

pametarium

food for every body

balanced plan

MONDAY

lunch

grilled chicken
bbq with olive
cremoleta,
quinoa and
green beans
burrata

dinner

baked fish in
lemon butter,
baked sweet
plantain,
spinach, tomato
pineapple salad
and mint
vinaigrette

TUESDAY

lunch

peruvian beef
chaufa rice with
broccoli

dinner

shredded bbq
mango chicken
with green
beans, nuts and
brussel sprouts

WEDNESDAY

lunch

turkey, sesame
meatballs with
spinach sauce,
pasta salad and
cherry tomato
basil

dinner

pizza' chicken
with fresh
quinoa arugula
salad

THURSDAY

lunch

curry shrimp
skewers,
couscous with
roasted peppers
and red onions

dinner

beef tacos with
pico de gallo and
stuffed
tomatoes

FRIDAY

lunch

ground beef,
potato gratin
pie with
sauteed
vegetables

dinner

grilled pork loin,
chimichurri and
sweet potato
egg salad

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MONDAY

lunch

dijon glazed pork
loin, carrots,
green apple,
brussel sprouts
and mashed
sweet potato

dinner

mediterranean
churrasco
shawarma bowl

TUESDAY

lunch

turkey burger,
tomatoes,
arugula, bacon,
pineapple,
potato wedges
and homemade
cilantro salsa

dinner

fish ceviche
(leche de tigre)
plantain and
kale salad

WEDNESDAY

lunch

creamy shrimp
pasta, pesto
grilled zuchinni
and sun dried
tomatoes

dinner

grilled chicken,
zuchinni pasta
and caprese
salad

THURSDAY

lunch

chicken tenders,
quinoa tabule
salad and carrot
hummus

dinner

chicken teriyaki,
lime rice and
cauliflower

FRIDAY

lunch

braised beef,
sweet plantain
gratin casserole
and fresh salad

dinner

sauteed
chicken with
chop suey
(celery, bok
choy, red
peppers)

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MONDAY

lunch

chicken sliced with bbq mango sauce, mashed potato, green beans and almonds

dinner

fish chimichurri, sweet plantains and sautéed vegetables

TUESDAY

lunch

baked kofta, turmeric quinoa and kale salad

dinner

honey garlic chicken, roasted sweet potato and asparagus

WEDNESDAY

lunch

24 hour marinated chicken tacos, pico de gallo, peppers, fried beans, yellow rice and cilantro jalapeño sauce

dinner

turkey stuffed zucchini boats, piccata salsa and quinoa

THURSDAY

lunch

carbonara chicken pasta bowl, garlic blanched asparagus and cherry tomatoes

dinner

teriyaki pork, brown rice, peppers, carrots and cabbage salad

FRIDAY

lunch

mojo pork, yuca, kale sautéed, peppers and orange onions

dinner

turkey in red pepper coulis, spaghetti and nuts

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MONDAY

lunch

farfalle pasta,
calamari,
shrimp and
grilled
asparagus bowl

dinner

carrot and
zucchini noodles,
bolognese
sauce with
gratin cherry
tomatoes

TUESDAY

lunch

turmeric rice,
turkey kibbeh
garlic sauce,
cucumber, pickle
onions, carrots
and hummus

dinner

grilled shrimp,
mango salsa,
fresh cranberry
couscous and
arugula salad

WEDNESDAY

lunch

al pastor pork,
quinoa, spinach,
black beans,
pineapple sauce
and non spicy
jalapeño cilantro
sauce

dinner

turkey burger,
tomato, cheese,
sweet potato
oven baked fries,
mushroom and
garlic honey
mustard

THURSDAY

lunch

beef with
sautéed onions,
potato salad
and green mix

dinner

grilled chicken,
ranch sauce,
broccoli and
cauliflower slaw

FRIDAY

lunch

asian chicken
with fried rice
and sautéed
vegetables

dinner

beef fajitas,
grilled elotes
and mozzarella
cheese

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MONDAY

lunch

grilled salmon,
broccoli, sesame
seeds and
brown rice

dinner

lemon garlic
chicken thigh,
asparagus skillet
and wheat
pasta

TUESDAY

lunch

beef goulash
(carrots and
peas) parsley
potatoes and
tumeric
cauliflower

dinner

fish in parsley
sauce, sweet
potatoes,
sautéed
spinach, dried
tomatoes and
green beans

