



SALAD

(Count as: Free)

Steamed vegetables
Sliced red onion
Cucumbers
Hot pepper rings
Portobella mushrooms
Tomatoes
Carrots
Cucumbers
Beets (2 tbsp)
Israeli pickles
Hearts of palm
Israeli salad
Radishes
Sourkraut

(Count as: Fat)

Avocado (1/4)
Slivered Almonds (1 TBSP as a fat)
Green olives(5 olives)

Craisins 1 oz. *(Count as: Fruit)*

(Count as: Protein)

Light feta cheese

Chickpeas

Tuna

Greek salad - Counts as protein and veggies

Israeli salad - Counts as veggies and fat

Tuna salad- light tuna

FISH

Counts as Protein and Fat

Grilled Tuna Steak

Baked Salmon / Grilled Salmon

Baked Flounder

Baked Tilapia

Grilled Tilapia

Spinach & Salmon cubes salad

Spinach Salad - Counts as Free

Salmon Spinach Loaf

SIDES

Rice- **Counts as Starch**

Steamed Vegetables - **Counts as Free**

Steamed String Beans - **Counts as Free**

Baked Sliced Sweet Potato - **Counts as Starch**

Grilled Vegetable - **Counts as Free**

Sliced / Baked potato - **Counts as Starch**

Baked Vegetable Cutlet **Counts as Protein and**

Baked / Grilled Tuna Cutlet **Counts as Protein**

Diet Eggplant Parmesan **Counts as Starch and Protein**

PIZZA

Counts as pizza of the week

- Broccoli
- Onions and peppers
- Olive
- Eggplant
- Spinach
- Cheese
- Vegetable
- Cheeseless vegetable
- Cheeseless
- Whole wheat

SOUP

- Vegetable Soup (1 cup free)
- Butternut Squash Soup (1 cup as starch)
- Yellow Split Pea (1 cup as starch)

AII VEGETABLE ROLLS ARE APPROVED : COUNTS AS SUSHI FOR THE WEEK

SUSHI ROLLS

(COUNTS AS SUSHI OF THE WEEK 1-2 ROLLS DEPENDING ON PLAN)

CHEF NOTES: All sushi on Tap Menu is to be made with white, brown or black rice.

For spicy mayo-use light mayo

For sweet sauce-create a sugar free one

Philadelphia

Smoked Salmon

Spicy Kani

Alaska

Tuna Avocado

Spicy Tuna Avocado

Spicy Salmon Avocado

Tuna

Salmon

Spicy Tuna

Spicy Salmon

Salmon Avocado

California

Salmon Kani

Black Pepper Tuna

Black Pepper Salmon

NIGRI /SASHIMI

Counts as : Protein (Each piece 1 oz. of protein)

Black Pepper Tuna

Sake Salmon

Oshinko

Smoked Salmon

Yellowtail

Kani

Black Pepper Salmon