

A LA CARTE ITEMS	Price	Meal 1	Meal 2	Meal 3	Meal 4	Meal 5	Meal 6	Meal 7	Meal 8	Total
PROTEIN										
avocado tzatziki chicken 4oz - 160 cal	4.00									
avocado tzatziki chicken 6oz - 230 cal	6.00									
bbq chicken 4oz - 120 cal	4.00									
bbq chicken 6oz - 190 cal	6.00									
blackened chicken 4oz - 100 cal	4.00									
blackened chicken 6oz - 150 cal	6.00									
blackened mango salmon 6oz - 260 cal	8.95									
blackened salmon filet 6oz - 235 cal	8.95									
beef short rib meat 4oz - 300 cal	4.75									
beef short rib meat 6oz - 450 cal	5.75									
curry chicken 4oz - 175 cal	4.00									
curry chicken 6oz - 240 cal	6.00									
garlic peppercorn steak 4oz - 220 cal	5.00									
garlic peppercorn steak 6oz - 330 cal	7.00									
grilled chicken 4oz - 100 cal	4.00									
grilled chicken 6oz - 150 cal	6.00									
steak 4oz portion - 220 cal	5.00									
steak 6oz portion - 330 cal	7.00									
sweet thai chili & sriracha chicken 4oz - 170 cal	4.00									
sweet thai chili & sriracha chicken 6oz - 240 cal	6.00									
taco ground beef 4oz - 170 cal	4.00									
taco ground beef 6oz - 255 cal	6.00									
turkey breast 4oz - 150 cal	4.00									
turkey breast 6oz - 225 cal	6.00									
VEGGIE SIDE 3oz										
Asian veggie mix - 30 cal	2.75									
asparagus - 15 cal	2.75									
gourmet carrots - 35 cal	2.75									
green beans - 30 cal	2.75									
grilled vegetables - 40 cal	2.75									
steamed broccoli - 15 cal	2.75									
marinated artichoke hearts - 50 cal	2.75									
mexican corn - 80 cal	2.75									
roasted tomatoes - 25 cal	2.75									
sliced tomatoes & cucumbers - 20 cal	2.75									
OTHER SIDE 3oz										
black beans & yellow rice - 135 cal	2.75									
brown jasmine rice - 100 cal	2.75									
cauliflower cilantro lime rice - 50 cal	2.75									
fire-roasted diced sweet potatoes - 70 cal	2.75									
quinoa cooked in bone broth - 100 cal	2.75									
sweet potato mash - 90 cal	2.75									
wild rice - 100 cal	2.75									
yukon gold potato/parsnip mash - 80 cal	2.75									
									Grand Total	