

pametarium

food for every body

low carb plan

MONDAY

lunch

grilled chicken
bbq with olive
cremoleta, riced
broccoli and
green beans,
burrata

dinner

fish in lemon
butter, zucchini,
spinach, green
tomato,
pineapple salad
and mint
vinaigrette

TUESDAY

lunch

peruvian beef
chaufa, riced
cauliflower,
broccoli, peppers
and mushrooms

dinner

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

WEDNESDAY

lunch

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

dinner

pizza' chicken
with fresh
arugula avocado
salad

THURSDAY

lunch

curry shrimp
skewers, sauteed
green beans with
roasted peppers
and red onions

dinner

beef lettuce
tacos with pico
de gallo and
stuffed
tomatoes

FRIDAY

lunch

ground beef and
cauliflower gratin
pie with sauteed
vegetables

dinner

grilled pork loin
with chimichurri
and egg salad

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MONDAY

lunch

dijon glazed pork
loin, carrots,
green apple and
brussel sprouts

dinner

mediterranean
churrasco
shawarma bowl

TUESDAY

lunch

turkey burger,
tomatoes,
arugula, onions,
bacon, celery
and cilantro
salsa

dinner

fish ceviche
(leche de tigre)
and vegetable
skewers

WEDNESDAY

lunch

creamy shrimp
spaghetti squash,
pesto grilled
zucchini and sun
dried tomatoes

dinner

grilled chicken
and spinach
caprese salad

THURSDAY

lunch

chicken tenders
with tabule salad,
grilled broccoli
steak topped
with a fried egg

dinner

chicken teriyaki,
cauliflower rice
and mushrooms

FRIDAY

lunch

braised beef,
eggplant gratin
casserole and
fresh salad

dinner

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

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MONDAY

lunch

chicken sliced
with bbq mango
sauce, mashed
cauliflower,
green beans
and almond

dinner

fish chimichurri
skewers and
sautéed
vegetables

TUESDAY

lunch

baked kofta,
turmeric nut
kale salad

dinner

honey garlic
chicken, roasted
paprika
cauliflower and
asparagus

WEDNESDAY

lunch

24 hour marinated
chicken lettuce
tacos, pico de
gallo, peppers and
cilantro jalapeño
sauce

dinner

turkey stuffed
zucchini boats,
sautéed crimini,
spinach and
piccata salsa

THURSDAY

lunch

carbonara
chicken zucchini,
yellow squash
pasta bowl, garlic
blanched
asparagus and
cherry tomatoes

dinner

teriyaki pork,
peppers, carrots,
eggplant, french
beans and
cabbage salad

FRIDAY

lunch

mojo pork,
sautéed peppers
and vegetables
stuffed gratin
tomatoes

dinner

turkey in red
pepper coulis,
spaghetti squash
and nuts

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MONDAY

lunch

zucchini pasta,
calamari and
shrimp and
asparagus bowl

dinner

carrot and
zucchini noodles,
bolognese
sauce with
gratin cherry
tomatoes

TUESDAY

lunch

turkey kibbeh
turmeric
cauliflower,
cucumber,
carrots, pickle
onion and garlic
sauce

dinner

grilled shrimps,
mango salsa
and fresh
arugula salad

WEDNESDAY

lunch

al pastor pork,
vegetables,
pineapple sauce,
and non spicy
jalapeño cilantro
sauce

dinner

turkey burger,
tomato,
mozzarella
cheese and
eggplant fries
and garlic
mustard sauce

THURSDAY

lunch

beef with
sautéed onions,
broccoli salad
and green mix

dinner

grilled chicken,
ranch sauce
broccoli and
cauliflower slaw

FRIDAY

lunch

asian chicken
with bok choy
and sautéed
vegetables

dinner

beef fajitas, egg
tortillas and
mozzarella
cheese

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MONDAY

lunch

grilled salmon,
mushrooms,
scallion, sesame
seeds and
broccoli rice

dinner

lemon garlic
chicken thigh,
green beans
skillet and
almond
asparagus

TUESDAY

lunch

beef goulash
(carrots and
peas) grill
zuchinni and
tumeric
cauliflower

dinner

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

WEDNESDAY

lunch

spaghetti squash,
chicken
bolognese,
homemade
marinara and
cesar salad

dinner

chicken breast
hash and baked
vegetables

THURSDAY

lunch

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

dinner

pork tenderloin
with celery,
tomato cherry,
broccoli salad

FRIDAY

lunch

shredded chicken
in avocado sauce
(reina pepiada)
bowl with
roasted
cauliflower,
spinach, corn and
cherry tomato

