

MENU

BREAKFAST

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| Sunshine Sandwich | Calories: 329 kcal Protein: 21g Carbs: 30g Fat: 14g | 1 english muffin, 2 scrambled eggs, 1 slice of low fat american cheese, 1 slice of tomato, 1 slice of lettuce, 1 teaspoon red salsa |
| Egg Salad Wrap | Calories: 188 kcal Protein: 13.5g Carbs: 5g Fat: 13g | 2 eggs, 1 teaspoon mayo, 1 tablespoon greek yogurt, 1 tablespoon chopped onion, salt, pepper, cumin, 1 tablespoon cilantro |
| Breakfast Wrap | Calories: 269 kcal Protein: 23g Carbs: 20g Fat: 15.5g Fiber: 11g | 2 scrambled eggs, 1 tablespoon diced onion, 1 tablespoon tomato, 1 tablespoon cilantro, 1 teaspoon jalapeño, 1 slice low fat american cheese, 1 low carb high protein mission tortilla |
| ShakShuka | Calories: ~174 kcal Protein: ~13g Carbs: ~8g Fat: ~10g | 1 diced tomato, 1 tablespoon sauteed onions, 2 sunny side eggs, garnish with fresh mint and basil |
| Avocado Toast | Calories: ~409 kcal Protein: ~23.5g Carbs: ~21g Fat: ~28.5g Fiber: ~12g | 1/2 Avocado, 1 slice of high protein low carb toast, 4 cherry tomatoes, 1 oz feta cheese, 1 teaspoon of balsamic glaze, 1 scrambled egg, garnished with lemon juice/zest, olive oil and fresh herbs |
| Breakfast Quesedilla | Calories: ~224 kcal Protein: ~19g Carbs: ~19g Fat: ~12.5g Fiber: ~11g | 1 low carb high protein mission tortilla, 1 tablespoon grilled onions, 1 tablespoon assorted bell peppers, 1 tablespoon cilantro, 2 scrambled eggs |
| Silver Dollar Pancakes | Calories: ~365–370 kcal Protein: ~30g Carbs: ~33g Fat: ~14g Fiber: ~5g | High protein pancakes 2 turkey sausages, 1 scrambled egg |
| Overnight oats with Caramelized apples and cinamin | Calories: ~210 kcal Protein: ~6g Carbs: ~38g Fat: ~4g Fiber: ~6g | 1/2 cup rolled oats, 1/2 cup unsweetened milk, 1/2 apple (diced), 1/2 tsp cinnamon, 1 tsp honey or zero-cal sweetener |
| Mediterranean Omelet | Calories: ~305 kcal Protein: ~22g Carbs: ~5g Fat: ~21g | 2 scrambled eggs, 4 kalamata olives, 1 oz feta cheese, 1 tablespoon red onion, 1 tablespoon tomato, 1 tablespoon dill, 1 slice of low fat cheese |
| Lox Sandwhich | Calories: ~286 kcal Protein: ~33g Carbs: ~14g Fat: ~11.5g Fiber: ~9g | 1 slice high protein low carb toast, 1/4 avocado spread, 3 oz smoked salmon, 1 tablespoon red onion, 2 slices of tomato, 1 teaspoon capers, 2 egg whites |
| LUNCH | | |
| Basil Pesto Sandwich | Calories: ~560 kcal Protein: ~58g Carbs: ~23g Fat: ~28.5g Fiber: ~14g | 1/4 avocado low carb high protein bread, 4 oz grilled chicken, 1 slice of havarti, 1 tablespoon pesto, |

