



Healthy Meals

Charleston

July Meal Package
3 Nights – 6 Meals \$75
4 Nights - 8 Meals \$98
5 Nights – 10 Meals \$120

TWO Chicken, Mushroom and Spinach Lasagna Meals
sauce of lo-fat yogurt, cottage cheese and lo-fat mozzarella
with whole grain pasta

TWO Sage Rubbed Chicken Meals
bone in chicken breast and thigh with spicy peach glaze
sides of roasted potatoes and skillet okra

TWO Caprese Chicken and Quinoa Bake Meals
chicken, balsamic quinoa, tomatoes, fresh mozzarella, fresh basil

TWO Spicy Sweet Potato Chicken Hash Meals
prepared with adobe sauce, honey, cilantro with green chili sauce
served with roasted asparagus, Brussels sprouts and carrots

TWO Ahi Tuna Poke Bowls
marinated sushi-grade ahi tuna, cucumber, edamame, pickled ginger, seaweed salad
radish, jalapenos, brown rice
tamari sauce

Al a Carte \$12.75
Family Meal \$62
Make any meal a family meal (feeds 5)