

kooshi

GOURMET

SIGNATURE SAMPLE MENU

DAY ONE

Organic Banana Oat Pancakes | Organic Berries
Kooshi Farmers Market Chopped Vegetable Salad
Italian Turkey Meatballs | Garlic Green Beans
Kooshi Super Green Omega Smoothie
Gluten-Free Chocolate Chip Walnut Cookie

DAY TWO

Green Breakfast Tacos | Avocado | Tomatillo Salsa
Asian Kale Caesar Salad | Ahi Tuna
Grilled Steak Mexicana | Grilled Chili Corn
Chia Seed Mango Jasmine Tea
Kooshi Berry-Nut Trail Mix

DAY THREE

Gluten-Free Berry Waffle | Greek Yogurt
Lemon Roasted Salmon | Grilled Asparagus
Herb Roasted Chicken | Cauliflower Puree
Fresh Berry Mint Smoothie
Gluten-Free Apple Banana Macadamia Nut Bread

Menus rotate daily and seasonally

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GOURMET

PALEO SAMPLE MENU

DAY ONE

Organic Egg Scramble Pea Tendrils | Chicken Sausage
Grilled Organic Vegetable Kabobs | Tahini
Roasted Brussel Sprout Salad | Organic Herb Chicken | Shaved Almonds
Fresh Pressed Kooshi Jade Juice
Protein Power Nut Ball

DAY TWO

Paleo Protein Pancakes | Organic Berry Compote
Thai Vegetable Lettuce Cups | Thai Spiced Dressing
Cedar Plank Salmon | Grilled Asparagus
Fresh Pressed Kooshi Sunrise Juice
Farmer's Market Fresh Organic Fruit Bowl

DAY THREE

Organic Egg White Crepe | Sauteed Baby Spinach | Turkey Bacon
Farmer's Market Vegetable Chopped Salad | Lemon Tarragon Dressing
Italian Turkey Meatballs | Sauteed Garlic Kale
Fresh Pressed Kooshi Coral Juice
Organic California Almond Milk

Menus rotate daily and seasonally

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GOURMET

PESCETARIAN SAMPLE MENU

DAY ONE

Roasted Tomato-Zucchini Frittata | Micro Basil
Roasted Butternut Squash Salad | Farm Fresh Goat Cheese | Caramelized Onion Vinaigrette
Grilled Citrus Mahi-Mahi | Mango-Pineapple Salsa
Blackberry Infused Hibiscus Lemonade
Gluten-Free Poppyseed Almond Cookie

DAY TWO

Gluten-Free Cinnamon Waffle | Organic Berries | Greek Yogurt
Red Lentil Soup | Butter Lettuce Salad | Market Root Vegetables
Organic Asian Stir Fry | Grilled Tiger Prawns | Snap Peas
Fresh Pressed Kooshi Green Citrus Juice
Organic Celery and Apples with Almond Butter

DAY THREE

Vegetable Breakfast Tacos | Monterey Jack | Chili Sauce
Key Lime Sea Bass Ceviche | Toasted Coconut Quinoa
Cedar Plank Salmon | Braised Lentils | Baby Spinach
Mango Almond Lassi
Gluten-Free Peanut Butter and Jelly Cookie

Menus rotate daily and seasonally

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GOURMET

VEGETARIAN SAMPLE MENU

DAY ONE

Organic Egg Scramble | Roasted Bell Pepper | Sauteed Kale | Tomato Salsa
Sweet Corn Quinoa Cakes | Avocado | Roasted Red Pepper Romesco
Jicama Wrapped Enchiladas | Toasted Quinoa | Tomatillo Salsa
Kooshi Fresh Pressed Ruby Juice
Silken Tofu Dark Chocolate Mousse

DAY TWO

Gluten-Free Meyer Lemon Pancakes | Organic Berries
Shaved Cucumber Salad | Grilled Tofu | Macadamia Nuts
Vegetarian Seitan Bolognese | Roasted Spaghetti Squash
Minty Cucumber Lime Iced Tea
Gluten-Free Raspberry Lemon Zest Muffin

DAY THREE

Farmer's Market Vegetable Frittata | French Feta
Rainbow Beet Salad | Farm Fresh Goat Cheese | Crumbled Pistachios
Stuffed Poblano Pepper | Grilled Corn | Brown Rice | Zucchini | French Feta
Blueberry Boost Smoothie
Gluten-Free Mint Chocolate Cookie

Menus rotate daily and seasonally

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GOURMET

DETOX SAMPLE MENU

DAY ONE

Egg White Scramble | Sauteed Spinach | Roasted Grape Tomatoes
Thai Shrimp Salad | Butter Lettuce | Grilled Tiger Prawns | Mint | Cilantro | Thai Spiced Dressing
Herb Roasted Chicken | Butternut Squash Puree | Roasted Brussel Sprouts
Paleo Protein Shake
Aloe Vera Hydration Water
Peachy Green Tea

DAY TWO

Organic Egg Scramble | Butternut Squash | Chicken Apple Sausage
Kooshi Farmer's Market Chopped Salad | Organic Grilled Chicken | Farmers Market Vegetables
Wild Alaskan Salmon | Roasted Sweet Potato | Sauteed Garlic Kale
Kooshi Jade Juice
Cucumber Electrolyte H2O
Hibiscus Verbena Iced Tea

DAY THREE

Organic Egg Frittata | Turkey Bacon | Sauteed Pea Tendrils
Italian Little Gem Salad | Grilled Organic Chicken | Champagne Vinaigrette
Grilled Mahi-Mahi | Roasted Carrots | Sauteed Baby Spinach
Organic Coconut Water
Kooshi Super Green Smoothie
Jasmine Mango Iced Tea
Blueberry Boost Smoothie
Gluten-Free Mint Chocolate Cookie

Menus rotate daily and seasonally

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GOURMET

KETO SAMPLE MENU

DAY ONE

Organic Egg Scramble | Organic Eggs Kale | Zucchini
Free Range Turkey Sliders | Butter Lettuce | Grilled Onion | Roasted Cherry Tomatoes
Organic Chicken Paillard Sautéed | Garlic Green Beans | Roasted Artichokes
Organic Yogurt | Shaved Almonds

DAY TWO

Organic Egg Crepe | Sautéed Wild Mushrooms | Caramelized Onions
Kooshi Caesar Salad | Organic Grilled Chicken | Asiago | Jicama Herbed Croutons
Grilled Flank Steak | Cauliflower Puree | Grilled Broccolini
Protein Snack

DAY THREE

Organic Frittata Kale | Zucchini | Broccolini
Miso Glazed Cod Baby Bok Choy | Sautéed Shitake Mushrooms
Italian Turkey Meatballs | Sautéed Kale | Roasted Tomato Sauce
Protein Snack

Menus rotate daily and seasonally