



Week 1

MONDAY

Lunch: Quinoa bowl: Quinoa, shredded kale, sweet potato, grilled chicken, roasted broccoli, chickpeas, almonds, apples, goat cheese, balsamic vinaigrette

Dinner: Baked teriyaki Salmon with sesame ginger roasted carrots and quinoa.

TUESDAY

Lunch: Korean Char Siu Pork Tacos with an asian slaw and spicy sriracha aioli or Carnitas Street Tacos w/ Cilantro, Sweet Onion & Salsa Verde. Sweet Potato, Kale and Black Bean Hash. Chips, Guacamole & Fresh Pico.

Dinner: Salsa Verde Chicken enchiladas served with spanish rice, black beans and homemade guacamole

WEDNESDAY

Lunch: Southern BBQ Grilled Chicken Bowls w/ Sweet Potatoes, Apples, Braised Kale, Scallions & Brown Rice. Sweet Cole Slaw w Apple Cider Vinaigrette & Craisins

Dinner: Sesame soy glazed, grilled tri tip. Vegetable fried rice, pot stickers with ponzu dipping sauce, sweet chili green beans with crispy garlic

THURSDAY

Lunch: Smash Burgers w/ Melted American Cheese & Bacon. House Made Black Bean Burgers w/ Crispy Kale & Roasted Red Pepper Tahini. Baked Sweet Potato Fries and Chipotle Aioli

Dinner: Linguine Aglio é Olio- Fresh Garlic, Chili infused Olive Oil, Fresh Basil & Shredded Parmesan. Steamed Broccoli w/ Fresh Lemon. Toasted Baguette w/ Roasted Garlic Oil & Herbs

FRIDAY

Lunch: Macaroni and Cheese bowl: bacon, blue cheese, shredded or fried chicken, green onions, tomatoes, hot sauce, edamame, broccoli

Dinner: Spinach and feta stuffed chicken breast, served with farro and cooked zucchini

Week 2

MONDAY

Lunch: Deconstructed ramen bowl: ramen noodles, pork or miso broth, tofu or sliced chicken, soft boiled egg, bok choy, fried garlic, buttered corn, green onions

Dinner: Shrimp scampi pasta with garlic, lemon, and butter sauce.

TUESDAY

Lunch: Chicken and Waffle Tacos with apple slaw & chili syrup.

Dinner: Chicken and vegetable curry with basmati rice and garlic naan bread.

WEDNESDAY

Lunch: Caprese sandwich with buffalo mozzarella, fresh basil leaves, tomatoes, and a balsamic glaze served on a ciabatta bread

Dinner: Baked salmon with lemon-dill sauce, accompanied by roasted potatoes and roasted asparagus.

THURSDAY

Lunch: Deconstructed Mediterranean bowl: quinoa, Grilled chicken or falafel, chickpeas, cucumbers, cherry tomatoes, olives, feta cheese crumbles, pita bread, and a lemon-tahini dressing.

Dinner: Grilled steak with chimichurri sauce, accompanied by mashed potatoes and sautéed spinach.

FRIDAY

Lunch: Curry Bowls: Vegetable or coconut curry with chickpeas, rice noodles, chicken, cauliflower, carrots, purple cabbage, sesame seeds, and served with basmati rice.

Dinner: Chicken and vegetable kebabs with a side of couscous and tzatziki sauce.