

Weight Loss Meals

Breakfast

Eggs/Melon

Two hard boiled eggs sprinkled with sea salt and herbs and a side of fresh watermelon cubes

Egg/Bacon/Berries

One hard-boiled egg with two slices of peppered turkey bacon served with a fresh side of strawberries

Cottage Cheese/Cracker/Cantaloupe

Organic Lemon Verbena cottage cheese on whole grain Kalvi cracker served with a side of fresh cantaloupe

Yogurt/Blueberries/Bacon

Plain organic Greek yogurt topped with fresh blueberries served with a side of Canadian bacon

Grapefruit/Almonds/Cheese

Sliced grapefruit served with raw almonds and organic individually wrapped string cheese

Lunch Entrees

Greek Salad with Chicken

Organic mixed greens topped with tomatoes, cucumbers, onions, kalamata olives, and grilled chicken breast. Served with a side of healthy lemon dressing

Chicken Lettuce Wraps

Two chicken lettuce wraps with sprouts, cucumber, tomato, chickpeas and a healthy side of dressing for dipping

Grilled Salmon Salad

Grilled salmon served over a bed of organic spinach, cucumber, carrots, and pine nuts. Served with a side of healthy dressing

Turkey Roll-ups

Crunchy bell pepper strips, organic cheese, mixed greens and sprouts rolled in sliced turkey. Healthy dressing provided for dipping.

Steak Salad

Diced tender steak served on a bed of organic mixed greens, tomatoes, cucumbers, bell peppers and onions. Served with a side of healthy lemon dressing

Dinner Entrees

Cruciferous Chicken

Marinated grilled chicken served with a side of steamed broccoli and cauliflower

London Broil & Beans

London broil served with a side of fresh green beans and roasted garlic

Turkey & Veggies

Herbed turkey breast served with grilled squash, zucchini and chopped onion

Salmon & Stalks

Mustard glazed fresh salmon filet with a side of grilled asparagus stalks

Shrimp Medley

Sautéed shrimp with a vegetable medley of lightly sautéed, bell peppers and onions.