TRANSFORM*D BY 4 IN 4

*Pick-up each morning between 7am and 10am @ D*BAR 8 Erie Street.
*Properly refrigerate juice + food until consumed.

WEEK ONE

MONDAY

Breakfast | Blueberry Apricot Yogurt Parfait
greek yogurt · blueberries · apricot · oats almonds · maple syrup · coconut · pure vanilla extract · chia seeds · honey

Lunch | Buddha Bowl
kale · brussels sprouts · sweet potato · carrot radish · cabbage · chickpeas · brown rice served w/ garlic basil tahini dressing

Snack | Oatmeal Peanut Butter Cookies Bites
dates · peanut butter · cacao nibs · oats maple syrup · pure vanilla extract · chia seeds

WEDNESDAY

Breakfast | Lemon Blackberry Muffins
blackberries · fresh lemon juice · lemon zest oats · almond flour · almond milk · coconut oil maple syrup · pure vanilla extract · baking soda baking powder · served w/ lemon yogurt spread

Lunch | Refreshing Spring Salad
kale · butter lettuce · cucumber · asparagus peas · radish · edamame · snow peas · almonds dill · grilled chicken · served w/ lemon dijon vinaigrette

Snack | Oatmeal Peanut Butter Cookies Bites
dates · peanut butter · cacao nibs · oats maple syrup · pure vanilla extract · chia seeds

FRIDAY

Breakfast | Egg Salad on Toast
egg · greek yogurt · dijon mustard · chives dill · avocado · microgreens · radish · lettuce whole grain bread (gluten-free available)

Lunch | Roast*d Veg & Pesto Chicken Wrap
zucchini · red onion · bell pepper · mushrooms asparagus · chicken · broccoli · basil · olive oil fresh lemon juice · nutritional yeast · garlic Himalayan sea salt · almond flour tortilla

Snack | Oatmeal Peanut Butter Cookies Bites
dates · peanut butter · cacao nibs · oats maple syrup · pure vanilla extract · chia seeds

WEEK TWO

TUESDAY

Breakfast | Salt*d Coconut Soak*d Oats
coconut · oats · coconut milk · chia seeds coconut yogurt · maple syrup · pure vanilla extract · Himalayan sea salt

Lunch | Kale & Brussels Sprouts Caesar Salad
kale · brussels sprouts · cauliflower · cranberries chickpeas · tahini · garlic · mustard · olive oil almonds · fresh lemon juice · Himalayan sea salt served w/ chicken

Snack | PowerBalls
almond butter · almond flour · flaxseed hemp seeds · cacao nibs · maple syrup · pure vanilla extract · unsweetened coconut

WEDNESDAY

Breakfast | Fresh Berry Cottage Cheese Parfait
fresh berries · cottage cheese · honey · oats almonds · coconut · maple syrup · pure vanilla extract · cinnamon · Himalayan sea salt

Lunch | Chicken & Quinoa *Fried* Rice
carrot · peas · yellow onion · spinach · green beans quinoa · pineapple · scallions · egg · soy sauce sesame oil · garlic · ginger · chili garlic sauce served w/ shredded chicken

Snack | PowerBalls
almond butter · almond flour · flaxseed hemp seeds · cacao nibs · maple syrup · pure vanilla extract · unsweetened coconut

FRIDAY

Breakfast | Zucchini Bread
zucchini · oats · cinnamon · maple syrup coconut oil · flaxseed · pure vanilla extract baking powder · baking soda · Himalayan sea salt · served w/ banana date jam

Lunch | Spring Rolls w/ Sesame Ginger Dressing
carrot · cucumber · red cabbage · lettuce mango · chicken · scallions · mint · sesame oil rice vermicelli · rice paper wraps · rice vinegar soy sauce · maple syrup · ginger · garlic

Snack | PowerBalls
almond butter · almond flour · flaxseed hemp seeds · cacao nibs · maple syrup · pure vanilla extract · unsweetened coconut

