

Vegetarian

*three meals for four days plus snacks and a dessert, in no particular order unless otherwise noted
✦ includes dairy, macrobiotic and vegan available upon request ✦*

Breakfast

Breakfast Sandwiches

with avocado, hummus, tomato, cucumber and alfalfa sprouts

Wheatberry Pecan Bowl

served with ricotta, honey and seasonal fruit

Santa Fe Breakfast Bowl

black beans, fresh herbed corn puree, brown rice, avocado and salsa

Granola

made every-other visit

Lunch

soup and salad mixer, can be packaged individually for lunch on the go

Soup Choices

cumin spiced creamed carrot and lentil soup or italian mixed bean soup (two days of each)

Vietnamese Rice Bowl

spicy lemongrass tofu over spring greens and brown rice with soy lime sauce

Toasted Challah Salad

with arugula and dried cranberries in apple cider and honey vinaigrette (two days)

Pesto Pasta Salad

with roasted zucchini and toasted almonds (two days)

Dinner

*dinners marked with an asterisk * should be eaten on day one or two for optimal freshness*

Spaghetti

with lentils and greens in a roasted garlic tomato sauce

Japanese Kabocha & Noodle Soup

in mushroom broth with a side of soy ginger marinated tofu

Baked Zucchini *

stuffed with goat cheese and mint with tomatoes filled with tabbouleh and white bean salad

Thai Stir Fried Mustard Greens

with garbanzo beans and ginger over brown rice with lettuce cups and dipping sauce

Snacks

two snack options, can be packaged individually for a snack on the go

Green Smoothies with Pea Protein

smoothie kits include papaya, kale, apple, avocado and lemon, complete with freezer kits, fresh kits, and coconut water for smoothie base

Snack Bars

made with apricot and cashews

Dessert

one sharable dessert per week

Pear Galette

with unsweetened cinnamon whipped cream