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| Chicken Tzatziki Bowl | Calories: ~288 kcal Protein: 38g Carbs: ~8g Fat: ~11–12g Fiber: ~4g | 2 cups lettuce, ½ cucumber, ¼ avocado, 1 tbsp feta, 1 tbsp dill, 1 tbsp onion, 4 oz grilled chicken |
| Zucchini Boats | Calories: ~276 kcal Protein: ~29g Carbs: 11g Fat: 14g Fiber: 3g | 1 zucchini, 4oz ground beef, 2 tablespoons salsa, 2 tablespoon shredded cheese, 1 tablespoon onion, 1 tablespoon tomato, 1 tablepsoon cilantro |
| Shawarma Wrap | Calories: ~430 kcal Protein: ~40g Carbs: ~33g Fat: ~13g Fiber: ~5g | 1 small whole-wheat pita, 4 oz grilled chicken (or lean beef), 2 tbsp light tahini sauce (tahini + Greek yogurt + lemon + garlic), 1 cup shredded lettuce, 2 tbsp tomato, 1 tbsp onion, 1 tbsp cucumber, 1 tbsp parsley, 1 pickle |
| Shawarma Bowl | Calories: ~300 kcal Protein: ~40g Carbs: ~10g Fat: ~8–9g Fiber: ~3g | 4 oz grilled chicken breast, 2 cups shredded lettuce, ¼ cup cucumber, 2 tbsp tomato, 1 tbsp red onion, 1 tbsp parsley, 2 tbsp light garlic yogurt sauce (Greek yogurt + garlic + lemon + salt), 1 tbsp pickled turnips or pickles, 1 tbsp feta |
| Tacos | Calories: ~350 Protein: 38g Carbs: ~28g Fat: ~8g Fiber: ~5g | 4 oz grilled chicken breast OR beef, 2 small low carb tortillas, ¼ cup shredded lettuce, 2 tbsp diced tomato, 1 tbsp onion, 1 tbsp cilantro, 2 tbsp Greek yogurt, 1 tbsp salsa, Lime juice |
| Chicken Burger | Calories: ~390 kcal Protein: ~42g Carbs: ~22g Fat: ~11g Fiber: ~7g | 4 oz ground chicken breast, 1 low-carb high-protein bun, ¼ cup shredded lettuce, 2 tomato slices, 1 tbsp red onion, 1 slice low-fat cheese, 1 tbsp Greek yogurt sauce (Greek yogurt + garlic + lemon + salt), Mustard or ketchup |
| Lentil Soup | Calories: ~230 kcal Protein: ~14g Carbs: ~30g Fat: ~5g Fiber: ~10g | ½ cup cooked lentils, 1 cup low sodium vegetable, 1 cup diced tomato, 1 tbsp diced onion, 1 tbsp diced carrot, 1 tbsp celery, 1 tbsp parsley or cilantro, 1 tsp olive oil, Garlic, Cumin, Paprika, Turmeric, Salt & pepper, Lemon juice |
| Borsch | Calories: ~300 kcal Protein: ~32g Carbs: ~18g Fat: ~9g Fiber: ~5g | 1 cup shredded cabbage, ½ cup shredded beets, ¼ cup carrot, 2 tbsp onion, 4 oz lean beef, 1½ cups low sodium beef broth, 2 tbsp tomato paste, 1 tsp olive oil, Garlic, Dill, Bay leaf, Salt & pepper, Vinegar or lemon juice, 1 tbsp Greek yogurt |
| Spas | Calories: ~240 kcal Protein: ~26g Carbs: ~15g Fat: ~8g | ¾ cup non-fat plain Greek yogurt, 1 cup water, 2 tbsp rice, 1 tbsp diced onion, 1 tbsp fresh cilantro or mint, 1 tbsp fresh dill, 1 tsp olive oil, Salt, Black pepper, Garlic, 1 egg |
| Greek Salad | Calories: ~320 kcal Protein: ~40g Carbs: ~8–10g Fat: ~12g Fiber: ~3g | 2 cups romaine or mixed lettuce, ¼ cup cucumber, ¼ cup tomato, 1 tbsp red onion, 1 oz feta cheese, 5 kalamata olives, 4 oz grilled chicken breast, 1 tsp olive oil, Lemon juice, Oregano, Salt & pepper |

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| Chicken Quesadilla | Calories: ~350 kcal Protein: ~42g Carbs: ~20g Fat: ~10g Fiber: ~10g | 1 low-carb high-protein tortilla, 4 oz grilled chicken breast (diced), 2 tbsp reduced-fat shredded cheese, 1 tbsp diced onion, 1 tbsp bell peppers, 1 tbsp cilantro, 1 tbsp salsa, 2 tbsp Greek yogurt |
| Chicken Noodle Soup | Calories: ~300 kcal Protein: ~38g Carbs: ~18g Fat: ~4g Fiber: ~2g | 4 oz shredded chicken breast, 1½ cups low sodium chicken broth, ¼ cup carrots, 2 tbsp celery, 2 tbsp onion, ¼ cup high protein noodles or whole wheat noodles, 1 tbsp parsley, Garlic, thyme, pepper |
| Chinese Chicken Salad | Calories: ~330 kcal Protein: ~40g Carbs: ~12g Fat: ~11g Fiber: ~4g | 4 oz grilled chicken breast, 2 cups cabbage mix, ¼ cup shredded carrots, 2 tbsp cucumber, 1 tbsp green onion, 1 tbsp cilantro, 1 tbsp sliced almonds, 2 tbsp light sesame dressing |
| DINNER | | |
| Teriyaki Grilled Chicken with Vegetables | Calories: ~320 kcal Protein: ~38g Carbs: ~18g Fat: ~6g Fiber: ~4g | 4 oz chicken breast, 1 cup mixed vegetables, 1 tbsp light teriyaki sauce, Garlic, ginger |
| Southwestern Chicken & Rice | Calories: ~390 kcal Protein: ~38g Carbs: ~32g Fat: ~7g Fiber: ~5g | 4 oz chicken breast, ½ cup rice, 2 tbsp corn, 2 tbsp black beans, 2 tbsp tomato, Cilantro, Taco seasoning |
| Sriracha Chicken with Quinoa | Calories: ~370 kcal Protein: ~37g Carbs: ~28g Fat: ~8g Fiber: ~4g | 4 oz chicken, ½ cup quinoa, 1 tbsp sriracha, ¼ cup cucumber, Green onion |
| Buffalo Chicken & Quinoa | Calories: ~360 kcal Protein: ~38g Carbs: ~26g Fat: ~7g Fiber: ~4g | 4 oz chicken, ½ cup quinoa, 1 tbsp buffalo sauce, 1 tbsp Greek yogurt, Celery |
| Curry Chicken with Garbanzo Beans | Calories: ~400 kcal Protein: ~38g Carbs: ~24g Fat: ~9g Fiber: ~6g | 4 oz chicken, ¼ cup chickpeas, Tomato, Onion, Curry powder, Garlic |
| Beef & Broccoli | Calories: ~330 kcal Protein: ~32g Carbs: ~10g Fat: ~14g Fiber: ~3g | 4 oz lean beef, 1 cup broccoli, 1 tbsp soy sauce, Garlic, Ginger |
| Asian Stir Fry | Calories: ~310 kcal Protein: ~38g Carbs: ~12g Fat: ~6g Fiber: ~4g | 4 oz chicken, 1 cup stir fry vegetables, 1 tbsp soy sauce, Garlic, Ginger |
| Kung Pao Chicken | Calories: ~340 kcal Protein: ~37g Carbs: ~14g Fat: ~10g Fiber: ~3g | 4 oz chicken, Bell peppers, Onion, 1 tsp sesame oil, Chili sauce, Garlic |

