

**ZOËS**  
**KITCHEN**  
FRESH MADE MEDITERRANEAN

**WHOLE**  
**30**  
approved®

*This dietary lifestyle includes abundant amounts of vegetables with moderate portions of proteins and limited amounts of fruit. No sugar, alcohol, grains, legumes, soy or dairy for 30 days.*

**ENJOY THESE WHOLE30 APPROVED ZOËS KITCHEN DISHES!**

**ENTRÉES**

Chicken Kabobs

Shrimp Kabobs

Salmon Kabobs

Mediterranean Chicken

Moroccan Citrus Roasted Chicken

*(replace Turmeric Rice)*

Cauliflower Rice Bowl

*(remove feta cheese and Greek tzatziki)*

Greek Salad

*(remove feta cheese, replace pita with cucumbers)*

**FRESH SIDES**

Roasted Vegetables

Fresh Fruit

Potato Salad

**SAUCES**

Zoës Dressing

Israeli Skhug

Italian Salsa Verde

Moroccan Harissa