



## Main Meals

# HEALTH- GASM MENU

## Lets Wrap & Bowl

### Vegetable Teriyaki Bowl

Teriyaki cauliflower, lightly seasoned veggies (broccoli & carrots) on a bed of steamed rice topped with sesame seeds and green onions.

### Impossible Bowl

Spicy plant base ground sausage sauteed with spinach, mushrooms, onions, bell peppers and balsamic vinaigrette; comes with brown rice & spinach

### Chicken Fajita Bowl

Cilantro rice topped with grilled chicken, bell peppers, onions, black beans, & guacamole

### Grilled Chicken Bowl

Grilled Chicken Breast, sliced onions, squash, zucchini, broccoli over steamed white rice.

### Chicken Spinach Wrap

Shredded chicken, colby jack and pepper jack cheese wrapped in a spinach tortilla; comes with mixed veggies and brown rice

### Roasted Vegetables

Sweet potato, bell peppers, broccoli, cauliflower, & carrots roasted in a balsamic vinaigrette over steamed rice

### Spinach Fettucine Alfredo

Spinach fettucine noodles tossed in a veggie-based cream sauce topped with shredded parmesan; comes with broccoli

### Stuffed Bell Pepper

Bell Pepper stuffed with ground turkey tomato sauce, basil, oregano topped with Italian cheeses; comes with broccoli.

### Grilled Shrimp

Grilled Shrimp comes with 1/2 sweet potato & broccoli

### Sauteed Shrimp

Sauteed Shrimp comes with broccoli and cauliflower rice

### Grilled Cod

grilled fillet comes w/ broccoli and sweet potato (1/2).

### Seared Salmon

Seared salmon with broccoli and cauliflower rice

### Philly Steak Stir-Fry

Philly steak w/ peppers, onions and brown rice

### Thai Meatballs

Homemade meatballs seared and baked in a Thai sauce comes with steamed rice and broccoli

### Grilled Chicken

Grilled chicken breast comes with mixed veggies and a baked sweet potato

### Creamy Herb Chicken

Seasoned chicken breast baked in a chicken cream sauce. comes with roasted potatoes and broccoli

### Zesty Italian

Chicken Thigh baked in a zesty Italian sauce; comes with steamed rice and mixed veggies.

### Teriyaki Chicken

Boneless chicken thighs cooked in a Teriyaki sauce; comes with steamed rice and broccoli.