



- MENU -
MENU BARIATRIC

MONDAY

		CAL	CARBS
BREAKFAST	Colombian style Arepitas	210	18g
LUNCH	Pechuga al limonw/ Bastamic Rice	320	39g
DINNER	Chipotle Style Bowl	600	48g

TUESDAY

		CAL	CARBS
BREAKFAST	Strawberry Cheesecake Stuffed French Toast	450	28g
LUNCH	Rollos de Pollo	320	22g
DINNER	Carne Guisada con Arroz	500	50g

WEDNESDAY

		CAL	CARBS
BREAKFAST	Turkey Bacon Egg and Cheese Sandwich	220	19g
LUNCH	Cheeseburger Quesadilla	380	23g
DINNER	Salmon Burger	330	22g

THURSDAY

		CAL	CARBS
BREAKFAST	Mozzarella and Tomatoes Omelet	280	13g
LUNCH	Chicken Lasagna	490	20g
DINNER	Crema de Auyama	308	8g

FRIDAY

		CAL	CARBS
BREAKFAST	Egg Basket	375	22g
LUNCH	Mongolian Beef Platter w/Rice	470	30g
DINNER	Honey Walnut Shrimp w/ Sweet Potatoes Fries	370	40g



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		CAL	CARBS
BREAKFAST	Turkey Bacon Ranch Wrap	280	17g
LUNCH	Rib Eye w/ Mash Potatoes	380	38g
DINNER	Chicken Fruit Salad	299	2g

TUESDAY

		CAL	CARBS
BREAKFAST	Egg & Cheese & Canadian Bacon Sandwich	308	17g
LUNCH	Chicken Parmesan	300	20g
DINNER	Coconut Cod Fish	408	3g

WEDNESDAY

		CAL	CARBS
BREAKFAST	Cornflakes & Milk	320	26g
LUNCH	Pollo Guisado w/ Bastami Rice	280	39g
DINNER	Big Mac Salad	250	3g

THURSDAY

		CAL	CARBS
BREAKFAST	Sausages & Zucchini Bowl	305	3g
LUNCH	Broccoli Chicken Skillet	210	6g
DINNER	Ham & Cheese Mash Casserole	300	45g

FRIDAY

		CAL	CARBS
BREAKFAST	Ketosyntesis Breakfast Platter	380	3g
LUNCH	Chicken Baked Ziti	290	48g
DINNER	Baked Ribs w/ Corn	395	29g



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MONDAY

		CAL	CARBS
BREAKFAST	Breakfast Pizza	280	2g
LUNCH	Shrimp Cocktails w/mash	400	25g
DINNER	Burriata Salad	390	6g

TUESDAY

		CAL	CARBS
BREAKFAST	Hash browns bacon & Eggs	308	21g
LUNCH	Fish Tacos	300	8g
DINNER	Stuffed Chicken w/ Baked Potatoes	250	26g

WEDNESDAY

		CAL	CARBS
BREAKFAST	Giant Cheese Sticks	200	9g
LUNCH	Taco pizza	495	28g
DINNER	Chicken Stir Fry w/ Rice	350	24g

THURSDAY

		CAL	CARBS
BREAKFAST	Bagel w/Cream Cheese	180	15g
LUNCH	Enchiladas	300	15g
DINNER	Arugula Salmon Salad	310	1g

FRIDAY

		CAL	CARBS
BREAKFAST	3 golpe	330	40g
LUNCH	Steak & Veggies	520	9g
DINNER	Burger Salad	395	3g



MONDAY

		CAL	CARBS
BREAKFAST	Ketosyntesis style McGriddle	300	8g
LUNCH	Chicken Sandwich	270	13g
DINNER	Chicken w/	300	27g

TUESDAY

		CAL	CARBS
BREAKFAST	Power Smoothie	180	14g
LUNCH	Bandeja Paisa	267	22g
DINNER	Chicken Yaroa	300	12g

WEDNESDAY

		CAL	CARBS
BREAKFAST	Blueberry Muffin	195	7g
LUNCH	Pork Burrito	400	13g
DINNER	Shrimp Jambalaya	310	32g

THURSDAY

		CAL	CARBS
BREAKFAST	Parfait	180	2g
LUNCH	Chow Fan	300	20g
DINNER	Zucchini loaded Fries	310	3g

FRIDAY

		CAL	CARBS
BREAKFAST	Breakfast Quesadilla	220	15g
LUNCH	Bacon Egg Avocado Burger	600	27g
DINNER	Ensalada de Lomo de Cerdo	400	32g