



# Healthy Meals

Charleston

## **BREAKFAST SELECTIONS**

### **MASON JAR OVERNIGHT OATS**

#### **HEALTHY ELVIS**

*peanut butter, banana, dark chocolate*

#### **LOCAL'S CHOICE**

*blueberries, toasted almonds, honey*

#### **SUNRISE**

*apples, golden raisins, walnuts, cinnamon*

### **ISLAND EGG WHITE MUFFINS**

#### **WADMALAW**

*spinach, broccoli, zucchini, onions, peppers, herb goat cheese*

#### **SEABROOK**

*chicken, black beans, shishito peppers, onions, spinach, cheddar \*low fat yogurt & salsa\**

### **SOUTHWESTERN WHOLE WHEAT BURRITO**

*egg whites, chicken, spinach, black beans, tomato, peppers, onion, mozzarella*

### **POWER BALLS**

*peanut butter, oats, flax seed, coconut, dark chocolate*

Mason Jar Pint = 6 Balls

Mason Jar Quart = 12 balls

## **LUNCH or DINNER**

### **MASON JAR SALAD**

(all with house made balsamic vinaigrette)

#### **ROASTED BRUSSELS SPROUT SALAD**

*sesame-peanut chicken, herb goat cheese, balsamic Brussels sprouts, Craisins, mandarin oranges, grape tomatoes, pecans, spinach*

#### **FARM HOUSE FARRO SALAD**

*farro & tomatoes, chicken satay, blue cheese, roasted sweet potatoes, shredded carrots, granny smith apples, radish, spinach*

#### **GREEK SALAD**

*Greek chicken, feta, grape tomatoes, English cucumbers, Kalamata olives, pepperocini, marinated artichokes, roasted peppers, romaine*

#### **BERRY MASON JAR SALAD**

*lemon herb quinoa, Italian chicken, herb goat cheese, strawberries, blueberries  
English cucumber, toasted almonds, spinach*

## **CHARLESTON POWER BOWLS**

### **THAI CHICKEN BUDDHA BOWL**

*farro & tomatoes, chicken satay, pickled red cabbage, shredded carrots, bean sprouts, spinach  
\*pickled ginger, crushed peanuts, cilantro - peanut sauce\**

### **GREEK BOWL**

*couscous with spinach, Greek chicken, feta, zucchini, English cucumbers, roasted peppers,  
roasted chick peas, Kalamata olives, spinach – balsamic vinaigrette*

### **FRESH GARDEN BOWL**

*lemon herb quinoa, balsamic Brussels sprouts, roasted sweet potatoes, roasted peppers,  
English cucumbers, grape tomatoes, pepitas, spinach - balsamic vinaigrette*

### **BLACKENED SHRIMP BOWL**

*garlic scented brown rice, blackened shrimp, black beans & corn, shredded carrots, fresh basil,  
spinach, lime wedge - cilantro lime dressing*

### **ASIAN TURKEY MEATBALL POWER BOWL**

*herb brown rice, turkey meatballs, shredded carrots, grape tomatoes, cucumbers,  
edamame, peppers, feta, spinach - balsamic vinaigrette*

## **HEALTHY MEALS**

### **1 PORK MARBELLA WITH SICILIAN GREEN OLIVES & PRUNES**

*farro & tomatoes/collard greens*

### **2 THAI BROILED SALMON**

*shredded Brussel sprouts/lemony herb couscous/roasted asparagus*

### **3 MEXICAN QUINOA STUFFED PEPPERS**

*quinoa, ground turkey, black beans, corn, red onion, lime, herb goat cheese, cilantro/roasted  
asparagus*

### **4 CARIBBEAN CHICKEN WITH PINEAPPLE PICO DE GALLO**

*garlic scented brown rice & black beans/parmesan zucchini coins*

### **5 CAPRESE CHICKEN**

*tomatoes, fresh mozzarella, basil, balsamic glaze/herb quinoa/blanched broccoli*

### **6 STUFFED PORTABELLA MUSHROOM WITH PARMESAN & HERB GOAT CHEESE**

*spinach, sun-dried tomatoes/farro & tomatoes/balsamic Brussels sprouts*

### **7 TURKEY MEATLOAF WITH FETA & SUN-DRIED TOMATOES**

*sweet potato hash/green peas*

### **8 CHICKEN PICATTA**

*cauliflower rice/coriander carrots*

### **9 POACHED CHICKEN**

*stuffed with asparagus & goat cheese/herb potatoes/balsamic Brussel sprouts*