



Colorado Cobb Salad W/ Vegan Peppercorn Ranch

TO SERVE: Cut open the avocado, and cube. Empty the contents of the jar into a large bowl and toss with dressing. top with a sprinkle of our coconut “bacon”. This salad would pair well with hard-boiled eggs or organic chicken for added protein punch.



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 and our house made Pumpkin Cornbread



Cauliflower Steaks W/Polenta + Kale

TO SERVE: Warm the Cauliflower steaks, polenta and kale in a saute pan with a little olive oil, over medium heat on the stove top. Or heat the whole dish in an airfryer at 350 degress - until the food is crispy to your liking and comes to temperature. Serve with a sprinkle of slivered almonds + currants.



Savory Thai Noodles W/ Butternut + Brussels

TO SERVE: Simply pop all ingredients into a sauté pan to warm - add a touch coconut oil as needed to loosen noodles + sauce (shouldn’t take much!). Garnish with crushed peanuts, a squeeze of lime, cilantro and scallion - and if you like a little spice: a sprinkle of red pepper flakes or a drizzle of sriracha!



Sesame Carrot Buddha Bowl

TO SERVE: This dish can be served at room temp or as a warm stir-fry. Shake or stir the dressing - separation is normal. Serve topped with tamari toasted almonds and coconut + fresh mint and scallions.
NOTE: This dish is perishable. Enjoy at the beginning of the week.

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



CRUDIETIES + DIPS

- Sweet Pea Pistachio Pesto
- Roasted Red Bitchin Sauce



TREAT!

Best Ever Vegan Brownie

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!



Chef T's Mango
Power Greens



Mixed Berries
Almond Vanilla



Killer Chiller
Oats



Almond
Butter + Jelly



Strawberry
Protein