WEDNESDAY

lunch

spaghetti
chicken
bolognese,
homemade
marinara and
cesar salad

dinner

chicken breast,
potato hash and
vegetables

THURSDAY

lunch

roasted beef,
mac and
cheese, nut
green beans
and cranberry
sauce

dinner

pork tenderloin
with potato
salad

FRIDAY

lunch

shredded
chicken in
avocado sauce
(reina pepiada)
bowl with
quinoa, black
beans, spinach,
corn and cherry
tomato

dinner

beef picadillo
salteado,
brown rice and
peppers

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MONDAY

lunch

creamy tuscan
chicken
(mushrooms,
spinach, cherry
tomato) with
pasta

dinner

waldorf chickpea
salad and grilled
chicken

TUESDAY

lunch

shrimp, coconut
rice and grilled
vegetables.
ginger yogurt
sauce

dinner

asian quinoa
salad, honey
lemon
vinaigrette and
pork loin

WEDNESDAY

lunch

chicken breast,
potato in
colombian
tomato sauce,
green beans
and carrots

dinner

churrasco bah
mi bowl

THURSDAY

lunch

oven baked fish,
neapolitan basil
tomatoes, garlic
asparagus and
mashed sweet
potato

dinner

marinated
chicken with
greek yogurt
cucumber salad

FRIDAY

lunch

carnitas, pork
bowl with pinto
beans, cilantro
lime brown rice,
cheese, peppers
and pico de
gallo

dinner

eggplant beef
shepards pie,
green beans
and cherry
tomatoes

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MONDAY

lunch

beef bolognese
spaghetti and
fresh salad

dinner

marinated tuna
poke bowl with
chipotle aioli

TUESDAY

lunch

mediterranean
chicken thigh
with lentil
almond rice and
salad

dinner

turkey fajitas,
corn salad and
sour cream

WEDNESDAY

lunch

peruvian
creamed
chicken, baked
potatoes and
broccoli

dinner

zoodles with
shrimp pesto
and steamed
green beans

THURSDAY

lunch

honey garlic pork
grill, seedy
pineapple cole
slaw and sweet
potato fries

dinner

bacon wrapped
chicken, mashed
potatoes and
broccoli

FRIDAY

lunch

baked fish with
lemon creamy
sauce, quinoa
brown rice and
green beans

dinner

beef burger,
quinoa hemp
tabbouleh
salad and
hummus

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MONDAY

lunch

shrimp noodles
with carrots,
celery, peppers,
green onions,
bean sprouts
and chopped
peanuts

dinner

oven baked
gratin broccoli
with chicken
lemon marinara

TUESDAY

lunch

honey chipotle
chicken burrito
bowl with
cilantro lime rice,
corn and pico de
gallo

dinner

baked turkey
kibbeh and
cucumber
mango
tabbouleh salad

WEDNESDAY

lunch

venezuelan
asado negro,
boiled cassava,
guasacaca and
watercress
salad

dinner

sautéed
vegetables with
tuna salad
stuffed
tomatoes

THURSDAY

lunch

ground turkey
stew, hard
boiled eggs,
peas, carrots,
parsley potatoes
and sliced green
beans

dinner

pork chops,
mushroom wine
sauce, mashed
potatoes and
asparagus

FRIDAY

lunch

white fish,
surimi salad,
mashed
plantain and
pumpkin soup

dinner

chicken cesar
salad,
shredded
beets,
artichokes,
carrots and
walnuts

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MONDAY

lunch

bbq pulled pork
with corn potato
gratin and grilled
asparagus

dinner

grilled chicken
breast with
onions, peppers,
sauteed spinach
and basmati rice

TUESDAY

lunch

grilled shrimp
pesto with
steamed
broccoli and
wheat pasta

dinner

honey mustard
glazed chicken
with sautéed
zucchini and
quinoa

WEDNESDAY

lunch

curry chicken
with lentil
brown rice and
brussel sprouts

dinner

grilled pork loin
with broccoli
and peppers in
soy sauce with
quinoa

THURSDAY

lunch

pasta with
turkey in
pomodoro basil
sauce and fresh
salad

dinner

grilled burger patty
with baked sweet
potato fries

FRIDAY

lunch

grilled coriander
fish with
roasted corn
and beans
salad, cilantro
sauce and
vegetable soup

dinner

shrimp tacos
with sautéed
onions and
peppers and
pico de gallo

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MONDAY

lunch

ginger glazed
sticky pork with
basmati rice and
garlic vegetables

dinner

slow cooked
chicken with
cole slaw and
baked corn

TUESDAY

lunch

orange chicken
with rosemary
potatoes and
zucchini and
cherry tomato
salad

dinner

beef picadillo
with green
beans casserole

WEDNESDAY

lunch

cream cajun
shrimp with
sautéed spinach
pasta and
mushrooms

dinner

smoked pork
ribs, kale caesar
salad and
garbanzo chips

THURSDAY

lunch

ropa vieja, moro
rice beans and
lemon garlic
broccoli

dinner

eggplant lasagna
with meat served
broccoli Steam

FRIDAY

lunch

chicken stir- fry
served with
quinoa

dinner

chicken breast,
marsala
mushroom
sauce, roasted
tomatoes and
brown rice