

SKRATCHMADE

Personal chef services

Client Name:

Service: 4X4 (4 entrees, 4 portions of each); Packaged Individually

Notes/Goals: Weight-loss; healthy eating; limit fats; increase fiber intake

NO Ground/cured Pork, Sausage, Tilapia, Beans/Lentils, Spicy, Wasabi, Mayo, Cilantro, Avocado, Curry, Turmeric, Coriander, Yogurt, Milk, Cream Cheese, Fresh cheeses (Ricotta, mozzarella, etc.), Feta, Bleu cheese, Sour Cream, Eggs (unless to bind; no Shakshuka), Tofu, Macadamia Nuts, Pepitas, Chia seeds, Nut Butters, Protein alternatives, capers, pickles/relish, olives, **Mexican/Indian Cuisines** (unless no spice/blend) gluten free, light oil

September 9th 2021 Menu
(Choose 4)

1. Roasted London Broil

- Caramelized onions
- Roasted brussel sprouts
- Cauliflower potato puree

2. Salmon Pasta

- Lemon pepper salmon
- Penne pasta
- Sundried tomato, garlic, basil, parmesan

3. Balsamic glazed chicken breast

- smashed potatoes
- tomato bruschetta chutney
- roasted asparagus

4. Honey mustard chicken thighs

- Roasted fingerling potatoes
- Garlic herb rice

5. Butter baked cod

- Parsley, chives, tarragon, bread crumb
- Green beans with shallot and lemon