



pametarium

march 18th - march 22nd

menu

daily breakfast

ALL AVAILABLE IN THEIR KETO AND VEGGIE VERSION

Mindfulness and Wellness

by Pam Buddha

* monday#

3 baked egg white, cheese and cauliflower hash browns with side cup of hummus, cherry tomato, bok choy and kale sautéed

* tuesday#

almond flour, turkey & cheese breakfast muffins with a side of berries sugar free syrup

* wednesday#

zucchini wrapped egg cups, yucca keto waffles with sugar free syrup and lemon blueberry chia pudding

* thursday#

cottage cheese egg bites with salad (spinach, tomato, pumpkin and carrots)

* friday#

two low calorie protein blueberry and oat muffins and two egg white cups with mushrooms, spinach and tomato

* saturday#

carrot and turmeric arepa stuffed with cottage and grilled spinach, 3 egg white cups with spinach, onions and tomato

fitness plan

pametarium
food for every body

* monday#

lunch

two sweet potato turkey burger sliders with a side of BBQ turkey wrapped asparagus

dinner

beet alfredo pasta with lemon-basil ricotta on the side, oregano pork and green goddess salad

* tuesday#

lunch

grilled chicken and quinoa fall salad: roasted Brussels sprouts, cinnamon roasted sweet potatoes, quinoa, fresh pomegranate and crunchy seed clusters

dinner

zucchini chicken enchilada roll-ups and with pineapple coleslaw salad

* wednesday#

lunch

one fit waffle falafel with ground beef meat balls with Mediterranean salad (cucumber, cheery tomato and arruglua) - side of greek yogurt dressing (greek yogurt, lemon, dill and salt n' pepper)

dinner

lemon swai fish and moroccan couscous salad with spice-roasted cauliflower, almonds, and dried fruit tossed in a lemony paprika dressing

* thursday#

lunch

healthy chicken Pad Thai with rice noodles topped with cilantro and peanuts (side of peanut butter)

dinner

mexican green rice and mediterranean chicken with grilled mushrooms

* friday#

lunch

healthy kung pao chicken and rice bowl with side of lemon kale garlic salad

dinner

japanese miso ground turkey meat balls and sesame sushi rice balls with crunchy asian salad

* saturday#

lunch

grilled chicken, roasted pumpkin wedges, and quinoa salad (lemon kale, cilantro, arugula, quinoa and pomegranate)

dinner

lemon garlic pork with green spinach mash potato & carrot, beet, radish coleslaw AND broccoli peanut sauce

keto plan

pametarium
food for every body

* monday#

lunch

two roasted lettuces (instead of bread buns) turkey burger sliders with a side of BBQ turkey wrapped asparagus - side of ketchup

dinner

beet alfredo with lemon-basil zucchini noodles with ricotta, oregano pork and green goddess salad

* tuesday#

lunch

grilled chicken and fall salad: roasted Brussels sprouts, cinnamon roasted pumpkin, fresh pomegranate and crunchy seed clusters

dinner

zucchini chicken enchilada roll-ups and with pineapple coleslaw salad

* wednesday#

lunch

one fit keto waffle with ground beef meat balls with Mediterranean salad (cucumber, cheery tomato and aruglua) - side of greek yogurt dressing

dinner

lemon swai fish and moroccan salad with spice-roasted cauliflower, almonds, and dried fruit tossed in a lemony paprika dressing.

* thursday#

lunch

healthy chicken zucchini noodles Pad Thai topped with cilantro and peanuts (side of peanut butter)

dinner

mexican green cauliflower rice and mediterranean chicken with grilled mushrooms

* friday#

lunch

healthy kung pao chicken and spinach bowl with side of lemon kale garlic salad

dinner

japanese miso ground turkey meat balls and sesame cauliflower with crunchy asian salad

* saturday#

lunch

grilled chicken, roasted pumpkin wedges, and salad (roasted pumpkin, lemon kale, cilantro, arugula, quinoa and pomegranate)

dinner

lemon garlic pork with, spinach mash cauliflower & carrot, beet, radish coleslaw and broccoli peanut sauce

* monday#

lunch

two sweet potato pollock burger sliders with a side of BBQ zucchini and cheese wrapped asparagus - side of ketchup

dinner

beet alfredo pasta with swai with lemon-basil ricotta, oregano pork and green goddess salad

* tuesday#

lunch

grilled salmon and quinoa fall salad: roasted Brussels sprouts, cinnamon roasted sweet potatoes, quinoa, fresh pomegranate and crunchy seed clusters

dinner

zucchini mahi enchilada roll-ups and with pineapple coleslaw salad

* wednesday#

lunch

one fit waffle falafel with swai fish balls with Mediterranean salad (cucumber, cheery tomato and aruglua) - side of greek yogurt dressing

dinner

lemon swai fish and moroccan couscous salad with spice-roasted cauliflower, almonds, and dried fruit tossed in a lemony paprika dressing.

* thursday#

lunch

healthy mahi Pad Thai with rice noodles topped with cilantro and peanuts (side of peanut butter)

dinner

mexican green rice and mediterranean salmon with grilled mushrooms

* friday#

lunch

healthy kung pao fish pollock and rice bowl with side of lemon kale garlic salad

dinner

japanese miso fish balls and sesame sushi rice balls with crunchy asian salad

* saturday#

lunch

grilled cod, roasted pumpkin wedges, and quinoa salad (roasted pumpkin, lemon kale, cilantro, arugula, quinoa and pomegranate)

dinner

lemon garlic trout with spinach mash potato & carrot, beet, radish coleslaw, broccoli and peanut sauce

vegetarian plan

pametarium
food for every body

* monday#

lunch

two sweet potato mushroom burger sliders with a side of BBQ zucchini wrapped asparagus - side of ketchup

dinner

beet alfredo pasta with tofu with lemon-basil ricotta, oregano pork and green goddess salad

* tuesday#

lunch

grilled eggplant and quinoa fall salad: roasted Brussels sprouts, cinnamon roasted sweet potatoes, quinoa, fresh pomegranate and crunchy seed clusters

dinner

zucchini eggplant tofu enchilada roll-ups and with pineapple coleslaw salad

* wednesday#

lunch

two fit waffle falafel with Mediterranean salad (cucumber, cheery tomato and arugula) - side of greek yogurt dressing (greek yogurt, lemon, dill and salt n' pepper)

dinner

lemon broccoli and moroccan couscous salad with spice-roasted cauliflower, almonds, and dried fruit tossed in a lemony paprika dressing.

* thursday#

lunch

healthy tofu Pad Thai with rice-less noodles topped with cilantro and peanuts (side of peanut butter)

dinner

mexican green rice and mediterranean eggplant with grilled mushrooms

* friday#

lunch

healthy kung pao tofu and rice bowl with side of lemon kale garlic salad

dinner

roasted broccoli and sesame sushi rice balls with crunchy asian salad

* saturday#

lunch

grilled broccoli STEAK WITH TOFU, roasted pumpkin wedges, and quinoa salad (roasted pumpkin, lemon kale, cilantro, arugula, quinoa and pomegranate)

dinner

lemon garlic mushrooms with cilantro with beet inked mashed potatoes and grilled soy broccoli