



Chicken Strips w/Roasted Carrots \$5.75

GF bread crumb crusted all natural chicken strips with house made ketchup and served with oven roasted carrots
Cal 150 Pro 17g Fat 4g Carb 11g Sodium 340mg

Spaghetti & Turkey Meat Sauce w/Roasted Green Beans \$6.25

Gluten free pasta noodles with house made turkey meat sauce served with roasted green beans
Cal 300 Pro 22g Fat 8g Carb 34g Sodium 150mg

DESSERTS

Chocolate Avocado Mousse (PF) (GF) \$4.25

Cal 190 Pro 4g Fat 14g Carb 18g Sodium 0mg

Apple Crisp (GF) (PF) (GF) \$5.50

Cal 180 Pro 3g Fat 5g Carb 35g Sodium 0mg

Mini Cheesecake (PF) (GF) \$4.50

Cal 310 Pro 4g Fat 23g Carb 24g Sodium 5mg

Paleo Brownies (PF) (K) \$4.75

Cal 160 Pro 2g Fat 14g Carb 7g Sodium 0mg

SNACKS

Protein Power Snack Box (PF) \$7.50

Oven roasted all natural chicken bites, house made sriracha hummus, organic baby carrots, organic red grapes
Cal 390 Pro 28g Fat 7g Carb 57g Sodium 180mg

Egg & Almond Protein Snack Box (PF) \$6.95

Pasture raised hard boiled eggs, house made almond butter, flax crackers, organic red & green grapes
Cal 430 Pro 18g Fat 29g Carb 28g Sodium 160mg

Chicken Salad Box (No Nuts / Nuts) (PF) \$7.25/\$7.95

ParaVida chicken salad, organic baby carrots, organic red grapes, flax seed crackers
Cal 330 Pro 16g Fat 22g Carb 24g Sodium 135mg
Cal 400 Pro 19g Fat 27g Carb 26g Sodium 160mg

Bacon Jalapeno Deviled Eggs (3) (PF) (K) \$3.85

Cal 250 Pro 13g Fat 21g Carb 1g Sodium 520mg

Spiced Nuts (PF) (GF) \$3.50

Cal 230 Pro 8g Fat 20g Carb 10g Sodium 370mg

Trail Mix (PF) (GF) \$3.50

Cal 350 Pro 5g Fat 8g Carb 24g Sodium 0mg

Protein Bar (contains peanuts) (GF) \$3.75

Cal 260 Pro 12g Fat 15g Carb 19g Sodium 80mg

Energy Balls (2-pack / 4-pack) \$3.25/\$5.75

Cal 130 Pro 3g Fat 9g Carb 14g

Carrot Cake Balls (4) (PF) (GF) \$4.25

Cal 230 Pro 4g Fat 17g Carb 21g Sodium 15mg

Chocolate Fat Bombs (2) (PF) (K) (GF) \$2.95

Cal 180 Pro 3g Fat 16g Carb 8g Sodium 10mg

PARAVIDA Wellness

REAL FOOD FOR LIFE

1405 E Airline, Suite A | Victoria, Texas 77901
361-703-5102 | paravidawellness.com

Hours: M-F 7:30 am to 6:30 pm, Sat. 9 am to 2 pm



Breakfast

Berries & Chia Pudding Parfait (GF) \$5.75

Organic black chia seeds, house made coconut mylk, maple syrup, vanilla, topped with seasonal organic fruit and house made granola
Cal 300 Pro 8g Fat 17g Carb 31g Sodium 5mg

Overnight Oats w/Fruit (GF) \$4.95

Organic gluten free rolled oats, chia seeds, almond mylk, cinnamon, vanilla, maple syrup, fresh seasonal fruit
Cal 220 Pro 7g Fat 7g Carb 34g Sodium 0mg

Coconut Pancakes w/Berry Chia Jam (PF) \$5.95

Coconut flour pancakes served with organic, housemade strawberry jam
Cal 260 Pro 6g Fat 20g Carb 16g Sodium 220mg

