon Dressing
- Tilapia with Orange Parsley Sauce
- Beef Barley and Vegetable Soup
- Beef with Green Peppercorn Sauce
- Beef and Broccoli
- Beef with Red Wine Sauce and Roasted Vegetables
- Moroccan Beef with Vegetables and Quinoa
- Green Chile Shredded Pork with Southwest Salsa

## TLS®-APPROVED BISTROMD MEALS

- Blackened Tilapia with Red Pepper Coulis
- Split Pea Soup with Ham
- Chicken Marsala with Whipped Sweet Potatoes
- Apple and Cherry Stuffed Chicken Breast
- Turkey with Cranberry Sauce, Stuffing and Wild Rice
- Turkey Meatloaf with Caramelized Onion Gravy
- Broccoli Cheddar Stuffed Chicken Breast
- Smoked Chipotle Pork with Salsa Verde
- Balsamic Grilled Chicken

### CONTINUED COMMITMENT MENU PLAN

#### Breakfast:

- Artichoke, Spinach and Roasted Red Pepper Frittata
- Canadian Bacon and Swiss Omelet
- Smoked Chipotle Pork and Eggs
- Sweet Onion Frittata
- Cheese Omelet with Turkey Sausage
- Turkey Sausage and Cheese Frittata
- Bacon and Potato Egg Scramble
- Chicken Sausage and Cheddar Egg Scramble
- Dark Chocolate Chip Crepe with Pork Sausage Hash
- Ricotta Crepe with Berry Compote
- Peanut Butter Crepe with Strawberry Compote
- Stuffed French Toast
- Cinnamon Sweet Potato Pancakes with Apple Compote
- Bagel with Caramelized Onions and Swiss
- English Muffin with Egg, Turkey Sausage and Cheddar
- English Muffin with Egg, Ham and Swiss
- Bagel with Ham and Swiss
- English Muffin with Pesto and Tomato
- Bagel with Turkey Sausage and Cheddar

#### Lunch & Dinner:

- Beef Marsala with Spaghetti Squash
- Herbed Chicken Parmesan with Italian Cauliflower
- Beef Steak and Ale Stew
- Beef Bourguignon
- Chicken Cacciatore
- Chicken Marsala with Italian Roasted Cauliflower
- Chicken a la King
- Herb and Goat Cheese Stuffed Chicken
- Turkey Breast with Gravy and Spiced Apples
- Turkey with Gravy, Cauliflower and Carrots
- Turkey Salisbury Steak
- Turkey Meatloaf with Old Fashioned Tomato Sauce
- Cuban Style Turkey Picadillo
- Hatch Green Chili and Pork Stew
- Grilled Salmon with Dill Mustard Sauce
- Tilapia with Smoky Tomato Sauce
- Grilled Salmon with Pesto Sauce
- Jerk Spiced Tilapia with Mango Pineapple Salsa
- Grilled Salmon with Champagne Sauce
- Chicken, Rice and Vegetable Stew
- Chicken and White Bean Chili
- Grilled Salmon with Lemon Dijon Dressing
- Tilapia with Orange Parsley Sauce
- Beef Barley and Vegetable Soup
- Beef with Green Peppercorn Sauce

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- Beef and Broccoli
- Beef with Red Wine Sauce and Roasted Vegetables
- Moroccan Beef with Vegetables and Quinoa
- Green Chile Shredded Pork with Southwest Salsa
- Blackened Tilapia with Red Pepper Coulis
- Split Pea Soup with Ham
- Chicken Marsala with Whipped Sweet Potatoes
- Apple and Cherry Stuffed Chicken Breast
- Turkey with Cranberry Sauce, Stuffing and Wild Rice
- Turkey Meatloaf with Caramelized Onion Gravy
- Broccoli Cheddar Stuffed Chicken Breast
- Smoked Chipotle Pork with Salsa Verde
- Balsamic Grilled Chicken
- Beef with Mushroom Marsala Sauce and Linguini
- Shepard's Pie
- Beef Stroganoff with Mushrooms and Linguini
- Turkey with Cranberry Sauce and Stuffing
- Hickory Smoked BBQ Beef with Yukon Gold Potatoes
- Chicken Alfredo with Broccoli and Peppers
- Chicken Carbonara with Linguini
- Hickory Smoked BBQ Crepe
- Oven Fried Catfish with Spicy Tomato Leek Sauce

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### FAQS

#### What is BistroMD?

BistroMD is a frozen meal delivery service that provides healthy meals to help promote weight loss. It was developed by a doctor to ensure that you receive the optimal nutrition you need to function at your best.

#### How do I get started?

Visit [SHOP.COM](http://SHOP.COM) to get redirected to the BistroMD website to ensure that you receive Cashback. With each order you will receive 6% Cashback. To start, select either the 5- or 7-day meal plan options. Select how many days you require, set up an account and pay. After paying you can individually select your meals. Once you pay, you will be redirected to [mybistromd.com](http://mybistromd.com), which is where your account is. To change the preselected meals, simply click on the meal(s) you want to change and select a different meal.

#### How often do they deliver?

BistroMD has a weekly delivery default, but if you wish to be removed from the weekly delivery, you can contact customer service at 866-401-3438 or [customerservice@bistroMD.com](mailto:customerservice@bistroMD.com). If you want to order another 5- or 7-day delivery, simply log in to your account to re-activate and select your meals. You can order at any time. We recommend ordering by Tuesday 12:00 pm EST, because deliveries are made weekly between Wednesday and Saturday. To cancel your order, contact customer service a week in advance by Wednesday 5:00 pm EST.