



Dr. Angela DaGrosa

Ayurveda Doctor

661 Maplewood Drive

Suite #19

Jupiter, FL 33458

561-301-6442

Angela@brightpathayurveda.com

Snacks:

- Rice Cake with Nut Butter
- Celery with Nut Butter
- Rice Cake with Humus
- Celery with Humus
- Apples with Nut Butter
- Cucumber with Humus
- Turkey Roll-ups
- Roast Beef Roll-ups
- Coconut Cream or Oil
- Homemade Vegetable Soup
- Homemade Chicken Soup
- Protein Shake (with ½ banana or ½ cup of fruit)
- Avocado
- Shrimp Cocktail
- Salmon
- Sardines
- Miso Soup
- Meat Balls
- Turkey Meat Balls
- Bacon
- Turkey Bacon
- Sausage
- Hard Boiled Eggs
- Beet Chunks
- ½ Grapefruit
- Apple
- Berries
- Banana