Spinach, Egg & Sausage Muffins (PF) (K) (30) (IP) \$5.50

Pasture raised eggs, organic kale, organic red bell peppers, house made chicken sausage
Cal 170 Pro 16g Fat 11g Carb 4g Sodium 210mg

Sweet Potato & Chicken Sausage Hash (PF) (K) (30) \$6.50

Organic sweet potatoes, house made chicken sausage, organic red bell peppers, organic eggs
Cal 200 Pro 14g Fat 11g Carb 13g Sodium 160mg

Coconut Pancakes w/Chicken Sausage Pattie (PF) (K) (30) \$6.95

Coconut flour pancakes served with organic berry jam and 2 chicken sausage patties
Cal 290 Pro 16g Fat 120g Carb 13g Sodium 430mg

Egg & Bacon Sandwich (PF) (K) (30) (IP) \$5.95

2 organic fried eggs w/uncured bacon
Cal 310 Pro 16g Fat 22g Carb <1g Sodium 410mg

ParaVida Migas (PF) (K) (30) \$6.50

Organic cage free eggs, onion, jalapenos, garden tomatoes and cassava flour tortillas (gf).
Cal 150 Pro 8g Fat 8g Carb 12g Sodium 330mg

SIDES

Oven Roasted Chicken Breast (PF) (K) (30) (IP) 4oz \$4.95

Cal 130 Pro 27g Fat 1.5g Carb <1g Sodium 360mg

All Natural Beef Steak (PF) (K) (30) (IP) 4oz \$6.95

Cal 160 Pro 19g Fat 9g Carb <1g Sodium 330mg

Sauteed Green Beans (GF) \$3.95

Cal 80 Pro 1g Fat 4g Carb 7g Sodium 170mg

Sweet Potato Mash (GF) \$2.95

Cal 70 Pro 1g Fat 0g Carb 15g Sodium 135mg

Roasted Zucchini & Butternut Squash (GF) \$3.95

Cal 70 Pro 2g Fat 3g Carb 10g Sodium 220mg

Spring Chicken Salad (No Nuts/Nuts) \$6.95/\$7.25

Cal 350 Pro 24g Fat 25g Carb 9g Sodium 150mg
Cal 390 Pro 24g Fat 29g Carb 10g Sodium 150mg

* Our meals can be customized to meet individual dietary needs with one of our meal plans. Please contact our in-house Nutritionist for full details.
Meagan Massey, Nutritionist meagan@paravidawellness.com or store@paravidawellness.com

All our menu items are gluten and dairy free. We do offer products with peanuts, tree nuts, eggs and soy. While we take steps to minimize the risk of cross contamination, we cannot guarantee that any of our products are safe to consume for people with peanut, tree nut, soy, egg allergies. We only use natural sweeteners such as maple syrup, honey or dates to sweeten our products.

Soba Noodle Stir Fry (PF) (K) (30) (IP) **\$8.25**

Organic Soba noodles tossed with red peppers, broccoli, asparagus, green beans in our Asian Sauce

Cal 350 Pro 8g Fat 4.5g Carb 65g Sodium 800mg

Italian Eggplant (PF) (K) (30) (IP) **\$8.50**

Oven roasted organic eggplant on top of quinoa spaghetti and housemade marinara served with a side of steamed broccoli

Cal 390 Pro 18g Fat 6g Carb 72g Sodium 420mg

Thai Pork Stir Fry **\$8.95**

All natural ground pork stir fried with green beans and organic red peppers served with brown jasmine rice

Cal 360 Pro 24g Fat 22g Carb 15g Sodium mg

Pork Tenderloin Medallions (PF) (K) (30) (IP) **\$9.95/\$12.95**
w/Sweet Potato Mash & Green Beans

Marinated and slow roasted pork tenderloin served with sweet potato mash and sautéed green beans with a side of sweet & spicy house made bbq sauce

