

## Some Meal and Snack Ideas Just to help get you in the mood

### Brekkie

- Shakshouka- eggs poached in a simmering tomato/pepper sauce, topped with feta and done to perfection. Served with pita, forks optional
- Hard boiled egg, any white cheese, whole grain toast, veggies and fruit
- Whole grain oatmeal with fruit and yogurt
- Breakfast casserole with chunks of whole grain bread, eggs, and cheese-either sweet or savory
- Morning Glory Muffins- baked fresh regularly

### Lunch

- Soup- chickpea, lentil, broccoli cheese etc
- 'Garbage' salad- veggies, fruit, egg, tuna, nuts, dates tossed with olive oil and balsamic
- Pinwheel sandwiches on whole grain or corn tortilla
- Spanakopita
- Falafel plate with all the fixings
- Quiche with puff pastry crust

### Dinner

- Spanakopita - served with tzatziki
- Chicken pot pie- fresh air fried chicken, veggies, Greek yogurt, all packed between layers of phyllo. Also served with tzatziki..
- Moroccan Fish-Basa loins gently poached in a spicy tomato/pepper sauce, served with lemon/cilantro whole grain rice.
- Moroccan chicken- small pieces of chicken marinated in honey and Dijon and slowly baked with onions, olives, artichokes, dried apricots, dates and sprinkled with slivered almonds-served with lemon/cilantro whole grain rice.
- Hamburger Casserole -Organic ground beef, veggies, whole grain pasta and lots of feta cheese throughout. Served with a regular salad
- Salmon Wellington made with phyllo, pesto, spinach, chopped onion and tomato, topped with lemon/honey Dijon sauce. Served with mini potatoes and tabbouleh.
- Air fryer fried fish coated with whole wheat panko, served with tartar sauce, sweet potato fries and green salad
- Cabbage rolls(vegetarian), or not.
- Stuffed peppers made with couscous or with meat.
- Drumsticks marinated for several hours then quickly done in the air fryer. Served with dipping sauce, pasta with butter and Parmesan cheese and green salad,

## Salads

Roasted potato.

Grilled beet.

Tabbouleh

Bean and Avocado.

Vermicelli noodles and vegetables.

Asparagus.

Authentic Greek salad.

Fruit mandala with dipping sauces.

## Soups

Jewish grandma chicken soup.

Lentil soup.

Broccoli cheese soup.

Chick pea soup.

Beet soup.

Cold cantaloupe soup, with or without Prosecco.

Cold Gazpacho soup, with or without Pinot Noir

## Snacks and Desserts

- Fruit with yogurt
- Roasted chickpeas, sweet or savoury
- Nuts and dried fruit- custom, of course
- Peanut butter brownies
- Hummus, baba ganoush, guacamole etc with whole grain mini pitas
- Knafe- an Arabic cheese pie made with shredded phyllo and sweet cheese only, topped with pistachios then soaked in a syrup with vanilla and lemon juice.
- Cream cheese squares.
- ASK ME TO BAKE YOUR FAVES!

All pricing is cost of food plus my time through out the process.

Pricing is variable.