

VeraVia 2-Week Menu, Winter 2020 (Week 1)

| | Breakfast - Week 1 | Lunch - Week 1 | Dinner - Week 1 |
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| Day 1 | Spirit Booster Shot - Cabbage and Ginger Fried Eggs/Sweet Potato Toast/Red Pepper Cashew Cream | Southwest Bowl/Cilantro Avotizki | Thyme Roasted Pear Salad/Hazelnut Dressing Beef Filet/Sauteed Brussel's Sprouts/Butternut Puree |
| Day 2 | Adrenal Tonic Shot - Beet, Pomegranate, Red Cabbage, Ginger Zucchini Pancakes/Basil Cashew Cream | Spiralized Butternut Squash Pasta/Chicken/Sundried Tomato | Beet/Fennel Salad/Seasonal Greens Pan Roasted Mexican Seabass/Snap Peas/Parsnips/Chimicurri |
| Day 3 | Mo Flow Tonic - Apple, Orange, Carrot, Lemon, Ginger, Turmeric Vegetable Frittata | Lemon Shrimp on Rainbow Salad/Cilantro Tahini | Spiced Skirt Steak/Rajas/Collard Green Fajitas Vegan Chocolate Pudding |
| Day 4 | Belly Tonic - Pineapple, Fennel, Ginger, Lemon Acai Bowl/Paleo Granola | Hippie Bowl/Carrot Miso Dressing | North African Vegan Stew Black Seabass Bowl with Shirataki Noodle Salad/Radish/Tahini/Mint |
| Day 5 | Love Elixir - Cilantro, Lemon, Ginger, Cucumber, Green Apple Fried Egg/Sweet Potato Hash Cake/Vegan Hollandaise | Garden Style Turkey Burger/Grilled Vegetables/Pickles | Farmer's Market Crudite/Cilantro Yogurt Sauce Roasted Halibut with Mild Coconut Curry |
| Day 6 | Thyroid Optimizer Shot -Cucumber, Radish, Celery, Lemon Huevos Rancheros/Cuban Black Beans/Plantain Tortilla | Kale and Lentil Toss/Carrot Hummus/Tahini Dressing | Shaved Fennel Salad with Arugula, Butternut, Manchego and Pistachio/Champagne Vinaigrette Harissa Marinated lamb Skewer/Escalivada/Olive Tapenade |
| Day 7 | Insight Elixir - Beet, Apple, Blackberry, Ginger, Lemon Poached Eggs on Farmer's Market Greens/Sweet Potato Hash Cakes | Grilled Chicken Breast/Latin Flavor Cauli-rice | Grilled Romaine Salad with Tiny Roasted Carrots, Fresh Herbs/Balsamic Vinaigrette Herb Crusted Sole/Kabocha Squash Mash/Gremolata/Crispy Kale |

VeraVia 2-Week Menu, Winter 2020 (Week 2)

| | Breakfast - Week 2 | Lunch - Week 2 | Dinner - Week 2 |
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| Day 1 | Spirit Booster Shot - Cabbage and Ginger Smoked Salmon Bite on Sweet Potato Toast Cashew Cream/Seasonal Greens | Waldorf Salad/Honey Mustard Yogurt Dressing | Persimmon/Feta Salad with Snipped Basil and Almond |
| Day 2 | Adrenal Tonic Shot - Beet, Pomegranate, Red Cabbage, Ginger Tortilla Espanola on Wilted Bloomsdale Spinach | Turkey Burger served Garden Style / Avocado/Butterleaf Cups/Grilled Vegetables | Puree of Cauliflower and Leek Soup Fish of the Evening with Swiss Chard and Asparagus Saute Salsa Verde |
| Day 3 | Mo Flow Tonic - Apple, Orange, Carrot, Lemon, Ginger, Turmeric Savory Salmon Breakfast/Wilted Spinach, Rosemary Sweet Potato Cashew Cream | Buddah Bowl with Shrimp Exotic Spice Dressing | Snapper Tacos with Cuban Black Beans/Rainbow Vegetables Pico de Gallo/Guacamole Pumpkin Custard |
| Day 4 | Belly Tonic - Pineapple, Fennel, Ginger, Lemon Asparagus, Leek, Winter Squash and Pepper Scramble/Microgreens | Stuffed Portobello with Goat Cheese and Pinenuts Marinara/Baby Kale Salad | Seasonal Greens, Roasted Carrots and Onions/Red Wine Vinaigrette Sweet Potato and Parsnip Pasta/Swiss Chard/Jumbo Scallops |
| Day 5 | Love Elixir - Cilantro, Lemon, Ginger, Cucumber, Green Apple Huevos Rancheros/Cuban Black Beans/Plantain Tortilla | Hippie Bowl with Grilled Chicken Carrot Miso Dressing | Grilled Zucchini/Eggplant Antipasti Pan-seared Tai Snapper Braised Winter Squash and Greens/Coconut Curry |
| Day 6 | Thyroid Optimizer Shot -Cucumber, Radish, Celery, Lemon Eggs in Butternut Squash Nests/Avocado Tomatillo Sauce | Chicken Skewers/Market Green Saute Meyer Lemon Salsa | Beet Ginger and Coconut Soup Deconstructed Sushi Bowl/Miso Ginger Dressing |
| Day 7 | Insight Elixir - Beet, Apple, Blackberry, Ginger, Lemon Zucchini Pancakes/Poached Egg/Cashew Cream | Harvest Bowl/Chicken/Lemon Maple Tahini/Spiced Pecans | Citrus Dressed Shaved Root Carpaccio Sole with Sauteed Collard Greens/ Cauliflower Cakes/Cilantro Yogurt Sauce |