WEEK THREE

MONDAY

Breakfast | Orange Blueberry Muffins
blueberries · fresh orange juice · orange zest almond milk · oats · almond flour · maple syrup pure vanilla extract · coconut oil · baking soda baking powder · served w/ orange cashew creme

Lunch | Superfood Kale Salad
kale · quinoa · carrot · red cabbage · red onion · sunflower seeds · brussels sprouts blueberries · grilled tofu · served w/ lemon tahini dressing

Snack | Chocolate Pistachio Energy Bites
pistachios · coconut flour · cacao powder coconut flakes · almonds · honey · pure vanilla extract

WEDNESDAY

Breakfast | Red Berry Yogurt Parfait
strawberries · raspberries · greek yogurt · oats sunflower seeds · coconut · maple syrup · pure vanilla extract · chia seeds · honey

Lunch | Spice*d Chicken Fajita Bowl
bell pepper · onion · black beans · kale jasmine rice · corn · tomato · cillantro · lime scallions · garlic · chili powder · cumin · chicken served w/ chipotle lime dressing

Snack | Chocolate Pistachio Energy Bites
pistachios · coconut flour · cacao powder coconut flakes · almonds · honey · pure vanilla extract

FRIDAY

Breakfast | Vegetable Egg Bake
egg · sweet potato · mushrooms · asparagus peas · almond milk · olive oil · garlic · scallions served w/ avocado crema

Lunch | Mash*d Chicken Salad Wraps
chickpeas · red onion · sunflower seeds · dill tahini · cucumber · dijon mustard · lettuce maple syrup · fresh lemon juice · garlic Himalayan sea salt · served on almond flour tortillas

Snack | Chocolate Pistachio Energy Bites
pistachios · coconut flour · cacao powder coconut flakes · almonds · honey · pure vanilla extract

WEEK FOUR

MONDAY

Breakfast | Peanut Butter Banana Soak*d Oats
banana · peanut butter · oats · chia seeds coconut yogurt · almond milk · maple syrup pure vanilla extract

Lunch | Greek Salad w/ Chicken Kebabs
cucumber · tomato · olives · feta cheese red onion · green bell pepper · avocado fresh lemon juice · red wine vinegar · garlic olive oil · parsley · oregano · honey Himalayan sea salt · grilled chicken

Snack | PowerBalls
almond butter · almond flour · flaxseed hemp seeds · cacao nibs · maple syrup · pure vanilla extract · unsweetened coconut

WEDNESDAY

Breakfast | Scramble*d Egg Bowl
egg · sweet potato · mushrooms · yellow onion bell pepper · broccoli · spinach · garlic Himalayan sea salt · black pepper · served w/ spicy salsa

Lunch | Chicken Thai Green Curry
bell pepper · peas · carrot · onion · jasmine rice · eggplant · spinach · ginger · basil curry · turmeric · vegetable broth · soy sauce Himalayan sea salt · chicken

Snack | PowerBalls
almond butter · almond flour · flaxseed hemp seeds · cacao nibs · maple syrup · pure vanilla extract · unsweetened coconut

FRIDAY

Breakfast | Chocolate Orange Doughnuts
cacao · oats · fresh orange juice · maple syrup almond milk · coconut oil · pure vanilla extract baking soda · Himalayan sea salt · served w/ orange cashew creme

Lunch | Mediterranean Medley
kale · quinoa · cucumber · tomato · chickpeas scallions · parsley · mint · basil · lemon olive oil · cumin · Himalayan sea salt

Snack | PowerBalls
almond butter · almond flour · flaxseed hemp seeds · cacao nibs · maple syrup · pure vanilla extract · unsweetened coconut

Fine print. Always consult your doctor before making any changes to your health regime including starting any juice/meal program. By participating in Transform*d, you acknowledge that you are doing so at your own risk. We do not claim our program will alleviate, heal or cure any health condition or symptom. Our statements, programs, and products, have not been evaluated by the Food & Drug Administration. Our facilities process and regularly use nuts. We do not provide a product for people with medically-necessitated diets or severe allergies.

D*FIT + D*BAR · The Mill at Walnut Street Station · 4 + 8 Erie Street · Montclair · 973 337 5088