

# International Adventurer

*Breakfast, Lunch, Dinner & Snacks for four days plus a Dessert*  
✦ *personal preference and diet needs can be accommodated* ✦

## Breakfast

**Get-You-Going Green Smoothie**  
*smoothie kit complete with low glycemic level fruits (protein and vitamin powders optional)*

**Green Breakfast Enchiladas**  
*with cheese, zucchini and mushrooms*

**Chinese Porridge**  
*rice and dried mushroom porridge kit with soy marinated soft boiled eggs and minced herbs*

**Granola**  
*made every-other visit*

## Lunch

*two lunch options for four days, can be pre-packaged to go*

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

**Nicoise Salad**  
*tuna, baby potatoes, green beans, olives, boiled eggs and romaine in an oregano vinaigrette*

## Dinner

**Spanish Style Stuffed Peppers**  
*filled 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 and Soup**  
*Thai chicken and green bean stir fry in roasted chili paste and a coconut lemongrass fish soup with peppers and root vegetables*

## Snacks

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

**Antipasto 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*