



Healthy Meals

Charleston

February 2019 Specials

Snacks

Power Balls

Peanut Butter & Oats

Chocolate Tahini

Prune, Chocolate & Nut

Mason Jar Pint = 6 Balls \$12

Mason Jar Quart = 12 balls \$20

Breakfast

6 Pack Large Egg White Muffins

Vegetarian \$30

spinach, black beans, asparagus, broccoli, onions, fontina

Add Protein \$42

shrimp, roast turkey or chicken

Mason Jar Overnight Oats \$8

toasted coconut, almond and chocolate

Mason Jar Smoothie \$9

chocolate protein, banana, berry, tahini butter,
spinach and oat milk

Egg White Omelet in a Jar \$8

(6oz eggs with listed ingredients)

Farm House

ham, cheddar, spinach, peppers

Sunrise

black beans, Monterey jack, onions, peppers, mushrooms, tomatoes

Gardeners

broccoli, feta, asparagus, green onion, roasted pepper

SOUPS

Quart Mason Jars \$12

Lentil Soup with Lemon

Curried Cauliflower Rice and Kale Soup

MASON JAR SALAD

Burrito Mason Jar Salad \$13

chicken, brown rice pilaf, Pico de Gallo, black beans & corn, Monterey jack & cheddar cheese, jicama, radishes, romaine with plain Greek yogurt

Mediterranean Salad \$12

red pepper hummus, feta, quinoa, red onion, shredded carrots, chickpeas, spinach
balsamic vinaigrette

POWER BOWL

Vegetarian Mixed Rice Bowl \$13

farro with artichokes, tomatoes, shredded carrots, bean sprouts,
sautéed spinach, mushrooms,
zucchini, radishes, hardboiled egg, grilled flank steak
(vegetables sautéed with sesame oil and red pepper paste)

SPECIALS

Green Chile Chicken Enchilada Stuffed Spaghetti Squash \$12

spaghetti squash, chicken, black beans, green chilies,
lo-fat yogurt, cilantro, cheddar cheese

Turkey Butternut Squash Chili \$11

ground turkey, tomatoes, black beans, red beans,
butternut squash, cabbage
with lo-fat yogurt and pumpkin seeds

Caprese Chicken and Quinoa Bake \$12

chicken, quinoa, tomatoes, asiago
topped with sliced tomatoes, fresh mozzarella, basil

Santa Fe Chicken and Lentil Casserole \$11

tomatoes, black beans, onions, peppers, Monterey jack, jalapenos, cilantro