

Elite Meals Week 3

- *Thai Grilled Chicken with Stirred Fry Greens & Brown Rice*
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- *Baked Barramundi with Grilled Veggies, & Pumpkin*
- *Salmon Laksa, Bok Choy, and Noodles*
- *Red Miso Glazed Grass Fed Beef Striploin with Roasted Veggie & Mixed Black Rice*
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- *Teriyaki Tofu, Turkey Minced, Green Beans, Carrot & Mixed Black Rice*
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- *Baked Beef Moussaka with Grilled Zucchini, Yellow Squash*
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- *Steamed NZ Snapper with Ginger Scallion Soy & Stir-fried Bok Choy, Snow Peas, Steamed Rice*
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- *Nut free Chicken Satay with Veggies and Brown Rice.*
- *Roasted Lamb Kofta, Cauliflower, Pita & Cucumber Raita*
- *Roasted Tandoori Chicken with Zucchini, & Pita*

**All Meals Has No Trace of Nuts*