

**METABOLIC TYPING:
CARBOHYDRATE TYPE LUNCHES**



<p align="center">Meatball Cassava Wraps</p>	<p align="center">Orange Rosemary Chicken Salad</p>
<p>¼ lb or less of turkey made into nickel size small meatballs - spice well with celtic salt, Italian spices and pepper and bake until cooked (400° for 20 minutes) 2 cassava tortilla wraps warmed in the oven Place tortillas in a bowl and add a layer of shredded lettuce, a layer or cultured red cabbage, and meatballs on top Add Kensington Mayo for extra flavor</p>	<p>4-5 ounces of grilled chicken over dandelion greens or arugula 1-2 tangerines, or nectarines in slices 6 Kalamata olives, mulberries, rosemary sprigs, hemp seeds, olive oil, sea salt, paprika</p>
<p align="center">Quick and Easy Open Faced Tuna</p>	<p align="center">Lentil Wild Rice and Vegetables</p>
<p>Yellowfin Tuna mixed with Kensington Mayo 1 tsp organic relish Celtic sea salt, pepper Place over mixed greens 1-2 toasted slices of “Simple Kneads” sourdough gluten free bread</p>	<p>¼ c organic wild rice cooked in chicken broth for extra flavor (optional) ¼ c sprouted lentils by Tru Roots 2 minced carrots, 2 minced celery stalks, chopped parsley, olive oil, lemon, celtic salt, pepper. 1 tbsp of goat or sheep feta over the top</p>
<p align="center">Salmon Teriyaki Tortilla</p>	<p align="center">Apple Molasses Protein Shake</p>
<p>Grilled salmon with gluten free teriyaki marinade Chopped spinach, shredded carrot or cabbage, cilantro, parsley, fresh lemon, olive oil, sea salt, pepper Place contents into 2 warmed cassava tortillas</p>	<p>10 or more ounces of water, coconut milk, or almond milk Veg-E Complete Vanilla Pea Protein 1 chopped apple, 2 dates, 1 tbsp organic almond butter or peanut butter, 1 tsp blackstrap molasses Blend well</p>
<p align="center">Greek Style Salad</p>	<p align="center">Zucchini Spaghetti Salad</p>
<p>Mixed greens blend and chopped romaine lettuce Diced cucumber, kalamata olives, fresh tomato, organic chickpeas, roasted sunflower seeds, ¼ sliced avocado, sheep or goat cheese over top Balsamic vinegar, olive oil, Italian spice dressing</p>	<p>Zucchini or other vegetable spaghetti pre-cut Prepare in pan with olive oil, sea salt, garlic powder, pepper Add chopped artichoke hearts, hearts of palm, chives, and sliced apple Prepare creamy dressing: blend ½ avocado with fresh tangerine juice, sea salt, garlic powder, pepper Sprinkle top with roasted slivered almonds</p>
<p align="center">Chicken Pear Arugula Salad</p>	
<p>Chopped arugula Baked chicken breast sliced in strips Diced pear, onion, cucumber, celery Roasted sunflower seeds over top</p>	