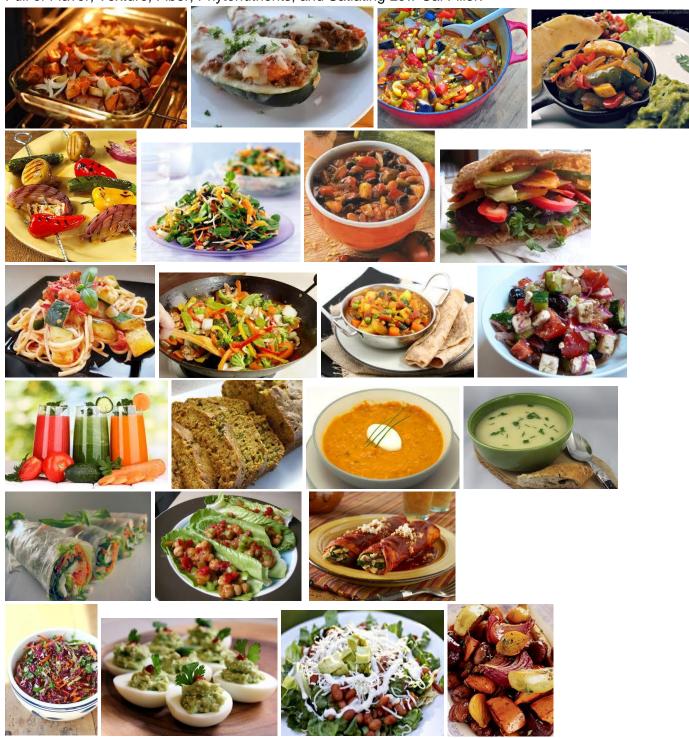




House calls+ in the Greater Portland Area passion for healing naturopathic.com 503-995-8674

VEGETABLES:

Full of Flavor, Texture, Fiber, Phytonutrients, and Satiating Low-Cal Filler!



Roasted Vegetables, Stuffed Zucchini, Vegetable Stew, Vegetable Fajitas, Veggie Kabobs, Garden Salad, Vegetable Chili, Vegetable Pita Sandwich, Vegetable Marinara, Asian Vegetable Stir Fry, Vegetable Indian Curry, Greek Salad, Veg Juicing, Zucchini Bread, Butternut Squash Soup, Leek Soup, Thai Salad Rolls, Chickpea Salsa Lettuce Wrap, Tofu & Vegetable Enchiladas, Vegetable Coleslaw, Guacamole Deviled eggs, Haystacks Taco Salad, Root Vegetable Pan Roast with Chestnuts and Apples.