

# Flavorful Meal

## SAMPLE MENU

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*Meal #1*

### **BEEF & BROCCOLI**

Steamed Jasmine Rice

*Meal #2*

### **CITRUS HERB CHICKEN**

Sauteed Mixed Vegetables

*Meal #3*

### **GRILLED FLANK STEAK**

Roasted Corn & Black Bean w/ Rice

*Meal #4*

### **ROASTED SALMON**

Wild Rice in Coconut Curry Broth

*Meal #5*

### **ORECCHIETTE PASTA**

Creamy Spinach & Mushroom