



## **FRUIT FAST FRIDAYS MENU**

**Delicious and nutritious fruit-based meals to meet your health goals.**

**Fruit is high in fiber and other vitamins & minerals, one of the best water sources.**

**Fresh Fruit Smoothie**

**Berry Smooth Bowl**

**Chopped Fruit Salad**

**Melon Fiesta Bowl**

**Funny Fruit Tarts**

**Frozen Fruit Pops**

**Peachy Granola Parfait**

**Sauteed Cinnamon Apples**

**Peach, Mango and Pear Medley on  
Fresh Arugula  
with Apple Plum Chutney**

**Marinated Honeydew & Cantaloupe  
w/Seeded Watermelon & Mint  
Skewers**

**Fruit Gumbo with  
Coconut Chips**

**Teriyaki Jackfruit  
with Honey Glazed Plantains**

**Food Allergies:  
Please Let Us Know of Any Known  
Food Allergies Or Preferences.**

