

Week 1 Summer/Fall 2016

Breakfast

Sunday

6 oz. Aviara Green Juice
Smoked Salmon/Avocado
Bites

Monday

6 oz. VeraVia Green Juice V.2
Acai Bowl w/ Toasted Nuts
and Seasonal Fruit

Tuesday

6 oz. Purple Power
Tortilla Espanola/Spinach w/
Arugula Salad

Wednesday

6 oz. Aviara Green Juice
Greek Yogurt Parfait/Paleo
Granola

Thursday

6 oz. VeraVia Green Juice V.
2
Breakfast Scramble w/
Squash/
Mushrooms/Peppers
Baby Spinach Salad

Friday

6 oz. Purple Power
Super Green Smoothie
Bowl/Paleo Granola

Saturday

6 oz. Aviara Green Juice
2 Poached Eggs w/ Creamy
Spinach
Mediterranean Salad

Lunch

Sunday

Waldorf Salad

Monday

Herbed Shrimp Skewers
Arugula /Watermelon Salad

Tuesday

D.I.Y. Swiss Chard Bundles
w/ Grilled Salmon/Smashed
White Beans

Wednesday

Greek-Styled Salad w/ Grilled
Breast of Chicken

Thursday

Grass-fed Burger w/
Tomato/Avocado/Pickles
Grilled Vegetables

Friday

Chopped Salad w/
Chicken/Fennel/Walnuts

Saturday

Baba Ganouj Bowl w/
Turkey/Tomatoes/Pine
nuts/Tahini Dressing

Dinner

Sunday

Just Picked Green Salad
Beef Filet/Cauliflower Mash/
Tri-color Carrots

Monday

Citrus/Avocado Salad
Roasted Halibut/Japanese
Sweet Potato/Radicchio and
Bacon Slaw

Tuesday

Grilled Romaine/Black
Bean/Turkey Taco Salad
Vegan Chocolate Pudding

Wednesday

Roasted Beet/Fennel Salad
Scallops/ Sweet Potato Pasta

Thursday

Cucumber/Avocado
Gazpacho
Salmon w/
Sauteéd Chard/Tiny Frisee
Salad

Friday

Heirloom Tomatoes w/
Purple Basil/Micro Greens
Flat Iron Steak w/ Wild
Mushrooms and Greens

Saturday

Butter leaf/Manchego/
Pumpkin Seed Salad
Herb-cruste Sole
Kale/Cauliflower
Mash/Escalivada

Week 2 Summer/Fall 2016

Breakfast

Sunday

6 oz. Purple Power Juice
2 Poached eggs
Spinach/Sweet
Potato/Marinara Sauce

Monday

6 oz. VeraVia Green Juice
Acai Bowl w/ Toasted
Nuts/Seasonal Fruit

Tuesday

6 oz. Aviara Green Juice
Tortilla Espanola (sweet
potato)
Mediterranean Salad

Wednesday

6 oz. Purple Power Juice
Super Green Smoothie
Bowl/Paleo Granola

Thursday

6 oz. VeraVia Green Juice
Breakfast Scramble
w/Mushrooms/Roasted
Peppers/ Basil
Spinach Salad

Friday

6 oz. Aviara Juice
Pan-seared Salmon w/ Sweet
Potato Hash Cakes

Saturday

6 oz. Purple Power
2 Poached Eggs
Avocado/Tomato/
Arugula

Lunch

Sunday

Southwest Kale Salad w/
Black beans/Squash/
Peppers/Toasted Pumpkin
Seeds

Monday

Chicken/Zucchini Spiraled
Pasta Salad w/ Avocado
Pesto

Tuesday

Cauliflower Tabouleh Salad
w/Lemon Grilled Shrimp
Avo-ziki Dipping Sauce

Wednesday

Baba Ganouj Bowl w/ Grilled
Chicken/Crudite/
Walnuts

Thursday

Turkey Burger in
Butter leaf Lettuce Cup
Mixed Grilled Vegetables

Friday

Lentil- Kale Toss w/Tahini
Dressing
Beet Hummus
Cucumbers/Avocado/Red
Onions/Sprouts

Saturday

Grilled Chicken Skewers
Served w/ Spiraled
Cucumber Mint Noodles

Dinner

Sunday

Seasonal Salad
Mediterranean Flat Iron
Steak/Brussel Sprout/
Rosemary Purple Potatoes

Monday

Citrus/Avocado Salad
Grilled Halibut/
Rapini/Rainbow Carrots

Tuesday

Black Bean Tacos w/Black
beans/Beef/Sofrito/
Guacamole/Pico de Gallo

Wednesday

Greens/Cherry Tomatoes/
Olives/Pickled Onions
Salmon/Rosemary Sweet
Potato Fries/Garlic Chard

Thursday

North African Stew
Herb-Crusted Sole/
Asparagus Spears/Purple
Cauliflower Couscous/Salsa
Verde

Friday

Beets, Red Onion, Radish
Harissa Lamb
Kabob/Escalivada/Garlic
Broccolini

Saturday

Butterleaf Salad
Sea Bass/Roasted
Eggplant/Peas/Cauliflower
Mash