

PQ Nutrition Plan

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.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	 Fruit, Oats, Seeds, Eggs, plain yogurt, Honey, Granola						
Lunch	 Organic Garlic Chicken Pasta with Pesto and Alfredo sauces and roasted vegetables	 Organic Chicken Sausage, Sweet Potatoes & Roasted Veggies	 Turkey Sandwiches	 Sesame Crusted Tofu / Pad Thai Rice Noodles with sauce & Veggies	 Black Bean Chili, roasted veggies and shredded cheese	 Miso Baked Tofu Bok Choy/ Broccoli / shredded carrots with Sesame and GF Soy Sauce with Coconut Rice	 Curry Chickpeas or Lentil Dahl & Cumin Roasted Cauliflower/Sweet Potato
Dinner	 Chili Verde Local Pork with Broccoli, Cauliflower & Rice	 Local Grass Fed Beef Nachos and Slaw with chimichurri	 Teriyaki Organic Chicken, Pad Thai Rice Noodles, Broccoli Stir Fry & Kabocha Squash	 Organic Turkey Meatballs, GF Pasta, Marinara with Roasted Veggies	 Local Grass Fed Beef Bolognese with Vinaigrette Salad	 Mexican Baked Potato with Pinto Beans & Kale Salad green Onion, Shredded Cheese, Yogurt, Butter & Tzatziki sauce.	 Roasted Organic Chicken, Mashed Sweet Potatoes, Veggies & Gravy

Meal Portions

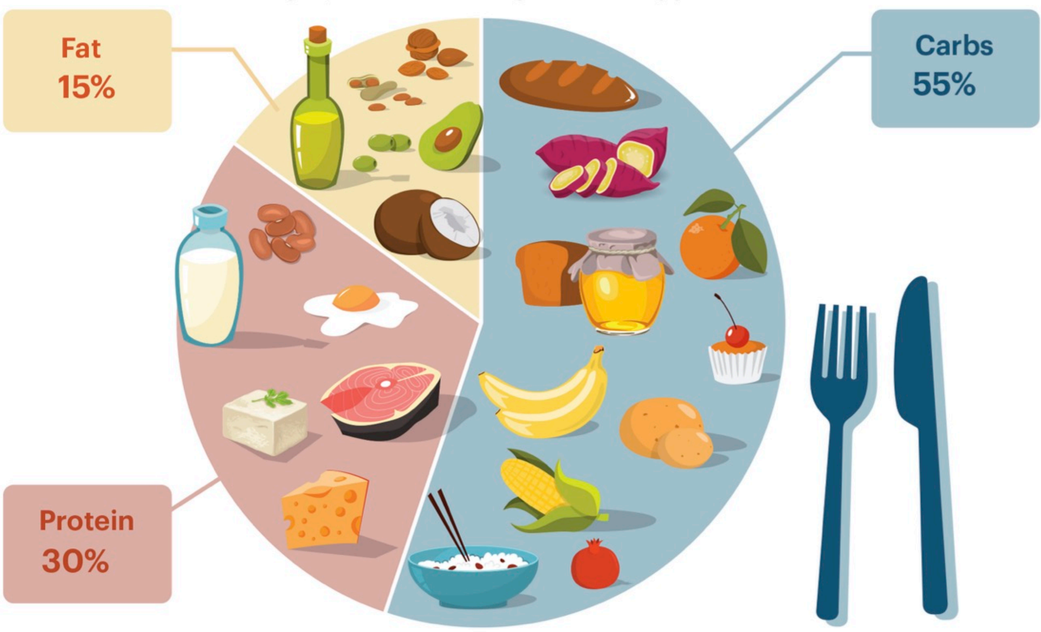
At Pacific Quest, we create portioned meal plans to ensure that everyone gets enough nutrients to keep up with our active lifestyle. Most new students typically start at Medium, and can move up or down depending on appetite and needs.

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/sinsitivties 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.

