

Menu Order Form



Need a Break / Going Away?
Let us know if you need to drop your delivery

Effective Date: _____
Date to resume delivery: _____

NAME: _____

Program:

___ FIT: 3 Mains 1 Appetiser	___ FIT MEN: 3 Mains 2 Appetiser
___ HEALTH: 2 Mains 1 Appetiser	___ HEALTH MEN: 2 Mains 2 App.
___ DELIGHT: 1 Main 1 Appetiser	___ FLEXI: 10/20/30 boxes per week (min. 2 boxes/delivery)

1) Please circle the dishes you wish to receive, according to your program.
2) Where indicate - RICE/VEG, please circle your preference.
3) Green highlighted dishes are new items of the week, yellow highlights are public holidays
4) Fax 02-0418988, Email: orders@absoluteitfood.com or LINE: [absoluteitfood ...](https://www.facebook.com/absoluteitfood) back to us before Monday

Breakfast, Mains and Appetisers

Day	Daily Superfood Breakfast (Main)				Mains					Appetisers	
	Quinoa	Yoghurt Breakfast	Breakfast (1)	Breakfast (2)	3	4	5	6	7 (Vegetarian)	1	2
Mon 5/6/17											
(kcal)											
Tues 6/6/17	Slim Quinoa Porridge w Goji Berries (mango & dragon fruit)	Superfood Granola with Homemade Marmalade Yoghurt	Egg Benedict w Pomegranate Salad	Snapper Kao Tom	Japanese Slim Protein Plate with Teriyaki Chicken RICE/VEG	Nam Prik Ong (chicken)	Organic Red Rice Khanom Jeen with Homemade Snapper Balls	Spelt Charcoal Burger with Salmon	Shirataki Pad Se-ew (Vegetarian)	Salmon Maing	Autumm Crunch Salad
(kcal)	245	250	275	362	366/336	237	300	371	279	170	277
Wed 7/6/17	Slim Quinoa Porridge w Goji Berries (mango & dragon fruit)	Passion Fruit Yoghurt	Spelt Blueberry Pancakes	Prawns Congee	Kua Kling Kai (chicken)	Chicken Normandy	Steamed Sea Bass with Spicy Teriyaki Sauce RICE/VEG	Spirulina Linguine with Salmon in White Sauce	Roasted Taro, Gingko and Quinoa Salad	Tropical Shrimp Salsa	Yoghurt Pesto Chicken Salad
(kcal)	245	246	317	259	376	276	315/258	347	312	244	273
Thurs 8/6/17	Slim Quinoa Porridge w Goji Berries (mango & dragon fruit)	Banana in Filo with Blueberry Yoghurt	Teriyaki Sea Bass with Chawanmushi	Chicken Kao Tom	Organic Chia Omelette w Chicken	Coq au Vin with Organic Spaghetti (chicken)	Shirataki Rad Na	Grilled Salmon with Wasabi Mayonnaise	Thai Quinoa Bowl (Vegetarain)	Greek Salad	Spirulina Maing Rolls (fish)
(kcal)	245	328	380	276	358	387	355	246	348	291	192
Fri 9/6/17	Slim Quinoa Porridge w Goji Berries (mango & dragon fruit)	Strawberry Yoghurt with Granola & Fruit Salad	Spanish Omelette	Chicken Chia Quinoa Congee	Absolute Chicken Masala	Shirataki Noodles in Tom Yum (chicken + prawns)	Spirulina Linguine with Salmon in White Sauce	Spicy Snapper stirred in Gingko and Cashews	Fennel Beet Garden with Quinoa	Three-bean Quinoa Salad	Chicken Caesar Roll
(kcal)	245	227	302	333	249	247	347	344	357	251	310
Sat10/6/17	Slim Quinoa Porridge w Goji Berries (mango & dragon fruit)	Organic Yoghurt with Homemade Mango Compote and Oat Bar	Tropical Buckwheat Granola with Pumpkin Seed Milk	Snapper Kao Tom	Chicken Skewers in Homemade BBQ Sauce	Kra Prao Chicken served with Jasberry RICE/VEG	Teriyaki Salmon Served w Soba	Baked Sea Bass in Coconut Basil Sauce RICE/VEG	Chilled Soba in Chinese Style (vegetarian)	Shimeji Mushroom Salad (Prawns and Chicken)	Roasted Pumpkin Hummus
(kcal)	245	342	305	362	319	285/220	276	344/287	216	187	309
Sun 11/6/17	Slim Quinoa Porridge w Goji Berries (mango & dragon fruit)	Superfood Muesli with Organic Yoghurt and Blueberry Compote	Egg White Omelette	Prawns Kao Tom	Grilled Chicken in Thai Style with Organic Red Sticky Rice	Chicken Chia Roll w Prune Sauce	Smoked Salmon with Seaweed Ramen	Green Curry Quinoa Risotto	Chia Spanakopita with Greek Salad (vegetarian)	Salmon Caesar Salad	Absolute Chicken Salad
(kcal)	245	322	277	218	302	371	286	381	376	276	239

