

FULL MENU ACCESS HERE

July 7



Simply Healthy Caesar

TO SERVE: Enjoy cold or room temperature - or warm your cauliflower and shredded sprouts for a warm cool combo. Toss with dressing and pumpkin seeds or savory granola. Pairs well with roast chicken for added protein.



Summertime Tomato Soup

TO SERVE: Serve warm (or chilled!) with fresh basil leaves, a drizzle of olive oil, and a sprinkle of house made pecan parmesan. Pairs well with our Quesadilla this week.



Black Bean Quesadilla W/ Mexican Chop Salad

TO REHEAT: Add a small amount of coconut or olive oil to a fry pan. Heat over medium, then add the quesadilla to the pan and heat each side until nice and crisp. Flip a few times to reheat completely. Serve with crunchy chopeed salad on the side. Pairs well with Tomato Soup + Cilantro Jalapeño Pesto and the Cashew Queso Dip this week.



Creole Style Jack Cakes W/ Remoucade Dip + Slaw

TO REHEAT: Add a small amount of oil in the bottom of a fry pan. Bring it to heat, then add the jack cakes and cover with a well-fitting lid. Heat on each side for a few minutes, or to your desired temperature. Serve on butter lettuce leaves with a delicious vegan remoulade sauce, a sprinkle of fresh spring onions and a side of crunchy slaw.



Cilantro Lime Burrito Bowl

TO SERVE: This dish can be served room temperature or you can warm the rice, corn, beans and sweet potato components in a saute pan on the stove top. Keep the romaine and cabbage cold and crisp, toss to combine. Once plated - drizzle with our house made Avocado Dressing, a bit of salsa and a squeeze of lime. Pairs well with our Cilantro Pepita Pesto.

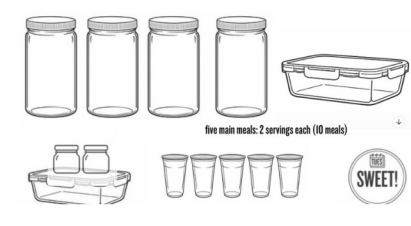
PM PLAN: ALL OF THE ABOVE (2 SERVINGS EACH) FOR LUNCH + DINNER THROUGH YOUR WEEK!



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



CRUTTIES + DIPS

- Chipotle Cashew Queso
- Cilantro Jalapeno Pesto



TREAT!

Chocolate Chip Zucchini Bread

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!



Blueberry Protein Oats



Java Monkey



Cherry Almond



Strawberry Fields Forever



Killer Chiller