

## Breakfast

**Strawberry Fit Greens Smoothie** 16oz *gf df ed v* | 12  
315 cal, 14g fat, 28g carbs (net 13g), 15g fiber, 20g protein  
spinach, strawberries, avocado, PALM Vegan Complete Vanilla protein powder, almond milk

**Berry Good Smoothie** 16oz *gf df ed v* | 12  
286 cal, 12g fat, 32g carbs (net 20g), 12g fiber, 18g protein  
blueberries, spinach, PALM Vegan Complete Vanilla or Chocolate protein powder, unsweetened macadamia milk or almond milk

**Balance Smoothie** 16oz *gf df ed v* | 12  
297 cal, 12g fat, 41g carbs (net 32g), 9g fiber, 12g protein  
maca root powder, PALM Vegan Complete Chocolate protein powder, banana, avocado, cayenne, cinnamon, nutmeg, cacao, L-glutamine, dates, almond milk

**Clarify Protein Smoothie** 16oz *gf df ed v* | 12  
294 cal, 8g fat, 46g carbs (net 36g), 10g fiber, 11g protein  
PALM Vegan Complete Vanilla protein powder, banana, mango, strawberries, avocado, cinnamon, carrot juice, almond milk, bee pollen as garnish

**Lite Spinach Goat Cheese 2-Egg Omelet** *gf v* | 13  
240 cal, 17g fat, 3g carbs (net 2g), 1g fiber, 19g protein  
two-egg omelet with goat cheese, spinach, mixed greens, and your choice of toppings: bell pepper, jalapeño, mushroom, onion, tomato

**2 Eggs Your Way with Gluten-Free Toast** *gf v* | 8  
282 cal, 17g fat, 15g carbs (net 13g), 2g fiber, 16g protein  
two eggs cooked your way with a slice of our house-made gluten-free toast and a side of arugula

**Lite Gluten-Free Avocado Toast with Berries** *gf v* | 12  
234 cal, 16g fat, 14g carbs (net 10g), 4g fiber, 9g protein  
a slice of our house-made gluten-free toast with avocado and one scrambled egg, served with one cup of berries

**Avocado with Ham, Egg, and Asparagus** *gf* | 12  
265 cal, 16g fat, 6g carbs (net 3g), 3g fiber, 28g protein  
avocado, ham, one scrambled egg, and asparagus

## Lunch

**Lite Harvest Salad with Chicken (6oz) *gf* | 21 or Salmon (3oz) *gf* | 23**  
356 cal, 20g fat, 12g carbs (net 7g), 5g fiber, 7g protein  
spring mix, tomatoes, avocado, red onion, mixed nuts, Kalamata olives, cucumber, and feta cheese, served with PALM Lite Carrot Ginger Dressing and your choice of chicken (6oz) or salmon (3oz)

**Lite Salad Niçoise with Ahi Tuna (6oz) *gf* | 27**  
450 cal, 30g fat, 15g carbs (net 11g), 4g fiber, 25g protein  
spring mix, hard-boiled egg, green beans, bell peppers, tomato, Kalamata olives, red onions, seared ahi tuna (6oz), served with PALM Lite Carrot Ginger Dressing

**PALM Health Signature Salad with Grilled Chicken (6oz) *gf* | 22**  
387 cal, 12g fat, 34g carbs (net 24g), 10g fiber, 43g protein  
chopped grilled chicken (6oz), romaine lettuce, red cabbage, carrots, radish, cucumber, chickpeas, sunflower seeds, cilantro, served with PALM Lite Carrot Ginger Dressing (vegetarian option: substitute chickpeas for chicken)

**Chicken Arugula Salad (6oz) *gf* | 22**  
344 cal, 18g fat, 11g carbs (net 4g), 7g fiber, 44g protein  
grilled chicken (6oz), arugula, cherry tomatoes, grilled zucchini, parmesan, lemon, and olive oil

**Lite Grilled Salmon (3oz) *gf df ed* | 22**  
334 cal, 23g fat, 10g carbs (net 7g), 3g fiber, 24g protein  
grilled salmon (3oz) served with grilled seasonal vegetables and greens

## Dinner

**Grilled Chicken Breast (6oz) with Veggies** *gf df ed* | 23  
334 cal, 13g fat, 11g carbs (net 7g), 4g fiber, 46g protein  
grilled chicken breast (6oz) served with grilled seasonal vegetables and greens

**Grilled Salmon (6oz) with Veggies** *gf df ed* | 25  
492 cal, 32g fat, 10g carbs (net 7g), 3g fiber, 42g protein  
grilled salmon (6oz) served with grilled seasonal vegetables and greens

**Grilled Salmon (6oz) with Broccoli and Mushrooms** *gf df ed* | 25  
481 cal, 32g fat, 6g carbs (net 4g), 2g fiber, 42g protein  
grilled salmon (6oz) with broccoli and mushrooms

**Dijon Salmon (6oz) *gf df ed* | 25**  
530 cal, 26g fat, 22g carbs (net 17g), 5g fiber, 36g protein  
Dijon salmon (6oz) with green beans and brown rice

**Duchess Chicken (6oz) *gf df ed* | 25**  
426 cal, 12g fat, 31g carbs (net 26g), 5g fiber, 46g protein  
Duchess chicken (6oz) with mushrooms, carrots, and Herbs de Provence, served with brown rice

**Ginger Chicken (6oz) *gf df ed* | 25**  
480 cal, 12g fat, 56g carbs (net 47g), 9g fiber, 46g protein  
Ginger chicken (6oz) with broccoli, carrots, and brown rice

**Red Lentil Pasta** *gf ed v* | 16  
485 cal, 14g fat, 58g carb (net 53g), 5g fiber, 30g protein  
gluten-free red lentil penne with marinara, broccoli, mushrooms, and a garnish of Parmesan cheese (omit cheese for *df* option)

*All service fees and gratuities are included in pricing. We use only organic ingredients to provide you with the best in quality and taste.*

*df* dairy free    *ed* elimination diet friendly    *gf* gluten free    *v* vegetarian

*Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness, especially if you have a medical condition.*

