



Vibe Meals

Sample Menu

MEAL #1

Mediterranean Lemon Herb Chicken

Quinoa salad with fresh herbs, cucumber, avocado and chickpeas

MEAL #2

Roasted Honey Garlic Salmon

Asparagus with olive oil, lemon and parmesan cheese

MEAL #3

Spaghetti with Bolognese sauce

Sauteed Broccoli with citrus garlic mojito

MEAL #4

Puerto Rican Yellow Rice with Pigeon Peas and Chorizo

Arugula Salad with pears, gorgonzola,
walnuts, and maple Dijon dressing

MEAL #5

Stir Fried Chicken and Vegetables

Served with Jasmine rice