



Natural Integrative Healthcare

Two Day Menu Sample- including calories

	Monday	Sunday
Breakfast	2 scrambled eggs (200) with fresh ½ Cup spinach (3) or 1/3 Cup zucchini (11), 1 Garden of Life Multi Seed English Muffin toasted, (110)	½ cup Arrowhead mills GF pancake mix (300) 1 Cup Blueberries (87)
Snack	2 TBls (46) Hummus + 3 Celery sticks 7-8" long (6)	1 Apple (70) 6 oz coconut yoghurt (120)
Lunch	Salad 4 oz grilled salmon (270) Dressing: olive oil and lemon juice	4 oz Roast Chicken Breast (142) 1 Cup green beans (44) 1 Cup Garden salad (30)
Snack	Apple (80) 2 cubes Daiya non dairy cheese Monterey Jack (160)	1 cup honeydew melon (61) 2 teaspoon. sunflower butter (62)
Dinner	6 oz roasted Turkey Breast (289); 1 sweet potato (100), 1 cup broccoli (31) Fruit: mandarin (37) or pear(96)	4 oz Beef Kabob (190) ½ red onion (20) 1 Roasted sweet potato (140)- olive oil and rosemary 1 Cup leek (54) (sautéed in olive oil) mandarin (37)