



Healthy Options

## ***Eat Clean - Daily Menu***

### **Breakfast**

#### **Blueberry Pancakes With Banana And Maple Syrup**

Quinoa, Banana, Vanilla, Cinnamon, Blueberry

#### **Sautéed Leek And Mushroom Quiche**

Eggs, Button Mushrooms, Leeks, Onion, Tomato, Romaine Lettuce

#### **Fajita Chicken With Avocado And Homestyle Kumera**

Chicken Breast, Bell Peppers, Onion, Cilantro, Scallions, Home Blended Fajita Spice, Kumera

### **Morning Snack**

Almonds

Blueberries

#### **Crispy Curly Kale Bowl**

Curly Kale, Garlic, Sea Salt

### **Lunch**

#### **Celeriac And Fennel Soup With Grilled Leeks**

Celeriac Root, Fennel, Leeks, Celery, Garlic, Thyme, Coconut Milk, Paparika

#### **Lamb Rogan Josh With Jeera Pilaf And Cucumber Salad**

Free Range Lamb, Tomato, Onion, Ginger, Garlic, Cumin, Ground And Whole All Spice, Cauliflower

#### **Teriyaki Chicken And Steamed Veggies**

Free Range Chicken, Soy And Gluten Free Homemade Teriyaki Blend, Ginger, Carrots, Scallions, Sesame Seeds, Quinoa Flour, Kale, Broccoli

#### **Fish Tikka With Minted Cucumber Salad**

Hammour, Lemon, Mint, Cucumber, Ground Indian Spices)

### **Morning Snack**

Almonds

Blueberries

#### **Spicy Crab Rolls**

Crab Meat, Nori Leaf, Egg, Bell Pepper, Avocado, Asparagus, Kale, Mixed Lettuce, Lemon

### **Dinner**

#### **Braised Red Cabbage With Quinoa Salad**

Red Cabbage, Balsamic, Green Apples, Figs, Onions, Raisins, Quinoa, Walnuts

#### **Lamb Loin With Celeriac Puree And Green Beans**

Free Range Lamb Loin Steak, Garlic, Leeks, Thyme, Bayleaf, Celeriac Root, Cauliflower, Green Beans

#### **Roast Turkey Braised Red Cabbage And Cranberry Salsa**

Oven Roasted Free Range Turkey, Red Cabbage, Balsamic, Apple, Cranberry, Raisins, Onion

#### **Tuna Nicoise Salad**

Tuna, Eggs, Cherry Tomato, Green Beans, Romaine Hearts, Olives, Kumera, Balsamic, Mustard, Lemon