Kindly note that menu items are subject to change. We thank you in advance for your understanding.

**** Please see overleaf ****

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Guilt-Free Desserts, Energy Bites & Cold Pressed Juice* (*can be ordered additionally for 150bt per item)

Day	Dessert	Daily Energy Bites	Daily Granola	Daily Trail mix	Daily Biscotti	Daily Cookies	Superfruit Medley	Daily Juice Cold Pressed Juice						
Mon 5/6/17														
(kcal)														
Tues 6/6/17	Guiltless Wheat-free Chocolate Chip Banana Muffin	Walnut and Chia Bliss Balls	AbsoluteSuperfood Granola	Absolute Trail Mix	Absolute Spelt Biscotti with Chia Seed	Absolute Skinny Fit Cookie	Superfruit Medley with Goji berry and Flax Seed							
(kcal)	297	274	55 cal/tablespoon	58 cal/tablespoon	25/piece	40/piece	165-200							
Wed 7/6/17	Gluten-free Apple Pie	Guarana Energy Balls	AbsoluteSuperfood Granola	Absolute Trail Mix	Absolute Spelt Biscotti with Chia Seed	Absolute Skinny Fit Cookie	Superfruit Medley with Goji berry and Flax Seed	Classic Green	Lemon Detox	Beetroot Passion	Rabbit Hole	Tropical Delight	Super Kale	Green Goodness
(kcal)	243	105/pc.	55 cal/tablespoon	58 cal/tablespoon	25/piece	40/piece	165-200	94	113	177	145	172	202	207
Thurs 8/6/17	Absolute Egg Tart	Chia Banana Oat Cookie Balls	AbsoluteSuperfood Granola	Absolute Trail Mix	Absolute Spelt Biscotti with Chia Seed	Absolute Skinny Fit Cookie	Superfruit Medley with Goji berry and Flax Seed							
(kcal)	249	102/pc	55 cal/tablespoon	58 cal/tablespoon	25/piece	40/piece	165-200							
Fri 9/6/17	Quinoa Brownie	Fit Food Bites	AbsoluteSuperfood Granola	Absolute Trail Mix	Absolute Spelt Biscotti with Chia Seed	Absolute Skinny Fit Cookie	Superfruit Medley with Goji berry and Flax Seed	Classic Green	Lemon Detox	Beetroot Passion	Rabbit Hole	Tropical Delight	Super Kale	Green Goodness
(kcal)	387	274	55 cal/tablespoon	58 cal/tablespoon	25/piece	40/piece	165-200	94	113	177	145	172	202	207
Sat 10/6/17	Gluten-free Double Chocolate Cookie	Fig and Lime Bites	AbsoluteSuperfood Granola	Absolute Trail Mix	Absolute Spelt Biscotti with Chia Seed	Absolute Skinny Fit Cookie	Superfruit Medley with Goji berry and Flax Seed							
(kcal)	32/pc	241	55 cal/tablespoon	58 cal/tablespoon	25/piece	40/piece	165-200							
Sun 11/6/17	Absolute Swiss Roll	Pumkin Spice Energy Bites	AbsoluteSuperfood Granola	Absolute Trail Mix	Absolute Spelt Biscotti with Chia Seed	Absolute Skinny Fit Cookie	Superfruit Medley with Goji berry and Flax Seed	Classic Green	Lemon Detox	Beetroot Passion	Rabbit Hole	Tropical Delight	Super Kale	Green Goodness
(kcal)	162/pc	349	55 cal/tablespoon	58 cal/tablespoon	25/piece	40/piece	165-200	94	113	177	145	172	202	207