

# TERICA CATERING

**Paleo Diet** delivered to your door.

Our nations are struggling with health issues that affect all families throughout the community. The Paleo diet is not just a weight loss program—it is the way our ancestors ate before bannock. It is whole foods in their natural state.

Poultry, Fish, Eggs  
Fresh Vegetables and Fruit,  
Nuts and Seeds  
Unprocessed Fats and Oils  
**and that's it.**

Since I learned about the Paleo diet, I have been enjoying the varied, tasty and healthy food options included in the plan. I would love to share the possibilities with the community as a delicious, economical and nutritious lunch option.

Learn more at [www.terica.ca](http://www.terica.ca)!

**WE DELIVER, YOU SAVE TIME & GAS!**

**Contact us today at:**

780-335-1787

taliajsaddleback@gmail.com



## Terica's Healthy Lunch Delivery



**Delicious Lunch  
Healthy You**

780-335-1787 taliajsaddleback@gmail.com

## Terica's PALEO Menu

The Paleo diet is not just a weight loss program, it is a way of life—whole foods in their natural state.

Instead of sandwiches, we offer our signature *lettuce wraps* giving you a delicious hand-held salad—yummy ingredients without the bread!

### EVERYDAY OFFERINGS

~TOMATO HAMBURGER SOUP

~TOSSED SALAD W/CHICKEN, TOASTED ALMONDS & BALSAMIC VINEGRETTE IN A LETTUCE WRAP

**\$10.00 SOUP AND SALAD**

WE DO NOT SERVE DRINKS

WE ENCOURAGE YOU DRINK LOTS OF WATER  
THROUGHOUT THE DAY

For the best water see Cody Bruno at Peace Hills Pure Water.



Contact Us Today!

780-335-1787

[taliajsaddleback@gmail.com](mailto:taliajsaddleback@gmail.com)

[www.terica.ca](http://www.terica.ca)

## Daily Specials



### MONDAY SPECIAL

EGG SALAD, CILANTRO MAYO, LETTUCE WRAP

### TUESDAY SPECIAL

BROCCOLI CURRY SOUP  
(CREAMY AND RICH WITH NO DAIRY)

### WEDNESDAY SPECIAL

TUNA SALAD WITH CILANTRO MAYO AND FRESH  
TOMATO IN A LETTUCE WRAP

### THURSDAY SPECIAL

BROCCOLI, RED PEPPER, SESAME BEEF LETTUCE WRAP

### FRIDAY SPECIAL

ASIAN CHICKEN SALAD WITH ORANGES AND  
CASHEWS IN A LETTUCE WRAP  
CARROT GINGER SOUP

