



Timber Table Prep

Week of 1/19

BREAKFAST

Egg bites (6) - Egg bites with spinach, tomatoes and feta cheese

LUNCH/DINNER

Chicken Stir fry- Chicken, jasmine rice, peppers, onions, broccoli, carrots, tossed in stir fry sauce and topped with sesame seeds and green onions, Yum yum sauce on side

Taco bowl- jasmine rice, ground beef or turkey, black beans, corn, salsa, cheese, avocado crema

Salad- Mediterranean salad with roasted chickpeas, cucumbers, tomatoes, pickled onions and tzatziki

Marry Me chicken sausage and orzo with spinach and sun dried tomatoes

Chicken Gyro bowl- roasted potatoes, herbed chicken, red onion, tomato, cucumber, feta, and tzatziki

Pot Roast with carrots and mashed potatoes

Soup- loaded baked potato

PLEASE SUBMIT ORDERS TO
the.hungry.hiker@losttrailwinery.com by Sunday at 8 pm

