

LUNCH

You Choose

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



SAMPLE

SMOKED SALMON BABY SPINACH SALAD

INGREDIENTS: BABY SPINACH, RED ONION, CHERRY TOMATOES, SMOKED SALMON, OLIVE OIL, LEMON OR LIME JUICE, SEA SALT, PEPPER.

QUESADILLA

INGREDIENTS: SPROUTED GRAIN TORTILLA, CHERRY TOMATOES, RED BELL PEPPER, CANNED CORN, SHREDDED MOZZARELLA AND CHEDDAR CHEESE, PESTO.

QUINOA SALAD

INGREDIENTS: COOKED QUINOA, SLICED CUCUMBER, SHREDDED CARROTS, SHREDDED PURPLE CABBAGE, CHERRY TOMATOES, AVOCADO, OLIVE OIL, LEMON JUICE, SALT.



DR. JOI

THE NUTRITION PLUG



TUNA SALAD TOAST

INGREDIENTS: CANNED TUNA MIXED WITH AVOCADO MAYO, SALT, AND PEPPER. TOP WITH MIXED GREENS. SERVE WITH GRAPES OR APPLE.

HUMMUS PLATTER

INGREDIENTS: HUMMUS, SNAP PEAS, SLICED CUCUMBERS, CARROTS, MARINATED OLIVES, MINI MOZZARELLA BALLS.

AVOCADO AND ROTISSERIE CHICKEN SALAD

INGREDIENTS: ARUGULA OR MIXED GREENS, AVOCADO, ROTISSERIE CHICKEN SLICES, CHERRY TOMATOES, BALSAMIC VINEGAR, OLIVE OIL, SALT, PEPPER.