

# LUNCH

## You Choose

PICK THREE TO FOUR OF THE FOLLOWING LUNCH OPTIONS FOR EACH WEEK.



### SMOKED SALMON SALAD

*INGREDIENTS:* BABY SPINACH (2 CUPS), RED ONION 1/4 CUP, CHERRY TOMATOES 1/4 CUP, SMOKED SALMON 4 OZ, OLIVE OIL 1 TBSP, LEMON OR LIME JUICE 1 TBSP, SEA SALT, PEPPER.



### QUESADILLA

*INGREDIENTS:* SIETE TORTILLA, 1/4 CUP RED BELL PEPPER, 1/4 CUP DICED TOMATO, 4 OZ OF SHREDDED CHICKEN (ROTISSERIE OR YOU CAN PREP YOUR OWN FOR THE WEEK) . 1/4 CUP OF SHREDDED CHEESE OF CHOICE (LOWER IN FAT).



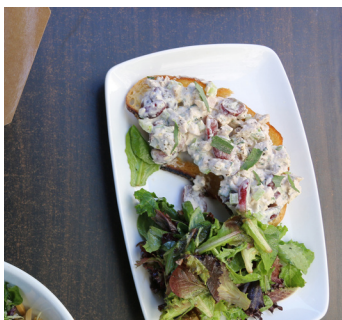
### EGG SALAD OVER ARUGULA

*INGREDIENTS:* TWO HARD BOILED EGGS CHOPPED AND MIXED WITH AVOCADO MAYO (1 TBSP) AND DILL. SERVE OVER ARUGULA (1 CUP), CUCUMBERS (1/4 CUP), SHREDDED CARROTS (1/4 CUP).



### QUINOA SALAD

*INGREDIENTS:* COOKED QUINOA, SLICED CUCUMBER, SHREDDED CARROTS, SHREDDED PURPLE CABBAGE, CHERRY TOMATOES, AVOCADO (1/4 CUP EACH), OLIVE OIL, LEMON JUICE (1 TBSP EACH), HEMP HEARTS (2 TBSP).



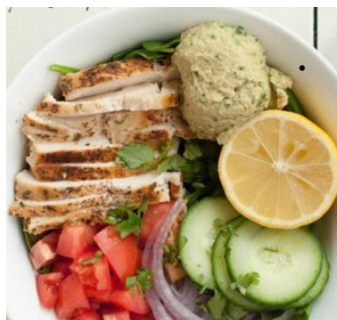
### TUNA SALAD TOAST

*INGREDIENTS:* CANNED TUNA 5 OZ MIXED WITH AVOCADO OIL MAYO 1 TBSP, SALT, AND PEPPER OVER GF SPROUTED GRAIN TOAST (1 SLICE) OR 1 SIETE WRAP. TOP WITH MIXED GREENS. SERVE WITH APPLE.



### PROTEIN BUTTER RICE CAKES

*INGREDIENTS:* 3 RICE CAKES , 2 TABLESPOONS OF NUT BUTTER OR PB FIT 2. 2 SCOOPS OF PROTEIN, SLICED APPLE (1 SMALL), 2 TABLESPOONS HEMP HEARTS . (MIX PROTEIN POWDER, AND NUT BUTTER, ADD A SPLASH OF WATER IF NEEDED. IF USING PB FIT 2 (LOWER IN FAT) MIX DRY INGREDIENTS WITH 2 TABLESPOONS OF WATER).



### HUMMUS & CHICKEN SALAD

*INGREDIENTS:* 2 CUPS OF LETTUCE OF CHOICE, 1/4 CUP HUMMUS, 3 OZ SHREDDED CHICKEN (ROTISSERIE OR YOU CAN PREP YOUR OWN FOR THE WEEK) . 1/4 CUP DICED TOMATOES, 1/4 CUP SLICED CUCUMBERS , 1/4 CUP CARROTS, 2 TBSP MARINATED OLIVES. 1 TBSP OLIVE OIL , JUICE 1 TBSP, LEMON OR LIME. SEA SALT, PEPPER TO TASTE.



### AVOCADO AND ROTISSERIE CHICKEN SALAD

*INGREDIENTS:* 2 CUPS ARUGULA OR MIXED GREENS , 1/2 AVOCADO SLICED, 4 OZ ROTISSERIE CHICKEN, 1/4 CUP CHERRY TOMATOES, 2TBSP BALSAMIC VINEGAR, 1TBSP OLIVE OIL , SALT, PEPPER TO TASTE.