

International Adventurer

*three meals for four days plus snacks and a dessert, in no particular order unless otherwise noted
✦ personal preference and dietary considerations will be accommodated ✦*

Breakfast

Get-You-Going Green Smoothie

smoothie kit complete with low glycemic level fruits and protein powder

Green Breakfast Enchiladas

with mushrooms, zucchini and cheese

Chinese Rice Porridge

breakfast porridge kit with soy marinated soft boiled eggs, mushrooms and minced herbs

Granola

made every-other visit

Lunch

four servings of each, can be packaged individually for lunch on the go

Bento Box

Japanese-style lunches with chicken skewers in sweet soy sauce (yakitori) with rice and side dishes

Nicoise Salad

tuna, baby potatoes, green beans, olives, boiled egg and romaine in oregano vinaigrette

Dinner

Spanish Style Peppers

stuffed with fish, rice and olives, served with baby potato skewers and sautéed vegetables

Lomo Saltado

Peruvian-style beef stir fry served with a side of white rice

Georgian Style Game Hens

with beet and walnut sauces served with thin pancakes and mushroom gratin

Prig King with Rice

chicken and green bean Thai stir fry in roasted chili paste and Thai fish soup with peppers and root vegetables in coconut lemongrass broth

Snacks

two snack options, can be packaged individually for snacks on the go

Antipesto Vegetables

with fresh cheese

Korean Style Pan Fried Tofu

in a honey, soy and garlic glaze

Dessert

eight individual servings

Japanese Green Tea Panna Cotta

popularly referred to as milk pudding