Cal 260 Pro 23g Fat 7g Carb 25g Sodium 460mg

Cal 440 Pro 47g Fat 11g Carb 37g Sodium 650mg

Spaghetti Squash (PF) (K) (30) (IP) **\$8.95/\$11.95**
w/Turkey Bolognese

Roasted spaghetti squash topped with abf turkey Bolognese served with roasted organic green beans

Cal 180 Pro 17g Fat 7g Carb 15g Sodium 430mg

Cal 300 Pro 22g Fat 12g Carb 26g Sodium 880mg

Turkey Dirty Rice (PF) (K) (30) (IP) **\$8.25**
w/Asparagus

ParaVida's version of dirty rice with ground turkey, cauli rice and a blend of Cajun spices topped with roasted asparagus

Cal 150 Pro 25g Fat 3g Carb 8g Sodium 390mg

Turkey Chili (PF) (K) (30) (IP) **\$7.95/\$10.50**

Ground turkey, organic tomatoes and chili spice

Cal 250 Pro 34g Fat 4g Carb 19g Sodium 320mg

Cal 360 Pro 48g Fat 5g Carb 27g Sodium 450mg

Simple Salmon **\$12.95**

Cast Iron roasted salmon filet, organic brown jasmine rice and steamed broccoli

Cal 440 Pro 285 Fat 16g Carb 50g Sodium 410mg

Salmon Cake w/Roasted **\$11.95**
Butternut Squash & Zucchini (Limited time)

Wild caught salmon cakes with roasted butternut squash and zucchini served with a side of lemon tahini sauce

Cal 300 Pro 26g Fat 14g Carb 21g Sodium 740mg

Basil Beef & Broccoli Stir Fry (PF) (K) (30) (IP) **\$10.95**

Sliced all natural beef, organic broccoli in a Thai basil sauce served with cauli rice

Cal 230 Pro 23g Fat 7g Carb 18g Sodium 590mg

Turkey Burger w/Sweet Potato Bun (PF) (K) (30) (IP) **\$7.95**

All natural turkey burger served between 2 sweet potato slices on a bed of Bibb lettuce. Served with steamed broccoli

Cal 280 Pro 22g Fat 13g Carb 23g Sodium 230mg

Beef Skewers w/ (PF) (K) (30) (IP) **\$10.95**
Greek Veggies & Tzaziki Sauce

Thinly sliced beef skewers served with Greek seasoned veggies and a side of housemade Tzatziki sauce

Cal 220 Pro 24g Fat 11g Carb 6g Sodium 450mg

Simple Chicken **\$9.95**

Cast Iron roasted chicken breast, organic brown jasmine rice and steamed broccoli

Cal 400 Pro 45g Fat 4g Carb 47g Sodium 150mg

Chicken Fajita Bowl (PF) (K) (30) (IP) **\$8.95**

Fajita chicken, cumin spiced sweet potatoes, Spanish cauli rice, black beans, massaged kale, sliced peppers served with garden tomato salsa

Cal 280 Pro 28g Fat 5g Carb 33g Sodium 450mg

Chicken Florentine w (PF) (K) (30) (IP) **\$10.50**
Sauteed Green Beans

Cast Iron chicken breast smothered with creamy "cheesy" spinach and sun dried tomato sauce. Served with sauted Brussels sprouts

Cal 310 Pro 27g Fat 17g Carb 15g Sodium 480mg

Cals 490 Pro 44g Fat 25g Carbs 30g Sodium 770mg

Chicken Lettuce Wraps (PF) (K) (30) (IP) **\$9.95**

Ground Chicken, mushrooms, carrots, water chestnuts, ginger, and turmeric served with Bibb Lettuce cups.

Cal 170 Pro 16g Fat 7g Carb 10g Sodium 370mg

Shrimp Tacos w/Mango Salsa (PF) (K) (30) (IP) **\$10.75**

Cumin spiced shrimp, Boston lettuce, purple shredded cabbage served in a GF Cassava flour tortilla and topped with mango salsa.

