

Elite Meals Week 2

- *Kaffir Lime Soy Chicken with Broccolini, carrot & Steamed Rice*
- *Thai Yellow Barramundi Curry with Snake Beans & okra, carrot, Brown Rice*
- *Lean Grass Fed Beef Hambagu with Broccoli, carrot and corn & Mixed Black Rice*
- *Ulam Nut Free Pesto Chicken Thigh, grilled Veges and Penne*
- *Japanese Grass-fed Beef Cheek Curry, Scramble eggs Broccoli, carrot, Steamed Rice*
- *Baked Barramundi with Miso Butter Beans & Grilled Green Bean, Squash, Pumpkin*
- *Fried Tofu with Grass-fed Mince Beef with Garlic Bok Choy, Carrot & Steamed Rice*
- *Baked Chicken & Eggplant Parmigiana with Spaghetti*
- *Salmon Florentine with Spinach, zucchini, mushrooms and Baked Potatoes*
- *Tumeric Yogurt Slow braised Lamb Shank with 4 beans, Cauliflower and Pearl cous-cous*

**All Meals Has No Trace of Nuts*