

# TASTES OF ELATION

## BREAKFAST

VEGETABLE STEAK & EGGS  
GREEN SMOOTHIE BOWL  
LOW CARB BAGEL SANDWICH  
BREAKFAST QUICHE  
SMOOTHIE ASSORTMENT

## LUNCH

KETO BLT CLOUD BREAD  
SALMON W/ CREAMY DILL SAUCE  
TEQUILA LIME SHRIMP  
BURGER COBB SALAD LETTUCE WRAPS  
CRAB CAKES ON BED OF SPRING MIX

## DINNER-SERVED WITH SIDE VEGGIE OR SALAD

PEPPER CRUSTED LAMB CHOPS W/CAULIFLOWER  
MASH  
BALSAMIC CHICKEN MASHED SWEET POTATOES  
SEAFOOD BAKE

