

POMEGRANATE TAP MENU



Oz .Vary based on plan :

Bbq Buttoms - Counts as Protein

Morrocان Honey Lime Chicken Salad - Counts as Protein and Fat
Ask for 5 appricot & 4 almonds

Capon - Counts as Protein + Starch

Chicken Cutlet - Counts as Protein

Plain Grilled Baby Chicken (ask for no onion) - Counts as Protein

Plain Grilled Baby Skewers - Counts as Protein

Fresh Turkey - Counts as Protein

Brisket - Red meat protein for week + fat

Grilled Salmon - Counts as Protein

Grilled Butternut Squash - 1 cup counts as a starch and part of treat

Roasted sweet potato - Counts as Starch

Garlic broccoli- 8oz Free

Garlic string beans

8oz Free

Grilled artichoke lemon- Counts as Free

White Rice- Counts as Starch

Mushroom Rice- Counts as Starch + Fat

Brown wild rice -Counts as Starch

Israeli Couscous - Counts as Starch