

the MENU

M a i n s

Buddha Bowl: Quinoa/brown rice, fresh peppers, avocado, kimchi, cucumbers, protein choice with spicy peanut sauce

Greek Chicken: Orzo and green beans

Lamb Chops: Tomato, cucumber feta salad

Butter Beef: Egg noodles or potatoes

Bison Chili

Margherita Polenta

Salsa Chicken: Spanish rice, peppers and onions

Beef and Broccoli Stir Fry: Rice, onions, carrots

Stuffed Peppers

Steak or Chicken Fajitas: Peppers, onions, tomatoes, corn tortillas

Green Protein Salad: Quinoa, cabbage, peas, snap peas, peppers, edamame, cilantro-lime dressing

White Chicken Chili

Pork Chops or Tenderloin: Sauerkraut and pirogies

Stuffed Sweet Potatoes: Buffalo chicken, cotija cheese, green onions

Mini Margherita Pizzas

Banza Pasta with Meatballs

Beef Stew: Carrots, celery, onions, peas, potatoes

the MENU

M a i n s

Kale Cesar Salad: Chicken, parmesan crisps, panko croutons

Gochujang Chicken Meatloaf: Roasted Asian vegetables, rice

Crab Fried Rice: Egg, lime, sriracha

Spanish Shrimp: Jalepeno-corn salsa, Spanish rice

Thai Curry

Indian Curry

Roasted Chicken: Root vegetables, arugula salad

Thanksgiving Dinner

Guinness Mac-n-Cheese

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Anything else...

B r e a k f a s t

Quiche: Ham, cheese, onion (crustless possible)

Homemade Granola Bar

Premade Smoothie Prep

Mini Egg Cups

Breakfast Burritos or Sandwiches

Banana Bread