

**SAMPLE MENU**

**MAG BAY EXPEDITIONS**

**DAY 1**

**Lunchbox:**

* Salad
* Baguette:
	+ ham
	+ lettuce
	+ tomatoes
	+ avocado
	+ cheese

**Dinner:**

* Organic Salad
* Bread and/or tortillas
* Homemade salsa
* Fish, catch of the day with the choice of grilled or battered.
* White rice
* Sauteed season vegetables, zucchini and corn mexican style

**DAY 2**

**Breakfast:**

* Fruit: apple, papaya, strawberry, bananas, apples, cantaloupe
* Coffee, tea (black, green, chamomile, peppermint)
* Orange Juice made from fresh local oranges
* Green Juice: pineapple, celery, curcuma, spinach, apple, ginger
* Milk
* Bread: with jam (strawberries, berries, apricot) and/or butter
* Sides: cottage cheese, granola, yogurt, honey
* Scrambled eggs
* Potatoes sauteed with local ingredients
* Beans
* Bacon or sausages
* Green or red homemade salsa

**Lunchbox:**

* Salad
* Granola Bars
* Peanuts, almonds
* Fruit: mandarines, apples, bananas
* Sandwiches
	+ lettuce,tomato,cucumber,avocado,
	+ chicken
	+ panela cheese (local fresh cheese)

**Dinner:**

* Organic Salad
* Bread and/or tortillas
* Homemade salsa
* Gluten Free pesto pasta
* Grilled chicken breast cooked with local fresh ingredients

**DAY 3**

**Breakfast:**

* Fruit: apple, papaya, strawberry, bananas, apples, cantaloupe
* Coffee, tea (black, green, chamomile, peppermint)
* Orange Juice made from fresh local oranges
* Green Juice: pineapple, celery, curcuma, spinach, apple, ginger
* Milk
* Bread: with jam (strawberries, berries, apricot) and/or butter
* Sides: cottage cheese, granola, yogurt, honey
* Chilaquiles (optional chicken for extra protein)
* Island style potatoes
* Beans
* Cheese and/or cream

**Lunchbox:**

* Salad
* Granola Bars
* Peanuts, almonds
* Fruit: mandarines, apples, bananas
* Baguette
	+ lettuce,tomato,cucumber
	+ ham
	+ manchego cheese
	+ mayonnaise and/or mustard

**Dinner:**

* Organic Salad
* Bread and/or tortillas
* Homemade salsa
* Fish and shrimp tacos
* Poblano and corn tacos
* Red mexican rice
* Pico de gallo (tomatoes, onions and cilantro mix)

**DAY 4**

**Breakfast:**

* Fruit: apple, papaya, strawberry, bananas, apples, cantaloupe
* Coffee, tea (black, green, chamomile, peppermint)
* Orange Juice made from fresh local oranges
* Green Juice: pineapple, celery, curcuma, spinach, apple, ginger
* Milk
* Bread: with jam (strawberries, berries, apricot) and/or butter
* Sides: cottage cheese, granola, yogurt, honey
* Enchiladas stuffed with local cheese with the option of chicken.
* Beans
* Potatoes
* Cream and cheese

**Picnic:**

* Ceviche made with freshly caught fish
* Vegetarian Ceviche
* Clam marinade, local dish made with chocolata clams, cream, and spices
* Jicama, cucumber and carrots to snack
* Guacamole and salsas
* Tostadas

**Dinner:**

* Organic Salad
* Bread and/or tortillas
* Homemade salsa
* Catch of the day, fresh fish with the option of grilled or battered
* Curry rice
* Sauteed vegetables cooked with local ingredients;zucchini, broccoli and cauliflower.

**DAY 5**

**Breakfast:**

* Fruit: apple, papaya, strawberry, bananas, apples, cantaloupe
* Coffee, tea (black, green, chamomile, peppermint)
* Orange Juice made from fresh local oranges
* Green Juice: pineapple, celery, curcuma, spinach, apple, ginger
* Milk
* Bread: with jam (strawberries, berries, apricot) and/or butter
* Sides: cottage cheese, granola, yogurt, honey
* Quesadillas with avocado
* Hot Cakes
	+ honey and/or nutella

**Lunchbox:**

* Salad
* Granola Bars
* Peanuts, almonds
* Fruit: mandarines, apples, bananas
* Burritos
	+ beans and cheese
	+ shredded beef
	+ manta or marlin
	+ salsas

**Dinner:**

* Grilled fish (zarandeado fish)
* Grilled vegetables
* Organic Salad
* Potatoes
* Beans

**DAY 6**

**Breakfast:**

* Fruit: apple, papaya, strawberry, bananas, apples, cantaloupe
* Coffee, tea (black, green, chamomile, peppermint)
* Orange Juice made from fresh local oranges
* Green Juice: pineapple, celery, curcuma, spinach, apple, ginger
* Milk
* Bread: with jam (strawberries, berries, apricot) and/or butter
* Sides: cottage cheese, granola, yogurt, honey
* Scrambled eggs
* Quesadillas with avocado
* Beans
* Potatoes

**Lunchbox:**

* Salad
* Granola Bars
* Peanuts, almonds
* Fruit: mandarines, apples, bananas
* Pita bread sandwich
	+ cucumber, lettuce, tomato, olives
	+ grilled chicken