



# A Healthy MENU for a Healthier YOU

Curated by US Certified Nutritionist  
Nadine Tengco

Start the year right with healthy  
food alternatives you can have  
at Eastwood City



# BREAKFAST

DISHES TO ORDER: NADINE'S RECOMMENDATIONS:



**Egg Cheesy Scrambled**  
DETOXIFY BAR  
*\*Rich in high quality protein, amino acids and Vitamin D.*



**Tuna Melt**  
DETOXIFY BAR  
*\*Rich in minerals, omega-3, and Vitamins D and B2.*

**Wrap or Panini**

**Freedom "Free Oats"**  
ROBINSONS SUPERMARKET  
Wellness Section +  
Almond Breeze Almond Milk  
HEALTHY OPTIONS  
*\*Fiber-rich, low calorie, gluten free and rich in calcium.*



**Sirloin Tapa**  
CAFE VIA MARE  
*\*Has lots of protein and nutrients such as iron, zinc, and B vitamins.*

**Good for 2 Pax**



**Daing na Bangus**  
CAFE VIA MARE  
*\*Packed with vitamins and minerals, and a major source of Omega-3 fatty acids.*

**Good for 2 Pax**



**Taho Classic**  
MR. BEAN  
*\*A good source of high quality protein fiber, omega-3 fatty acids and other nutrients.*

**Chocolate Koala Crisp**  
"Nature's Path" +  
Almond Breeze Almond Milk  
HEALTHY OPTIONS  
*\*Fiber-rich, low calorie, gluten free and rich in calcium.*



**¾ Cup Gluten Free & Wheat Free +  
1 Original Cup or Unsweetened Milk**



**Arroz A La Cubana**  
CAFE VIA MARE  
*\*Rich in potassium and high quality protein.*

**Good for 2 Pax**

# MID-AM SNACK

DISHES TO ORDER: NADINE'S RECOMMENDATIONS:



**Classic Cold/  
Hot Soya Milk Regular**  
MR.BEAN  
*\*A good source of high quality protein, fiber, Omega-3 fatty acids and other nutrients. Low in saturated fat and cholesterol-free.*



**Fruit Bowl**  
FABURRITO  
*\*Low in calories and fat, rich in fiber, vitamins and anti-oxidants.*



**Broccoli Chips and  
Mixed Veggies Chips & Cereal "Grenday"**  
ROBINSONS SUPERMARKET  
Wellness Section  
*\*High in fiber, no sugar and no preservatives.*



**Oat Cranberry Almond**  
"Whenever Bars"  
HEALTHY OPTIONS  
*\*Gluten-free, fiber-rich and delightfully filling.*

**1pc./bar**



**"Cruncha ma me"**  
Edamame Veggie Snack  
HEALTHY OPTIONS  
*\*All-natural and high in protein content.*

**1 20g pack**

**Mixed Fruit Chips**  
"Grenday"  
ROBINSONS SUPERMARKET  
Wellness Section  
*\*100% natural, gluten-free, and rich in fiber.*

**Gluten Free/  
No Preservatives**

**Green Vegan**  
DETOXIFY BAR  
*\*Effectively purges the body of harmful toxins. Improves vitamin and nutrients absorption.*

**1 Bottle**

**Veggie Chips + Salsa**  
FABURRITO  
*\*Low in fat, low in salt, low in sugar and high in essential nutrients.*

**Good for 2 pax**







# LUNCH

DISHES TO ORDER: NADINE'S RECOMMENDATIONS:

**Insalata di Maiale CIBO**  
*\*Rich in fiber and protein.*

Ask that dressing be served on the side

**Naked Burritos AGAVE MEXICAN CANTINA**  
*\*Has lots of protein and a good source of Vitamin A and C.*

Good for 2 pax  
Hold of halve the cheese.

**Viet Chicken Salad PHO HOA**  
*\*Rich in fiber ,protein and minerals.*

Good for 2 - 3 pax  
Dressing on the side

**Mesclun Salad MESCLUN BISTRO**  
*\*Protein and fiber-rich.*

Good for 2.  
Dressing on the side.

