



VEGAN AND VEGETARIAN MEALS

VEGAN KOREAN “BEEF”, JASMINE RICE, ROASTED BROCCOLI

LENTIL SALAD, CARROT BISQUE

ULTIMATE AUTUMN RISOTTO, ROASTED BASIL TOMATOES

VEGAN SAUSAGE AND PEPPERS, ITALIAN SWISS CHARD AND POTATOES

CRISPY TOFU WITH TOASTED NUTS AND BLISTERED SNAP PEAS, HERBED QUINOA

PALEO MEALS

STIR FRIED BEEF AND GREEN BEANS, JASMINE RICE

HALIBUT WITH LEMON HERB BUTTER, LEMONY QUINOA, CRISPY ROASTED BRUSSEL SPROUTS

GRILLED CHICKEN THIGHS WITH MUSTARD AND TARRAGON, SAUTEED BABY PEAS

VIETNAMESE AROMATIC LAMB CHOPS, ASIAN STYLE SWEET POTATO FRIES WITH PONZU AIOLI

ROASTED CHICKEN BREAST WITH PESTO AND CANNELINI BEANS, SAUTEED SPINACH



WHOLE 30 MEALS

COCONUT CURRY SHRIMP WITH CAULIFLOWER RICE, CRISPY KALE CHIPS

GRILLED CHICKEN KABOBS WITH TAHINI DIPPING SAUCE, CAULIFLOWER RICE TABBOULEH

PORCHETTA, CREAMY BUTTERNUT SQUASH PUREE

ROASTED SALMON WITH SPAGHETTI SQUASH AND BASIL PESTO SAUCE

ITALIAN SKIRT STEAK SHAVED BRUSSEL SPROUTS WITH SHALLOT SAUCE

WEIGHT LOSS MEALS

THAI NOODLES WITH STIR FRIED VEGGIES, STIR-FRIED BOK CHOY

KOREAN BEEF LETTUCE WRAPS, JASMINE RICE, SPICY STIR-FRIED SUGAR SNAP PEAS

TURKEY BURGERS, TUMERIC ROASTED YUCA FRIES

CREAMY CHICKEN FLORENTINE, SAUTÉED SWISS CHARD WITH CARMELIZED ONIONS

CHILE-MARINATED PORK WITH VIETNAMESE BRUSSELS SPROUTS, THAI STYLE GREEN BEANS