

CHICKEN

1	Tandoori Chicken 8oz of tender slow cooked chicken thighs cooked in Indian spices & coconut milk with white rice & cilantro - with a side of whole wheat Naan Cals: 579 F: 17g C: 56g P: 46g	\$13.75
2	Chicken Fajita Bowl w. Grilled chicken, sautéed peppers & onions, black beans, basmati rice & homemade PP salsa Cals: 356 F: 8g C: 29g P: 37g	\$13.75
3	Grilled Chicken Stir-fry Grilled chicken over broccoli, sautéed peppers, green beans, carrots. Topped with cilantro & peanuts w. a side of soy stir-fry sauce Cals: 313 F: 10g C: 16g P: 38g	\$13.75
4	Greek Salad - Low Carb w. grilled chicken, sweet peppers, feta, tomatoes, kalamata olives, cucumbers and a side of sweet vinegar & oil dressing Cals: 291 F: 15g C: 6g P: 32g	\$12.75

BEEF

5	Pesto Steak & Fries Grilled flank steak w. red potato wedges, parmesan crusted green beans & a side of basil pesto Cals: 472 F: 18g C: 35g P: 38g	\$14.75
6	Cheeseburger Bowl w. lean ground beef, jasmine rice, cheddar cheese, bread & butter pickles, diced red onions and a side of ketchup & mustard. Cals: 479 F: 18g C: 26g P: 43g	\$13.75

TURKEY

7	Turkey Tacos w. ground turkey, sautéed peppers, onions, jalapeños, basmati rice, black beans & PnP salsa Cals: 528 F: 14g C: 53g P: 49g	\$13.75
8	Turkey Burgers & Grilled Veggies Lean Turkey burgers over a bed of grilled zucchini, sweet peppers, carrots & onions Cals: 376 F: 12g C: 26g P: 33g	\$13.75

SEAFOOD

9	Blackened Salmon *NEW* w. Israeli cous cous, green beans & topped with mango salsa Cals: 397 F: 9g C: 33g P: 42g	\$14.75
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BREAKFAST

10	Egg, Veggie & Potato Scramble scrambled eggs & veggie scramble with baked potatoes & a side of hot sauce Cals: 332 F: 15g C: 25g P: 24g	\$10.75
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Vegetarian

11	Chickpea Greek Salad w/ chickpeas, sweet peppers, feta, tomatoes, kalamata olives, cucumbers and a side of sweet vinegar & oil dressing Cals: 304 F: 11g C: 36g P: 13g	\$12.25
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CHEAT MEAL

12	Italian Sausage Sandwich Two grilled Italian sausages with grilled peppers & a side of giardiniera	\$12.75
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SNACKS - \$5

A	Overnight Oats - <i>PACKED W PROTEIN!</i> *** w. fresh berries & nuts Cals: 282 F: 6.7g C: 34g P: 22.5g
B	Chocolate Chip Banana Protein Muffins (2) Cals: 122 F: 1.5g C: 19g P: 7g (per one muffin)
C	Protein Balls (4) Cals: 180 F: 9g C: 19g P: 7g (per one ball)
D	Honey Vanilla Greek Yogurt Parfait Cals: 280 F: 9g C: 28g P: 20g

SIDES

X	Side Salad: \$7 Mixed greens w. sliced red onion, cherry tomatoes, cucumber & a side of creamy balsamic
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