Cal 300 Pro 20g Fat 10g Carb 38g Sodium 440mg

Pork Carnita Tacos w/Pickled Onions (PF) (K) (30) (IP) **\$8.50**

Slow roasted all natural pork served in a Cassava flour (gf) tortilla, purple cabbage and topped with pickled purple onions

Cal 290 Pro 16g Fat 15g Carb 26g Sodium 390mg

Spiced Cauli Tacos (PF) (K) (30) (IP) **\$6.95**

Spanish spiced roasted cauliflower, Boston lettuce, shredded purple cabbage served in a GF Cassava flour tortilla & topped with a tomato Romanesco & Cilantro Lime Sauce

Cal 240 Pro 4g Fat 18g Carb 17g Sodium 390mg

SALADS**Quinoa & Kale Protein Salad** (PF) (K) (30) (IP) **\$7.95**

Massaged organic kale, organic quinoa, organic shredded carrots, organic chickpeas, organic pepitas, organic hemp seeds served with oil free red wine vinaigrette

Cal 250 Pro 10g Fat 6g Carb 39g Sodium 320mg

Asian Chicken Chop Salad (PF) (K) (30) (IP) **\$8.25**

Chopped organic purple and green cabbage, shredded carrots, snap peas, sesame seeds, topped with Asian spiced chicken served with oil free Asian dressing

Cal 200 Pro 24g Fat 4.5g Carb 18g Sodium 450mg

Detox Salad (PF) (K) (30) (IP) **\$6.95**

Broccoli, cauliflower, carrots, parsley, golden raisins, sesame seeds and lemon juice dressing

Cal 150 Pro 5g Fat 3g Carb 26g Sodium 80mg

Summer Berry Salad (PF) (K) (30) (IP) **\$8.95**

Organic spinach, organic strawberries, organic blueberries, shaved purple onion, sliced oven roasted chicken and roasted walnuts

Cal 280 Pro 22g Fat 14g Carb 18g Sodium 220mg

Thai Buddha Bowl- WFPB (PF) (K) (30) (IP) **\$6.95**

Shaved purple cabbage, Napa cabbage, shredded carrots, sliced cucumbers, organic quinoa noodles. Served with Ginger dressing.

Cal 350 Pro 11g Fat 9g Carb 56g Sodium 220mg

Shaved Brussels Sprout Salad - WFPB (PF) (K) (30) (IP) **\$4.95**

Thinly sliced Brussels sprouts tossed with an oil free mustard vinaigrette, golden raisins, shaved purple onions and coconut bacon.

Cal 130 Pro 4g Fat 4.5g Carb 21g Sodium 210mg

Summer Trio Salad - WFPB (PF) (K) (30) (IP) **\$8.95**

Chickpea Salad, Summer Pasta Salad and Shaved Brussels Sprout salad served on a bed of Spring Mix.

Cal 430 Pro 18g Fat 11g Carb 68g Sodium 350mg

Summer Trio Salad **\$9.75**

Chicken Salad (with nuts), Shaved Brussels Sprout salad, Summer Pasta salad on a bed of Spring Mix Salad with Red Wine Vinaigrette

Cal 380 Pro 17g Fat 19g Carb 31g Sodium 380mg

Summer Veggie Pasta Salad (PF) (K) (30) (IP) **\$4.95**

Gluten free orzo pasta tossed with cauliflower, zucchini, yellow squash, red pepper, purple onion and an oil free red wine vinaigrette.

Cal 180 Pro 6g Fat 1g Carb 38g Sodium 170mg

Beef Fajita Salad (PF) (K) (30) (IP) **\$10.75**

Seasoned beef fajita, grilled peppers and onions, tomatoes, dairy free shredded cheese and Cilantro Lime Vinaigrette

Cal 450 Pro 32g Fat 22g Carb 33g Sodium 400mg

Roasted Beet Salad (PF) (K) (30) (IP) **\$6.95**

Arugula, spinach, roasted beets, roasted butternut squash, walnut. Served with Horseradish vinaigrette

Cal 220 Pro 7g Fat 10g Carb 27g Sodium 280