**Insalata di Mare CIBO**  
*\*Fiber-rich and a good source of protein, minerals and Omega-3.*

Ask that dressing be served on the side

**Seafood Conspiracy Salad MR.KUROSAWA**  
Good for 2 pax  
Dressing on the side

*\*Fiber-rich and a good source of protein, minerals and Omega-3.*

**Prawns and Pomelo Salad UNCLE CHEFFY**  
*\*Has lots of fiber, protein, and Omega-3.*



# MID-PM SNACK

DISHES TO ORDER: NADINE'S RECOMMENDATIONS:

**Lumpiang Ubod Fresh CAFE VIA MARE**  
*\*Rich in potassium, fiber, vitamins B-6 and other minerals.*

Ask that dressing be served on the side

**Lettuce Roll KOMRAD**  
*\*Very low in calorie and an excellent source of Vitamin A and beta carotenes.*

**Tuna or Tanigue Kinilaw SEAFOOD ISLAND**  
Good for 2 pax  
*\*Has lots of protein, Omega-3 fatty acids. Low in cholesterol and fats.*



Salmon or Tuna Sashimi MR.KUROSAWA

**California Roll MR.KUROSAWA**  
*\*Low in fat, cholesterol and sodium and rich in protein.*

2 orders  
Good for 3 pax

**Pancit Molo CAFE VIA MARE**  
*\*Protein-rich and has lots of minerals including calcium, magnesium and phosphorus.*

Good for 2 pax

**Andre's Poke Tuna Ceviche MESCLUN BISTRO**  
*\*A rich source of protein and fiber. Low in calorie.*

Hold the baguette  
Good for 2 pax

**Fresh Spring Roll PHO HOA**  
*\*Gluten-free and packed with fiber and anti-oxidants.*

Good for 2 pax

**Grilled Pikilla CYMA**  
*\*Rich in protein, minerals, fiber and Omega-3.*

Choose Veggie Crudites of Pita  
Good for 5 pax



# DINNER

DISHES TO ORDER: NADINE'S RECOMMENDATIONS:



**Filetto di Pesce Pomodoro** Good for 2 pax  
CIBO  
*\*Has lots of high quality protein, Omega-3 and minerals.*



**Chicken Noodle Soup PHO HOA** Ask them to serve half the portion of noodles  
*\*A rich source of protein and minerals such as calcium, magnesium and phosphorus.*



**Sinigang na Hipon** Good for 2 pax  
CAFE VIA MARE  
*\*An excellent source of protein, Vitamin A and B-12 and minerals.*



**Trancio di Salmone** Good for 2 pax  
CIBO  
*\*Protein-rich and has lots of minerals, amino acid and Omega-3.*



**Salmon a la Vera Cruz**  
AGAVE  
*\*A very rich source of protein, minerals, amino acid and Omega-3.*



**Salmon PsariFournou with Spanakorizo Rice,**  
CYMA  
*\*Protein-rich and has lots of minerals, amino acid and Omega-3.*



**Norwegian Halibut** Halve the portion of Risotto  
MESCLUN BISTRO  
*\*A very good source of protein, Omega-3, B vitamins, and other minerals.*

# SUPPLEMENTS



Evening Primrose Oil:  
Women's Evening Primrose Oil  
GNC



Multivitamins for Men:  
Mega Men 100's  
GNC

Multivitamins for Women:  
Ultra Mega  
Greens for Women  
GNC



Probiotic:  
Probiotic Quattro  
HEALTHY OPTIONS



Omega 3:  
Fish Oil 1000mg Soft Gel  
HEALTH EXPRESS



# WEEKEND WORKOUTS

Lose the holiday weight and prepare for summer by joining a fun fitness activity by Fitness First and Curves

Eastwood Mall Open Park. Admission is FREE.  
Registration starts at 8:00AM

## FITNESS FIRST

January 18 - Zumba and Body Combat  
January 25 - Retro and Body Jam  
February 1 - Yoga and Zumba  
February 8 - Body Combat and Body Jam

## CURVES

February 15 - Zumba Fitness Class (EWM Open Park)  
February 22 - Curves Circuit with Zumba Fitness (at Curves Eastwood)  
March 1 - Zumba Fitness Class (EWM Open Park)  
March 8 - Curves Circuit with Zumba Fitness (at Curves Eastwood)

*FitnessFirst*

*Curves*  
Strengthening Women

**GNC**  
LIVE WELL



**faburrito**  
FRESH TASTES



**detoxifybar**

**Men'sHealth**

**Women'sHealth**



**#LiveHealthyatEastwood**

[www.megaworldlifestylemalls.com](http://www.megaworldlifestylemalls.com)