



Fall Harvest Salad W/ Fennel and Candied Pecans

TO SERVE: Thinly slice the provided apples just before serving for optimal freshness. Gently warm the butternut if desired. Toss the salad lightly with the dressing, then garnish with candied pecans. We love the pecans as a snack on their own too! Note: This salad is delicious on it’s own, or pairs with chicken or steak.



Broccoli “Cheddar” Soup

TO SERVE: Gently warm on the stove top to desired temp, salt and pepper to taste. Optional Toppings: Add a squeeze of lemon and fresh chives if desired.



Good Clean Lasagna

TO REHEAT: Your lasagna is delivered in an oven safe dish. Preheat oven to 325 degrees. Remove the lid, reserve the basil, sprinkle your lasagna with a tablespoon of water and cover with foil. Reheat until warmed through for 15-20 minutes, or to desired temp. Remove foil and finish with a sprinkle of chiffonade basil and our house made pecan parm. Note: Can be reheated in the microwave or on the stove top



The Ultimate Mediterranean Bowl

TO SERVE: We love this one served room temperature, or as a hot/cold combo (Remove the fresh greens and warm the rest) To stretch for family, enjoy with toasted pita bread and extra greens. Pairs well with baked or grilled organic chicken breast.



Tamari Tofu Kimchi Bliss Bowl

Prep tips: enjoy this bowl at room temp or as a warm cold combo - warm your rice, mushrooms, edamame and sprouts on the stove top at medium high heat to desired warms. Pile with the fresh crisp veggies - top with perfect peanut sauce, fresh herbs and cubed avocado and serve alongside your kimchi!

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

- Classic Hummus
- Romesco Dip



TREAT!

Almond Butter Brownies

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!



The Cleo



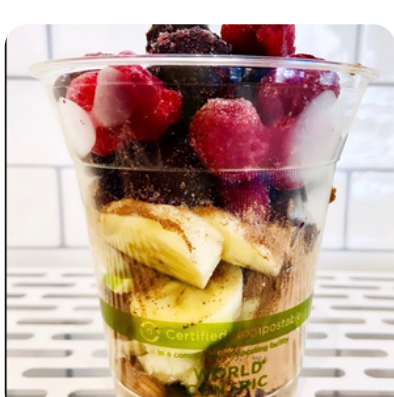
Berry Energy Bomb



Killer Chiller Oats

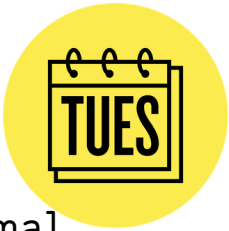


Strawberry Protein Patch



Coco Berry Crunch

FREEZE THESE!



Oct 13

FULL MENU ACCESS HERE