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Dinner

February 19, 2018

Hibiscus Iced Tea

Roasted Olives with Citrus & Herbs

Artichoke, Basil Tapenade, Rice Crackers

Tomato Basil Soup

Arugula Salad

Cherries, Goat Cheese, Almonds, Citrus Vinaigrette

Falafel with Tzatziki

Mediterranean Chicken Kebabs

Parsley Mint Drizzle, Tahini Yogurt Sauce

Wild Salmon Kebabs

Mediterranean Cauliflower Mash Up

Meyer Lemon Pudding with Fresh Strawberries

Tea, Club Soda & Fruit-Infused Water

 

Breakfast

February 20, 2018

Steel Cut Oatmeal, Walnut Cream, Flax Seeds

Organic Blueberries

Pasture Raised Organic Hard Boiled Eggs

Organic Full Fat Plain & Coconut Dairy Free Yogurt

Black & Green Tea

Coffee, Decaf Coffee

Filtered Water

Honey, Almond Milk, Whole Milk

 

Lunch

February 20, 2018

Green Tea Cooler

Curried Zucchini Soup

Wild Salmon Nicoise, Lemon Tahini Dressing

Chocolate Walnut Trifle

Selection of Decaf Teas & Decaf Iced Tea

Honey, Almond Milk



Dinner

February 20, 2018

Roasted Tomato & Red Bell Pepper Soup, Basil Oil

Kale Quinoa Salad with Red Grapes

Avocado Citrus Salad

Baked Chicken with Minted Chimichurri

Cobia with Tomato, Mint & Fennel Vinaigrette

Spiced Roasted Butternut Squash with Almonds

Roasted Orange Sesame Carrots

Tart Cherry & Chocolate Crunch

Triple Brittle

Decaf Coffee & Decaf Teas

Honey, Almond Milk, Whole Milk

 

Breakfast

February 21, 2018

Organic Blackberries

Triple Green Frittata

Sweet Potato Hash

Organic Full Fat Plain & Coconut Dairy Free Yogurt

Black & Green Tea

Coffee, Decaf Coffee

Filtered Water

Honey, Almond Milk, Whole Milk

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Lunch

February 21, 2018

Chamomile Lavender Lemonade

Southwestern Sweet Potato Soup, Ginger Lime

Thai it Up Hanger Steak Salad

Grown Up Chocolate Pudding with Raspberries

Selection of Decaf Teas & Decaf Iced Tea

Honey, Almond Milk



Dinner

February 21, 2018

Roasted Asparagus Soup

Pistachio Crème

Roast Organic Chicken Breast

Charred Tomato Salsa Roja, Brown Rice,

Minted Guacamole, Broccoli

Julie’s Best Mandarin Blueberry Crisp

 

Breakfast

February 22, 2018

Organic Raspberries

Organic Full Fat Plain & Coconut Dairy Free Yogurt

Chicken-Lemongrass Broth

Wild Salmon Scramble

Vegetable Stir Fry

Black & Green Tea

Coffee, Decaf Coffee

Filtered Water

Honey, Organic Milk, Whole Milk

 

Lunch

February 22, 2018

Green Tea Chai

Local Mixed Greens

Feta Cheese, Cherry Tomatoes, Mint

Organic Chicken, Tricolor Pepper Salsa

Kale with Delicata Squash & Hazelnuts

Blackberry Parfait with Sesame Brittle

Selection of Decaf Teas

Honey, Almond Milk, Whole Milk