



Farmer's Market Salad

TO SERVE: Empty the contents of the jar into a large serving bowl and toss with the vinaigrette. Top with mixture of pistachio, pepitas and dried cranberries. Pairs well with cubed avocado and a squeeze of lemon.



Baked Potato Soup

TO REHEAT: Pour into a sauce pan and warm over medium heat until steamy. Stir occasionally to ensure even heating, and to prevent burning on the bottom of the pan. Toppings are key! Garnish with fresh chopped green onion. Pairs well with a sprinkle of cheddar cheese if desired.



Green Thai Curry

TO SERVE: Warm to desired temp, top with Sriracha toasted coconut and cashews, and fresh herbs: cilantro and scallions and a squeeze of lime! Like more spice? We like ours with drizzle of sriracha! Pairs well with shredded chicken.



Creole Style Jack Cakes W/ Slaw and Remoulade Dip

TO REHEAT: Add a small amount of oil in the bottom of a fry pan or cast iron skillet. 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.



Rainbow Stir Fry W/ Perfect Peanut Sauce

TO SERVE: Serve warm as a stir-fry with a drizzle of our homemade Perfect Peanut Sauce and top with crushed peanuts. Finish with fresh herbs: mint, cilantro + scallion. This dish is wonderful on it's own as a light vegan meal or pairs well with organic chicken.

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

- Sweet Pea Pistachio Pesto
- Mac Nut Divinity



TREAT!

Banana 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!

FREEZE THESE!



Energy Berry Bomb



Chef T's Power Greens



Killer Chiller Oats



Almond Butter + Jelly



Strawberry Fields Forever