









## DR. POLO'S POUND -A-DAY WEIGHT LOSS PRE-PACKAGED MEALS MENU

CHICKEN MEALS		INGREDIENTS
	Baked Greek Chicken with Sautéed Fennel	<p><i>Marinated chicken breast: zest of half a lemon, juice of half a lemon, 1 clove garlic minced, ½ tsp dried basil, 1 tsp fresh oregano, ¼ tsp salt, ¼ tsp black pepper</i></p> <p><i>Sautéed Fennel: 2 cups shaved fennel, 1 garlic clove, ½ tsp salt, ½ tsp black pepper, water to deglaze</i></p> <p><i>Total Calories: 164</i></p>
	Shredded Chicken Chili	<p><i>3 tbsp. white onion, 1 clove garlic minced, ½ tsp cumin, ½ tsp chili powder, ¼ tsp smoked paprika, ¼ tsp yellow mustard, ½ tsp salt and black pepper, fresh oregano, 1/8 tsp stevia, 1 ½ cups fresh grape tomatoes, pulled chicken breast</i></p> <p><i>Total Calories: 170</i></p>
BEEF MEALS		INGREDIENTS
	Beef Meatballs	<p><i>3 tbsp. white onion, 1 clove garlic minced, ½ tsp cumin, ½ tsp chili powder, ¼ tsp smoked paprika, ¼ tsp yellow mustard, ½ tsp salt and black pepper, fresh oregano, 1/8 tsp stevia, 1 ½ cups fresh grape tomatoes, extra lean ground beef</i></p> <p><i>Total Calories: 212</i></p>
	Beef Chili	<p><i>3 tbsp. white onion, 1 clove garlic minced, ½ tsp cumin, ½ tsp chili powder, ¼ tsp smoked paprika, ¼ tsp yellow mustard, ½ tsp salt and black pepper, fresh oregano, 1/8 tsp stevia, 1 ½ cups fresh grape tomatoes, extra lean ground beef</i></p> <p><i>Total Calories: 212</i></p>

All meals are intended to be eaten within 3 days to ensure optimal freshness.  
Meals must be frozen if consumed after 3 days.

ONE WEEK, 14 MEALS  
MINIMUM ORDER OF 7 MEALS REQUIRED  
PRICING: 1 MEAL = \$15.00+ GST

SEAFOOD MEALS		INGREDIENTS
	Blackened Mahi Mahi with Roasted Brussel Sprouts	<p><i>Blackening spice mix: ¼ tsp each oregano, thyme, smoked paprika, garlic powder, onion powder, 1/8 tsp salt</i></p> <p><i>Roasted Brussel Sprouts: 2 cups steamed Brussel sprouts, ¼ tsp salt, black pepper, 1/8 tsp chili powder, Roast on broil for colour</i></p> <p><i>Total Calories: 161</i></p>
	Lemon Dill Shrimp with Sautéed Cabbage	<p><i>Lemon Dill Shrimp: Sauté shrimp with ½ tsp salt, 1 clove minced garlic, add juice of ½ lemon and fresh dill after sautéed</i></p> <p><i>Sautéed Cabbage: 2 cups green cabbage, 1 tbsp. white onion, 1 clove minced garlic, ½ tsp salt and black pepper, water, 1 tbsp. apple cider vinegar, fresh dill</i></p> <p><i>Total Calories: 150</i></p>

VEGETARIAN MEALS		INGREDIENTS
	Chinese Five Spice Tofu with Sautéed Bok Choy	<p><i>Tofu: House made Chinese Five Spice blend with star anise, clove, cinnamon, peppercorns, fennel seed, ¼ cup white onion, 2 garlic cloves, ¼ tsp salt</i></p> <p><i>Bok Choy: 3 cups baby Bok choy, 1 garlic clove minced, pinch chili flake, ¼ tsp salt, Chinese five spices</i></p> <p><i>Total Calories: 196</i></p>
	Sous Vide Egg Bite with Sautéed Spinach	<p><i>Egg Bite: ½ tsp each salt and pepper, ¼ tsp chili powder, ¼ tsp garlic powder, ½ cup spinach</i></p> <p><i>Sautéed Spinach: 2.5 cups spinach, ¼ tsp salt and pepper, 1 garlic clove, ¼ tsp chili powder</i></p> <p><i>Total Calories: 118</i></p>

PLEASE NOTE: Meals will be delivered to the clinic for pickup on Monday. Deadline for orders is Thursday at 6:00pm, for delivery the following Monday. All meals must be pre-ordered, pre-paid, and are final sale. Please call the clinic at 604.544.POLO (7656) to prepay for your meals.

**PLEASE BRING YOUR OWN BAGS WHEN PICKING UP MEALS  
– THE CLINIC DOES NOT PROVIDE BAGS –**

Unfortunately, we do not have a delivery service available. All meals must be picked up from the clinic. Polo Health + Longevity Centre will try its best to keep food items as listed. However, this may not always be possible. We will communicate any and all produce substitutions as quickly as possible through social media outlets. Unfortunately, at this time Polo Health + Longevity Centre is unable to make any ingredient substitutions, additions, or deletions, and all meals are prepared as is. There will be no exceptions.