TUES

FULL MENU ACCESS HERE

Nov. 3



Colordo Cobb W/ Vegan Peppercorn Ranch

TO SERVE: Cut open the avocado and dice into cubes. Empty the contents of the jar into a large bowl, add the avocado, and toss with dressing. Finish with a sprinkle of our coconut "bacon."
PAIRS WELL WITH: Hard-boiled eggs or organic chicken for an extra boost of protein. Or pairs well with our Protein Trio add-on.



Goop Inspired Detox Chili

TO SERVE: Heat the chili on the stove top over medium. Enjoy with a sprinkle of fresh scallions, cilantro, pepitas, cubed avocado.
PAIRS WELL WITH: Our Cilantro Jalapeno Pesto and Protein Trio add-on.



Black Bean Quesadilla W/ Side Chopped Salad

TO SERVE: Heat a small amount of coconut or olive oil in a nonstick skillet over medium heat. Add the quesadilla and cook for a few minutes on each side, flipping occasionally, until heated through and golden and crisp. Serve with the crunchy chopped salad + jalapeno ranch dressing.
PAIRS WELL WITH: Our Cilantro Jalapeño Pesto +Cashew Queso Dip.



Rainbow Vegetable Curry W/ Jasmine Rice

TO SERVE: The curry may thicken in the fridge - add a touch of water or broth to loosen as you reheat over stove top to your desired temp. Pairs well with Naan bread, or over additional dark leafy greens. Add a touch of red pepper flake or drizzle of sriracha if you like a little more spice!



Roasted Broccoli Buddha Bowl

TO SERVE: Warm all ingredients in a sauté pan or wok over medium heat, or enjoy at room temperature. Toss with our Perfect Peanut Sauce and top with toasted peanuts, cilantro, and scallions. For a little extra heat, add red pepper flakes or a drizzle of sriracha.
PAIRS WELL WITH: Add roasted chicken or pair with our Protein Trio add-on

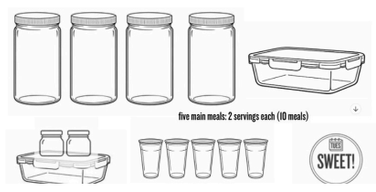
PM PLAN: ALL OF THE ABOVE (2 SERVINGS EACH) FOR LUNCH + DINNER THROUGH YOUR WEEK!



LET'S DO LUNCH: ALL OF THE ABOVE IN SINGLE SERVINGS FOR LUNCH OR DINNER (5 MEALS ONLY)



SIGNATURE: ALL OF THE ABOVE PLUS ALL OF THE BELOW





goodie bags for all



CRUDTIES + DIPS

- Cilantro Jalapeño Pesto
- Chipotle Cashew Ques0



TREAT!

Raw Peanutbutter Bar Dipped

SMOOTHIES: STORE IN FREEZER. to prepare: Add nut or oat milk (we love almond) Let sit 5 minutes, then blend until smooth. in a rush? Empty cup, chop it up and blend on high!

FREEZE THESE!



Mango Matcha



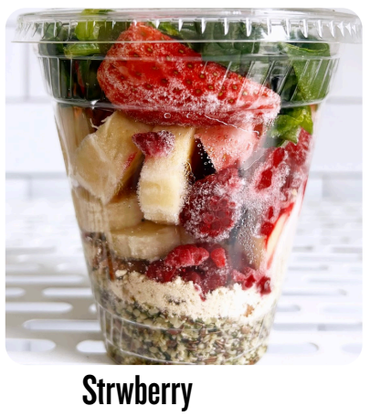
Cherry Almond Vanilla



Pumpkin Spice



Killer Chiller Oats



Strwberry Protein Patch