

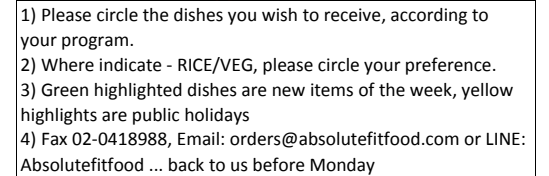
Need a Break / Going Away?
Let us know if you need to drop your delivery

Effective Date: _____
Date to resume delivery: _____

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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) |



| Day | Daily Superfood Breakfast (Main) | | | | Mains | | | | | Appetisers | |
|---------------|--|---|--|----------------------------|---|--|--|--|--|---|--|
| | Quinoa | Yoghurt Breakfast | Breakfast (1) | Breakfast (2) | 3 | 4 | 5 | 6 | 7 (Vegetarian) | 1 | 2 |
| Mon 12/6/17 | Slim Quinoa Porridge w Goji Berries (mango & dragon fruit) | Superfood Muesli with Organic Yoghurt and Blueberry Compote | Absolute Skinny Omelette | Chicken Chia Quinoa Congee | Grilled Chicken w Spinach Chia Pesto | Garlic Chicken in Isan Style | Grilled Snapper w Turmeric and Spicy Lime Sauce RICE/VEG | Smoked Salmon with Roasted Garlic Quinoa | Absolute Green Curry served with Jasberry Rice (vegetarian) | Thousand Island Chicken Salad | Kale Salad with Prawns and Chicken |
| (kcal) | 245 | 322 | 211 | 333 | 431 | 351 | 350/300 | 296 | 335 | 142 | 217 |
| Tues 13/6/17 | Slim Quinoa Porridge w Goji Berries (mango & papaya) | Banana in Filo with Blueberry Yoghurt | Zucchini and Herb Tart | Snapper Kao Tom | Larb Surf & Turf | Tandoori Chicken w Quinoa Couscous | Nam Prik Salmon | Sea Bass and Oriental Vegetables in Broth w Goji Berries RICE/VEG | Spirulina Linguine with Chickpeas and Feta in Teriyaki Balsamic Dressing | Air-dried Salmon Salad | Absolute Fresh Salad Roll |
| (kcal) | 237 | 328 | 286 | 362 | 385 | 295 | 337 | 323/273 | 364 | 208 | 296 |
| Wed 14/6/17 | Slim Quinoa Porridge w Goji Berries (mango & papaya) | Passion Fruit Yoghurt | Chia Scrambled Eggs with Mini Muffins | Prawns Congee | Kra Prao Chicken served with Jasberry RICE/VEG | Teriyaki Chicken Served w Soba | Hot & Sour Curry with Prawns and Melon | Teriyaki Salmon RICE/VEG | Toasted Quinoa Brown Rice Larb Salad (Vegetarian) | Sweet Potato Salad | Mini Salad Wrap |
| (kcal) | 237 | 246 | 422 | 259 | 352/302 | 352 | 394 | 320/270 | 396 | 159 | 198 |
| Thurs 15/6/17 | Slim Quinoa Porridge w Goji Berries (mango & dragon fruit) | Superfood Granola with Homemade Marmalade Yoghurt | Spelt Charcoal Bun W Blueberry Compote | Chicken Kao Tom | Absolute Chicken Makhani | Organic Brown Rice Stirred with Shrimp Paste & Sweet Chicken | Steamed Salmon with Spicy Teriyaki Sauce RICE/VEG | Baked Fish in Greek Style | Greek Quinoa Dinner Omelette w Feta and Tzatsiki | Horiatiki Salata Watermelon | Larb Salmon |
| (kcal) | 245 | 250 | 269 | 276 | 377 | 296 | 372/296 | 407 | 373 | 179 | 201 |
| Fri 16/6/17 | Slim Quinoa Porridge w Goji Berries (mango & papaya) | Strawberry Yoghurt with Granola & Fruit Salad | Salmon Quinoa Breakfast Burrito | Chicken Chia Quinoa Congee | Shirataki Noodles in Tom Yum (chicken + prawns) | Grilled Chicken with Diable Sauce | Salmon Spinach Bake | Kang Tai-Pla Salmon | Shirataki Pad Thai (vegetarian) | Japanese Seaweed Tofu Salad | Salmon Caesar Salad |
| (kcal) | 237 | 221 | 412 | 333 | 247 | 180 | 268 | 320 | 333 | 238 | 268 |
| Sat 17/6/17 | Slim Quinoa Porridge w Goji Berries (mango & papaya) | Bircher Muesli | Quinoa Pancake w Raspberry Compote | Snapper Kao Tom | Japanese Style Chicken Burger RICE/VEG | Chicken and Grilled Eggplant in Green Curry with Organic Spaghetti | Oven-roasted Salmon with Red Curry RICE/VEG | Quinoa Sushi Chirashi (fish) | Thai Quinoa Bowl (Vegetarain) | Absolute Tuna Salad with Flax Pita Chips | Sanctuary Spring Roll |
| (kcal) | 237 | 362 | 356 | 362 | 317/237 | 460 | 349/282 | 398 | 344 | 296 | 414 |
| Sun 18/6/17 | Slim Quinoa Porridge w Goji Berries (mango & papaya) | Superfood Granola with Homemade Blueberry Yoghurt | Japanese Wakame Omelette | Prawns Kao Tom | Chicken Caesar Salad | Tom Kha Kai served with Quinoa (chicken) | Organic Spaghetti Kee-Mao (fish & prawns) | Grilled Snapper with Homemade Chili Salmon Stirred with Organic Rice | Absolute Veggie Kra Pao Delight w Quinoa & Jasberry Rice | Japanese Salad with Wasabi Yoghurt Dressing (prawns + fish) | Thai Garden Roll with Spicy Cashew Sauce |
| (kcal) | 237 | 278 | 266 | 218 | 298 | 399 | 477 | 384 | 371 | 136 | 283 |

