



functional health canberra

Functional Meals



BREAKFAST

Smashed Avocado on Sourdough

Cherry tomatoes, goat's cheese

Real Fruit Smoothie

Tahini, milk of choice, dates, chia seeds, frozen mixed berries

Steel Cut Oat Porridge

Grated pear and almonds or nut butter

Sourdough French Toast

Served with berries and honey

Vegetable Frittata

Eggs, leek, zucchini, pumpkin, capsicum and avocado

Grab & go option

Banana and handful of almonds



MAINS

Carrot & Lentil Salad

Pistachio and feta cheese

Healthy Lasagna with Bone Broth

Fresh garden salad

Quinoa Chicken

Schnitzels

Fried in lard or coconut oil, with roast vegetables and sweet potato fries

Turmeric Chicken Curry

Basmati rice and vegetables

Toasted Sourdough Sandwich

Cheese, pickles, tomato and avocado

Rice Paper Rolls

Chicken/prawns vegetables, avocado and rice noodles

Miso Glazed Salmon

Broccoli mash and greens



SNACKS

Cacao Crackle Bars

Brown rice puffs, rice malt syrup, raw cacao

Nutrient-Dense Liver Pate

On sourdough bread or buckwheat crackers

Coconut Banana Bread

Toasted with butter

Chia Butter Pudding

Topped with berries, nuts and seeds

Hazelnut Bliss Balls

Coconut oil, linseed, almonds

Yoghurt Flatbread

Hummus or Nut Butter

Greek Yoghurt or Kefir

Topped with berries, and shredded coconut

Fresh Seasonal Fruit

Nuts and seeds