

## Breakfasts

### Week 1

**Each served with  
Aviara Green or Purple  
Power Juice**

**Smoked Salmon Bites**  
On Sweet Potato Toast  
and Cashew Cream

**Tortilla Espanola** with  
Arugula and Roasted  
Pepper Salad

**Green Smoothie Bowl**  
with  
Paleo Grain-Free  
Granola

**Poached Eggs**  
in Avocado Cups  
w/Marinara or Ranchero  
Sauce

**Breakfast Scramble**  
with Mushrooms, Leeks,  
Winter Squash and  
Peppers/Spinach Salad

**Zucchini Pancakes**  
with Seasonal Green  
Salad/Bacon  
Cashew Cream

**Poached Eggs** with  
Sweet Potato Hash  
Cakes, Seasonal Salad

## Lunches

### Week 1

**Waldorf Salad** with  
Spinach, Apples,  
Chickpeas and Grapes

**Arugula and  
Watermelon Salad**  
with Mint, Olives, Feta  
and Pinenuts

**Stuffed Portobello with  
Herbs and Goat  
Cheese** Baby Kale and  
Shrimp Salad

**Chicken Paillard Salad**  
with Spinach, Fennel  
and Grapefruit  
Green Piri Piri

**Bun-less Beef Burger**  
with Avocado, Pickle  
and Roasted Vegetables

**Hippie Bowl** with Grilled  
Chicken  
Carrot and Miso  
Dressing

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

## Dinners

### Week 1

**Autumn Apple and  
Pear Salad /  
Beef Filet** with Roasted  
Romanesco Puree

**Cauliflower and Leek  
Soup/ Pan Roasted  
Salmon**  
Sauteed Chard and  
Asparagus/Salsa Verde

**Turkey Tacos** with  
Guacamole, Pico de  
Gallo / Dessert: Raw  
Vegan Chocolate  
Pudding

**Seasonal Greens with  
Beets, Fennel  
Carrot/Parsnip Pasta**  
w/Scallops and Sauteed  
Chard

**Watercress Salad with  
Avocado and  
Persimmon/  
Halibut** Cauliflower  
Cake, Cilantro/Yogurt

**Cucumber Avocado  
Gazpacho/ Flat Iron  
Steak** with Asian Slaw

**Grilled Romaine Salad/  
Herb Crusted Sea  
Bass** Sauteed Kale,  
Cauliflower Mash, Garlic  
Pea Shoots

## Breakfasts

### Week 2

**Each Served with  
VeraVia Green or  
Purple Power Juice**

**Poached Eggs,**  
Spinach, Sweet Potato  
Toast

**Zucchini Pancakes**  
Green Salad/Turkey  
Bacon

**Vegetable Frittata**  
**Bake** with Mixed Sprout  
Salad

**Green Smoothie Bowl**  
Paleo Grain Free  
Granola/Mixed Berries

**Vegetable Scramble**  
Carrot and Radish Salad

**Pan Seared Salmon**  
with Sauteed  
Bloomsdale  
Spinach/Cucumber,  
Radish and Dill Salad

**Poached Eggs** with  
Arugula, Tomato,  
Avocado Breakfast  
Salad

## Lunches

### Week 2

**Southwest Kale Salad**  
with Roasted Squash,  
Zucchini and Pumpkin  
Seeds

**Spaghetti Squash**  
Chicken and Avocado  
Pesto

**Portobello Salad**

**Lemon Shrimp on  
Rainbow Salad**  
Purple Cabbage,  
Carrots, Avocado,  
Beets, Sprouts/Tahini  
Dressing

**Seasonal Lemony Kale  
Salad** with Grilled  
Chicken and Crudite

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

**French Lentil Salad**  
**Toss** with Beet  
Hummus

**Grilled Chicken on  
Latin Spiced  
Cauliflower Rice**  
Spinach, Olives, Cilantro

## Dinners

### Week 2

**Roasted Pear/Butter  
Leaf Salad** Flat Iron  
Steak, Sauteed Brussel  
Sprouts and Butternut  
Puree

**Seasonal Greens with  
Roasted Beets/Fennel  
Salad** / Grouper with  
Rapini and Rainbow  
Carrots

**Beef Tacos** with  
Roasted Seasonal  
Vegetables/ Guacamole,  
Pico de Gallo/ Pumpkin  
Custard

**North African Vegan  
Stew** Pan Seared Sole,  
Jumbo Asparagus,  
Chard, Wilted Frisee

**Zucchini Antipasti**  
Seabass with Braised  
Squash/Winter Greens  
in Coconut Curry

**Shaved Fennel Salad**  
Harissa Lamb Skewers,  
Escalivada, Broccolini,  
Olive Tapenade

**Simple Herb Salad/  
Black Cod** Eggplant,  
Green Beans, Kabocha  
Mash