**** Please see overleaf ****

Menu Order Form



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

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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 12/6/17 | Thai Tea Pudding | Spirulina Cacao 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) | 185 | 130/pc | 55 cal/tablespoon | 58 cal/tablespoon | 25/piece | 40/piece | 165-200 | 94 | 113 | 177 | 145 | 172 | 202 | 207 |
| Tues 13/6/17 | Guiltless Wheat-free Blueberry 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) | 310 | 144/pc | 55 cal/tablespoon | 58 cal/tablespoon | 25/piece | 40/piece | 165-200 | | | | | | | |
| Wed 14/6/17 | Spelt Banana Muffin Chocolate Chip | 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 | Classic Green | Lemon Detox | Beetroot Passion | Rabbit Hole | Tropical Delight | Super Kale | Green Goodness |
| (kcal) | 255 | 102/pc | 55 cal/tablespoon | 58 cal/tablespoon | 25/piece | 40/piece | 165-200 | 94 | 113 | 177 | 145 | 172 | 202 | 207 |
| Thurs 15/6/17 | Apple Tea Cake | 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 | | | | | | | |
| (kcal) | 179 | 105/pc. | 55 cal/tablespoon | 58 cal/tablespoon | 25/piece | 40/piece | 165-200 | | | | | | | |
| Fri 16/6/17 | Dara's Apple Strudel | 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) | 385 | 102/bassl | 55 cal/tablespoon | 58 cal/tablespoon | 25/piece | 40/piece | 165-200 | 94 | 113 | 177 | 145 | 172 | 202 | 207 |
| Sat 17/6/17 | Chia Gingko Sweet Soup | 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) | 290 | 97/pc | 55 cal/tablespoon | 58 cal/tablespoon | 25/piece | 40/piece | 165-200 | | | | | | | |
| Sun 18/6/17 | Walnut Prune Cookies | 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) | 253 | 106/pc | 55 cal/tablespoon | 58 cal/tablespoon | 25/piece | 40/piece | 165-200 | 94 | 113 | 177 | 145 | 172 | 202 | 207 |