


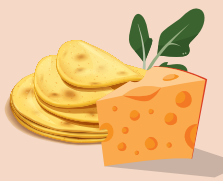











PACIFIC QUEST MENU



Whole foods anti-inflammatory nutrition is the cornerstone of our wellness program. This means each meal is a balance of complex carbohydrates, protein, and plenty of vegetables or fruits with no processed foods or refined sugars.

Breakfast	Lunch Options	Dinner Options
<ul style="list-style-type: none"> • Oatmeal • Granola • Organic eggs • Plain whole fat yogurt  <ul style="list-style-type: none"> • Seeds • Honey • Raisins • Fruit • Rice 	<ul style="list-style-type: none"> • Gluten free pasta • Brown rice • Chicken/Beef/ Egg/Tofu • Vegetables  <hr/> <ul style="list-style-type: none"> • Corn tortillas • Black beans • Salsa • Cheese • Vegetables  <hr/> <ul style="list-style-type: none"> • Quinoa • Lentils • Vegetables  <hr/> <ul style="list-style-type: none"> • Rice cakes • Hummus • Sunbutter • Vegetables • Whole wheat bread 	<p>Fish Tacos</p> <ul style="list-style-type: none"> • Corn tortillas • Vegetables • Local Wild Caught Fish  <hr/> <p>Sesame Beef Bowl</p> <ul style="list-style-type: none"> • Local Grass Fed Beef • Quinoa • Cabbage • Carrots & Broccoli • Sesame ginger sauce  <hr/> <p>Rosemary Chicken</p> <ul style="list-style-type: none"> • Organic Chicken • Gluten free Pasta • Pesto • Broccoli • Cauliflower • Kale salad 
Snacks	Desserts	
<ul style="list-style-type: none"> • Seeds • Fruit • Granola 	<ul style="list-style-type: none"> • Oats • Honey • Fruit • Coconut milk & Sunbutter • Cacao 	

Typical Foods

Abiu*	Apples	Cheese	Quinoa	Pumpkin*	Organic Eggs
Rice	Avocado	Lettuce	Parsley*	Eggplant*	Pumpkin Seeds
Dill*	Banana*	Lychee	Squash*	Taro Root*	Sunflower Seeds
Basil*	Cilantro*	Mangos	Tomatillos*	Star Fruit*	Organic Chicken
Taro*	Cloves*	Onion	Rosemary*	Pineapple*	Mountain Apples*
Corn	Collards*	Pasta	Turmeric*	Red Zinger*	Local Grass Fed Beef
Mint*	Fennel*	Radish*	Zucchini*	Tangerines*	Plain Organic Yogurt
Miso	Garlic*	Tortilla	Oranges*	Nasturtium*	Local Wild Caught Fish
Oats	Ginger	Thyme*	Coconut*	Organic Tofu	
Pita	Carrot*	Potato	Tomato*	Swiss Chard*	
Beets*	Celery*	Spinach	Sugarcane*	Poha Berries*	
Lime*	Beans	Peppers*	Papaya*	Sweet Potato*	

*Grown at PQ
PQ is a nut-free facility

Meal Portions

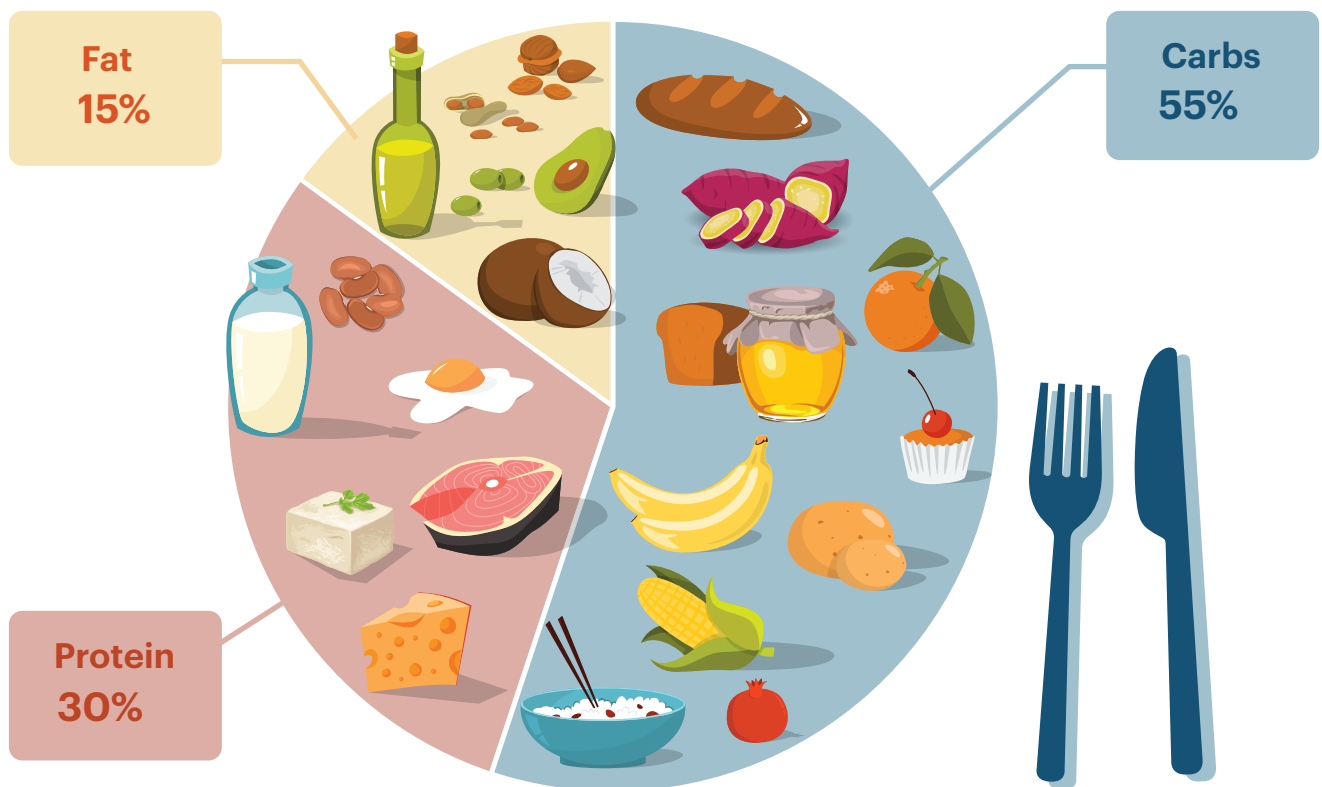
At Pacific Quest, we create portioned meal plans to ensure that everyone gets enough nutrients to keep up with our active lifestyle. Most new students typically start at Medium, and can move up or down depending on appetite and needs.

Base calorie amounts

Min	Med	Max	Max (+)
1800 Calories /day	2400 Calories /day	3000 Calories /day	3600 + Calories /day
			

Nutrient Breakdown

A complete balanced whole foods diet fuels our well being inside and out. In nearly all cases we can accommodate food allergies/sinsitivities and religious or dietary preferences.



Weekly Wellness checks

Each student meets at a minimum weekly with a member of our amazing medical/wellness department to ensure any weight changes are appropriate and safe, and that energy, sleep and wellbeing are improving as expected.

