



PERIZIA / NUTRITION BY TANJA TAP MENU:

PITA or WRAPS:

(Counts as: 2 breads, protein and vegetables)

Egg white with lettuce, tomatoes, red onions and a ¼ avocado

Tuna with lettuce, tomatoes and red onions

Greek with lettuce, tomatoes cucumbers red onions and feta cheese

SALADS:

Dressings: *Light caesar, Balsamic Vinaigrette or Lemon olive oil*

Garden Salad Cucumbers, tomatoes, red onions, black olives and feta cheese
(Counts as: Protein and vegetables)

Avocado Salad Cucumbers, tomatoes, red onions, pickles and avocado
(Counts as: Fat and vegetables)

Tuna Salad Cucumbers, tomatoes, mixed peppers, pickles and a scoop of light tuna
(Counts as: Protein and vegetables)

POKE BOWLS:

Dressings: *Lemon oil or a light spicy mayo*

Salmon Poke Bowl *Sashimi grade salmon marinated in our chef poke dressing, avocado, shallots, daikon sprouts, served over salad*
Counts as: Protein, fat and vegetables.

Salmon Poke Bowl *with mixed salad Sashimi grade salmon, seaweed salad, a sprinkle of sesame seeds, edamame beans*
Counts as: Protein, fat and vegetables.

Hawaiian Ahi Tuna Poke Bowl *Ahi Tuna, shallots, grilled pineapple, a sprinkle of sesame seeds over salad*
Counts as: Protein and vegetables.

California Poke Bowl *Kani, Ikura, Daikon sprouts, sesame seeds over fresh sliced avocado and cucumber*
Counts as: Protein, fat and vegetables.

Kani Salad *Shredded Kani, cucumber and mayo*
Counts as: Sushi of the week

PASTA:

Whole Wheat Baked Ziti *Portion controlled whole wheat ziti with tomato sauce and cheese*
Counts as: Full meal with a salad

SUSHI:

****All Sushi rolls (besides tempura) are approved as your sushi for the week but omit crunch. ****

For more information about the Nutrition by Tanya program or TAP, call 844-TANYA-DIET(826-9234)