

# KOKUA JOURNEYS

## **BREAKFAST**

**Coconut Overnight Oats  
(V, GF)**

**Mango Scones (V, GF)**

**Bacon Breakfast Burrito**

**Bagel with Lox and Cream  
Cheese**

## **SNACKS**

**Fresh Pineapple (V, GF)**

**Spiced Macadamia Nuts (V, GF)**

**Kula Goat Cheese and Crackers**

**Peanut Butter Protein Bars**

## **LUNCH**

**Hawaiian PB&J with Macadamia Nut Butter and  
Guava Jelly (V)**

**Pasta Salad with Chickpeas (V)**

**Ahi Poke Bowl**

**Hummus Wrap with Avocado  
and Fresh Veggies (V, GF)**

