

SKRATCHMADE

Personal chef services

Client Name:

Service: 3X4 (3 entrees, 4 portions of each) Plus Breakfast & Healthy Snack

NO Shellfish, Lamb, Quinoa, Whole Wheat Pasta, Black Beans, Garbanzo beans/chickpeas, Lentils, Lima beans, Parsley, Dill, Rosemary, Tarragon, Oregano/Marjoram, Paprika, Cumin, Coriander, Mild Yellow curry, Spicy Cayenne, Chipotle, Red pepper flakes, Turmeric, Soy Milk, Protein alternatives, Wine (no wine for cooking), Jalapeños, Black olives, Green olives, Green or Red bell peppers, Sugar

March 10th Menu

(choose 3)

1. Wild Rice Soup
 - cashew, onion, celery, carrot, mushroom, garlic
 - shredded chicken breast
 - thyme, oregano, veggie broth
 - cannelloni, liquid aminos
2. Salmon Pasta
 - lemon pepper salmon
 - gluten free penne pasta
 - sundried tomato, garlic, basil, parmesan
3. Balsamic glazed chicken breast
 - smashed potatoes
 - tomato bruschetta chutney
 - roasted asparagus
4. Roasted London Broil
 - caramelized onions
 - roasted brussel sprouts
 - cauliflower potato puree

Breakfast Prep

(choose 1)

1. Apple cinnamon muffins
 - oat flour, cinnamon, maple syrup, eggs, apple sauce, almond milk, coconut oil
2. Individual garden vegetable frittatas
 - onion, tomato, spinach, egg white, cheese

Snack Prep

(Choose 1)

1. Baked apple roses
 - puff pastry, apple, cinnamon
2. Peanut butter chocolate chip bars
 - coconut oil, maple syrup, vanilla, almond flour, cocoa, chocolate chips, walnut, dates