dinner

beef picadillo
salteado,
vegetables and
peppers

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MONDAY

lunch

spaghetti
squash, creamy
tuscan chicken
(mushrooms,
spinach, cherry
tomato)

dinner

avocado chicken
waldorf salad

TUESDAY

lunch

shrimp, grilled
vegetables and
bacon wrapped
asparagus.
ginger yogurt
sauce

dinner

asian salad,
mustard lime
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
topped with
neapolitan basil
tomatoes, garlic
asparagus and
riced broccoli

dinner

marinated
chicken with
greek yogurt
cucumber salad

FRIDAY

lunch

carnitas, pork
bowl with lettuce,
cheese, sautéed
peppers, , pico de
gallo and spinach
sautéed

dinner

eggplant beef
lasagna, green
beans and cherry
tomatoes

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MONDAY

lunch

zoodle beef
bolognese with
fresh salad

dinner

marinated tuna
poke bowl with
chipotle aioli

TUESDAY

lunch

cauliflower
bacon
mediterranean
caprese salad
with grilled
shrimp

dinner

turkey peppers
fajitas, tomato
salad, chopped
bacon and sour
cream

WEDNESDAY

lunch

peruvian creamed
chicken, boiled
egg, olives, broccoli
and asparagus

dinner

zoodles with
pesto shrimp
and steamed
green beans

THURSDAY

lunch

honey garlic pork
grill, seedy cole
slaw and
zucchini

dinner

bacon wrapped
chicken with
yellow squash
and broccoli

FRIDAY

lunch

baked fish with
lemon creamy
sauce, rice
cauliflower, green
beans and
mushrooms

dinner

beef burgers,
poppy and hemp
seed tabbouleh
salad

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MONDAY

lunch

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

dinner

oven baked gratin broccoli with chicken lemon marinara

TUESDAY

lunch

chipotle chicken burrito bowl, cilantro lime cauliflower rice and pico de gallo

dinner

baked turkey kibbeh with cucumber mango tabbouleh salad

WEDNESDAY

lunch

venezuelan asado negro with boiled broccoli, guasacaca and watercress salad

dinner

sauteed vegetables with tuna salad stuffed tomatoes

THURSDAY

lunch

ground turkey stew, hard boiled eggs, peas, carrots, butter zucchini and sliced green beans

dinner

pork chops, mushroom wine sauce, mashed cauliflower and asparagus

FRIDAY

lunch

white fish topped with surimi salad, sautéed vegetables and pumpkin soup

dinner

chicken cesar salad, artichokes, carrots and walnuts

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MONDAY

lunch

bbq pulled pork
with roasted
cauliflower
gratin and grilled
asparagus

dinner

grilled chicken
breast with
onions and
peppers and
sautéed spinach
casserole

TUESDAY

lunch

grilled shrimp
pesto with
steamed
broccoli and
mushrooms

dinner

honey mustard
glazed chicken
with sautéed
zucchini and
eggplant

WEDNESDAY

lunch

curry chicken with
egg salad and
brussel sprouts

dinner

grilled pork loin
with broccoli
and peppers in
soy sauce and
cherry tomato

THURSDAY

lunch

spaghetti squash
with turkey in
pomodoro basil
sauce

dinner

grilled burger
patty with
baked zucchini
fries

FRIDAY

lunch

grilled coriander
fish with roasted
corn and bean
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
mushrooms and
garlic vegetables

dinner

slow cooked
chicken, cole
slaw and baked
asparagus

TUESDAY

lunch

orange chicken,
rosemary
cauliflower,
zucchini and
cherry tomato
salad

dinner

beef picadillo
with green
Beans casserole

WEDNESDAY

lunch

cream cajun
shrimp, sautéed
spinach broccoli,
cauliflower and
mushrooms

dinner

smoked pork
ribs, kale caesar
salad, tomato

THURSDAY

lunch

ropa vieja, moro
rice beans and
lemon garlic
broccoli

dinner

shrimp quinoa
chaufa and
vegetables

FRIDAY

lunch

chicken stir- fry
and egg stuffed
peppers

dinner

chicken breast
marsala
mushroom
sauce, roasted
tomatoes and
eggplant gratin