



Please Choose any Meals and Juices from the Choices below

Monthly Favorites

Superfood Kitchari

Mung Beans / Brown Rice / Butternut Squash / Kale / Cumin Seeds / Mustard Seeds / Fennel / Coriander / Ginger / Turmeric / Cilantro / Lime

Blueberry Detox Salad

Shredded Kale / Blueberries / Spiraled Beets / Cucumbers / Avocados / Quinoa / Hemp Seeds / Crushed Pistachios / Blood Orange- Champagne Vinegar Dressing

“Tuna” Salad Wraps

Chickpeas / Nori / Nutritional Yeast / Fresh Dill / Vegan Mayo / Red Onion / Lemon Juice / Garlic / Tamari / Dijon Mustard / Vinegar / Butterhead Lettuce Leaves

Pad Thai Noodle

Baby Bok Choy / Broccoli / Red Peppers / Carrots / Green Onions / Crushed Red Peppers / Pad Thai Rice Noodles / Peanuts / Cilantro / Tamarind Sesame Sauce / Lime Wedge

Orzo

Orzo Pasta / Cherry Tomatoes / Grilled Artichokes / Green Peas / Greek Olives / Raisins / Arugula / Roasted Garlic “Cream Sauce”

Cold Press Raw Juices

Aratham Red

Red Beets / Red Apple / Pineapple / Spirulina / Kale

Aratham Orange

Carrots / Oranges / Camu Camu / Ginger / Turmeric / Mangos

Aratham Green #1

Green Apple / Spinach / Kale / Cucumber / Wheatgrass / Mint / Lime

\$7.99 per Juice – Price Includes delivery to local clients. Juice Size. 14 fl. oz. Glass Bottle

Weekly 10/26 - 10/30

Superfood Harissa Carrot Soup

Pureed Soup Over Brown Rice / Carrots / Caraway Seeds / Spanish Onions / Yukon Gold Potatoes / Maca Powder / Miso / Carrot Juice / Apple Cider Vinegar / Goji Berry Harissa

Fall Citrus Salad

Julienned Fennel / Slivered Almonds / Grilled Oranges & Grapefruits / Roasted Beets / Kale / Arugula / Quinoa / Maple Tahini Dressing

Turmeric Tahini Bowl

Roasted Sweet Potatoes / Lentils / Quinoa / Seared Kale / Avocado / Arame / Turmeric Tahini Dressing

Swedish “Meatballs”

Lentil & Mushroom “Meatballs” / Rolled Oats / Roasted Red Peppers / Parsley / Vegan Worcestershire Sauce / Tamari / Coconut Milk / Dijon Mustard / Cashew Cream / Assorted Pasta

Black Bean & Lentil Taco Bowl

Black Bean, Lentil & Quinoa Taco “Meat” / Spices / Tomatoes / Red Onions / Avocado / Cilantro / Lime “Crema” / Flour Tortillas

Orange Cauliflower Stir-Fry

Baby Bok Choy / Roasted Cauliflower / Broccoli / Red Peppers / Carrots / Crispy Fried Tofu / Green Onions / Sesame Seeds / Ginger Sesame Orange Sauce / Brown Rice

Black Bean Burger

Homemade Black Bean Patty / Caramelized Onion Marmalade / Arugula / Garlic Aioli / Fresh Tomatoes

Zucchini Noodle Bowl

Spiralized Zucchini / Sun Dried Tomatoes / Edamame / Carrots / Radishes / Red Peppers / Sesame Seeds / Ginger Miso Dressing

Chili Mac

Kidney Beans / Black Beans / Red Peppers / Red Onions / Cheesy Cashew Sauce / Green Onions / Cilantro / Chili Spices / Macaroni

Palak Tofu

Cilantro-Lime Cauliflower Rice / Coconut-Spinach Stew / Pan Seared Tofu / Tomatoes / Ginger / Indian Spices / Naan

Organic / Plant Based Meals cooked with True Love!

\$9.99 per Meal – Price Includes delivery to local clients – Plus Fedex to Out of State clients

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