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| Grilled Fish with Buckwheat | Calories: ~350 kcal Protein: ~34g Carbs: ~30g Fat: ~5g Fiber: ~4g | 4 oz white fish, 1/3 cup buckwheat, Lemon, Dill, Garlic |
| Grilled Steak with Buckwheat | Calories: ~420 kcal Protein: ~35g Carbs: ~30g Fat: ~15g Fiber: ~4g | 4 oz lean steak, 1/3 cup buckwheat, Parsley, Garlic |
| Chicken Pasta with Vodka Sauce | Calories: ~440 kcal Protein: ~40g Carbs: ~40g Fat: ~9g Fiber: ~5g | 4 oz chicken, 3/4 cup high protein pasta, 1/4 cup light vodka sauce |
| Pesto Chicken Pasta | Calories: ~430 kcal Protein: ~40g Carbs: ~38g Fat: ~11g Fiber: ~5g | 4 oz chicken, 3/4 cup protein pasta, 1 tbsp pesto |
| Creamy Tomato Pork Tenderloin | Calories: ~360 kcal Protein: ~36g Carbs: ~10g Fat: ~12g Fiber: ~2g | 4 oz pork tenderloin, Tomato sauce, 2 tbsp Greek yogurt, Garlic |
| Tomato & Feta Cavatappi | Calories: ~400 kcal Protein: ~30g Carbs: ~42g Fat: ~10g Fiber: ~4g | 3/4 cup protein pasta, Tomato, 1 oz feta, Basil |
| Creamy Tomato Shrimp | Calories: ~300 kcal Protein: ~38g Carbs: ~8g Fat: ~6g Fiber: ~2g | 5 oz shrimp, Tomato sauce, 2 tbsp Greek yogurt, Garlic |
| Chicken Fajita Bowl | Calories: ~390 kcal Protein: ~38g Carbs: ~32g Fat: ~7g Fiber: ~5g | 4 oz chicken, Bell peppers, Onion, 1/3 cup rice, Fajita seasoning |
| Zucchini Lasagna | Calories: ~330 kcal Protein: ~34g Carbs: ~12g Fat: ~12g Fiber: ~3g | Zucchini slices, 4 oz ground chicken, Tomato sauce, 2 tbsp ricotta, 2 tbsp mozzarella |
| Stuffed eggplant | Calories: ~335 kcal Protein: ~30g Carbs: ~14g Fat: ~15g Fiber: ~5g | 1 small eggplant (halved), 4 oz lean ground beef, 2 tablespoons diced tomato, 1 tablespoon diced onion, 1 tablespoon cilantro, 2 tablespoons reduced-fat shredded cheese, 1 tablespoon tomato sauce, Garlic powder, Paprika, Cumin, Salt, black pepper |
| Stuffed Poblano Peppers | Calories: ~320 kcal Protein: ~30g Carbs: ~8g Fat: ~16g Fiber: ~2g | 1 large poblano pepper, 4 oz lean ground beef or ground chicken, 2 tablespoons diced tomato, 1 tablespoon diced onion, 1 tablespoon cilantro, 2 tablespoons reduced-fat shredded cheese, Garlic powder, Cumin, Paprika, Salt, Black pepper |

