

Breakfasts

Week 1

*Each served with
Aviara Green Juice*

Smoked Salmon Bites
With Avocado, Radish,
Greek Yogurt and
Romaine Leaves

Acai Bowl with
Seasonal Fruit and
Toasted Coconut

Tortilla Espanola with
Arugula and Roasted
Pepper Salad

Quinoa Porridge with
Toasted Nuts and Fresh
Berries

Breakfast Scramble
with Spinach, Zucchini
and Fresh Thyme

Muesli Bowl with Dried
Cherries, Apples and
Dried Shaved Coconut

Poached Eggs with
Spinach, Tomato, and
Avocado Breakfast
Salad

Lunches

Week 1

Waldorf Salad with
Spinach, Apples,
Chickpeas and Grapes

**Greek-Styled Chickpea
Salad** with Tomatoes,
Cucumbers, Lettuce,
Mint and Parsley

Swiss Chard Bundles
with Smashed White
Beans and Salmon

Lemon Tofu Kabobs
served with Seasonal
Roasted Vegetable

**Bun-less Grass Fed
Burger** with Side of
Grilled Vegetables

Chopped Salad with
Chicken, Fennel, Herbs
and Walnuts

Baba Ganouj Bowl with
Turkey, Kale, Cherry
Tomatoes and Toasted
Pine nuts

Dinners

Week 1

**Simple Green Salad /
Beef Filet** with Kabocha
Puree and Sauteed
Mushrooms

**Citrus and Avocado
Salad /Grouper** with
Roasted Sweet Potato
and Warm Raddichio,
Endive Slaw

Turkey Tacos with
Guacamole, Pico de
Gallo and Greek Yogurt
/Dessert: Raw Vegan
Chocolate Pudding

**Roasted Beet, Onion
and Fennel Salad/
Spaghetti Squash
Pasta** with Shrimp,
Assorted Herbs and
Toasted Pumpkin Seeds

**Squash Soup/
Salmon** with Asparagus
and Wilted Frisee

**Roasted Peppers,
Tomatoes and Herb
Salad/ NY Steak on
Bean Ragout** served
with Sauteed Swiss
Chard

**Butter Leaf and Herb
Salad** with Toasted
Almonds /Sea Bream,
Escalivada and Root
Mash

Breakfasts

Week 2

***Each Served with
Aviara Green Juice***

**Paleo Grain-Free
Porridge** with Berries

Acai Bowl with Nuts
and Seasonal Fruit

Tortilla Espanola with
Sweet Potatoes and
Caramelized Onions
& Spinach Breakfast
Salad

Quinoa Porridge with
Toasted Coconut and
Nuts

Breakfast Scramble
with Wild Mushrooms,
Peppers and Fresh Basil

**Baked Apple with
Steel Cut Oats**, Ricotta
and Cinnamon

Poached Eggs with
Arugula Breakfast Salad

Lunches

Week 2

**Kale and Black Bean
Salad** with Roasted
Squash, Zucchini and
Pumpkin Seeds

**Panzanella Styled
Salad** with Chickpeas,
Tomatoes, Roasted
Peppers and Herbs

Portobello Salad with
Shrimp, Quinoa and
Grilled Tomatoes

Seasonal Salad with
Baby Kale, Chicken,
Pomegranate Seeds
and Walnuts

**Bun-less Turkey
Burger** in Butter Lettuce
Wrap & Grilled
Vegetables

French Lentil Salad
with Escalivada,
Greens, Avocado,
Lemon-Herb Dressing

**Grilled Chicken and
Vegetable Platter**
Served with Harissa

Dinners

Week 2

**Simple Greens Salad/
NY Steak** with Roasted
Fingerlings, Sauteed
Wild Mushrooms

**Citrus, Avocado Salad/
Grouper** with Sauteed
Rapini, Rainbow Carrots

Beef Tacos with
Guacamole, Pico de
Gallo and Greek Yogurt/
Melange of Roasted
Vegetables with Greek
Yogurt and Pine nuts

Mixed Greens with
Green olives,
Pomegranate Seeds
and Onions/ Seared
Salmon with Kabocha
and Sauteed Chard

**Squash Soup with
Grilled Shrimp**,
Asparagus and Baby
Frisee Salad Garnish

**Beet Salad with Red
Onions & Red Radish
Sprouts/ Beef Filet** with
Ginger-Garlic Broccolini,
Oven Dried Tomatoes,
Caramelized Onions
and Fresh Thyme

**Lettuce, Herb Salad/
Black Cod** with Green
Beans and Root Mash