

INTERNATIONAL METABOLIC CONFERENCE

FOR FAMILIES AND INDIVIDUALS IMPACTED BY FATTY ACID
OXIDATION DISORDERS

CONFERENCE MENU

Please note that menu may be subject to slight changes

Friday - Dinner

1. Chicken Kabobs (Made with Chicken breast; spices no oil)
 2. Fattoush Salad: lettuce, cucumber, onion, tomato: no oil added
 3. Hummus
 4. Cooked garbanzo beans
 5. Steamed Rice
 6. Couscous
 7. Pickles
 8. Pita bread
 9. Cotton Candy and Snow Cones!!
- * Kabobs, salad, garbanzo beans, rice, couscous and pickles are all made with no added oil.

Saturday & Sunday - Breakfast

1. Coffee and Tea
2. Fruit Tray
3. Bagels
4. Non-fat yogurt and Plant-based yogurt
5. Muesli and select dried fruit
6. Hard Boiled Eggs
7. Oatmeal

Saturday & Sunday - Mid-Morning Snack Table

1. Coffee and Tea
2. Fuel for Fire
3. Granola Bars
4. Non-fat Pumpkin Muffins
5. Whole Fruit

Saturday - Lunch

1. Sandwich Platter with French Baguettes: meat and bread made with no added oil!
2. Oven-roasted chicken breast
3. Oven-roasted turkey breast
4. Slow-cooked beef tenderloin
5. Toppings
6. Lettuce
7. Tomatoes
8. Onions
9. Ketchup, mustard, mayo
10. Full-fat and non-fat cheese
11. Tossed Salad: tomatoes, cucumbers, carrots and onion
12. Vinegar-based Coleslaw (no oil added)
13. Pickles and Pickled Vegetables (no oil added)
14. Pretzel Slims

Sunday - Lunch

1. Chicken Kabobs (Made with Chicken breast; spices no oil)
 2. Fattoush Salad: lettuce, cucumber, onion, tomato: no oil added
 3. Hummus
 4. Cooked garbanzo beans
 5. Steamed Rice
 6. Couscous
 7. Pickles
 8. Pita bread
- * Kabobs, salad, garbanzo beans, rice, couscous and pickles are all made with no added oil.