

EcoHealth & Wellness is working with Whole Foods Market® to offer delicious and healthy prepared foods as a part of the Ultra Lite weight management program.



ecohealth & wellness
C H A R L E S T O N

For more information and registration:
www.ecohealthwellness.com
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The following is a sample weekly menu to give you an idea of the variety of foods you can order.

**Note: Participants also drink the four Ultra Lite nutritional packets throughout the day (one with breakfast, one between breakfast and lunch, and two between lunch and dinner).

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Eggs with Melon Two hard-boiled eggs sprinkled with sea salt and herbs with a side of fresh watermelon cubes	Cottage Cheese on Cracker with Cantaloupe Organic Lemon Verbana cottage cheese on a whole grain kalvi cracker with a side of fresh cantaloupe	Egg & Bacon with Berries One hard-boiled egg and two slices of peppered turkey bacon with a side of fresh strawberries	Yogurt with Blueberries & Bacon Plain organic Greek yogurt topped with fresh blueberries with a side of Canadian bacon	Eggs with Melon Two hard-boiled eggs sprinkled with sea salt and herbs with a side of fresh watermelon slices	Grapefruit, Raw Almonds & Cheese Sliced grapefruit with a side of raw almonds and individually wrapped organic string cheese	Egg & Bacon with Berries One hard-boiled egg and two slices of peppered turkey bacon with a side of fresh strawberries
Lunch	Greek Salad with Chicken Organic mixed greens topped with tomatoes, cucumbers, onions, kalamata olives and grilled chicken breast with a side of healthy lemon dressing	Turkey Roll-Ups Crunchy bell pepper strips, cheese, mixed greens and sprouts, rolled in deli turkey meat with a side of mustard for dipping	Chicken Lettuce Wraps Two chicken lettuce wraps with sprouts, cucumber, tomato and chickpeas with a side of healthy dressing for dipping	Grilled Salmon Salad Grilled salmon on a bed of organic spinach, cucumber, carrots and pine nuts	Steak Salad Diced tender steak on a bed of organic mixed greens, tomatoes, cucumbers, bell peppers and onions with a side of healthy lemon dressing	Turkey Roll-Ups Crunchy bell pepper strips, cheese, mixed greens and sprouts, rolled in deli turkey meat with a side of mustard for dipping	Grilled Salmon Salad Grilled salmon on a bed of organic spinach, cucumber, carrots and pine nuts
Dinner	Veggie Turkey Roasted herb turkey breast with a side of grilled squash, zucchini and chopped onion	Cruciferous Chicken Marinated grilled chicken with a side of steamed broccoli and cauliflower	London Broil & Beans London broil with a side of fresh green beans and roasted garlic	Shrimp Medley Sautéed shrimp skewers with a vegetable medley of lightly sautéed bell peppers and onions	Salmon & Stalks Mustard-glazed, fresh salmon filet with a side of grilled asparagus stalks	London Broil & Beans London broil with a side of fresh green beans and roasted garlic	Cruciferous Chicken Marinated grilled chicken with a side of steamed broccoli and cauliflower