TUES

FULL MENU ACCESS HERE

Nov. 17



Asian Signature Salad

TO SERVE: We are loving this salad served warm or cold. For a warm option, lightly heat all ingredients in a saute pan and top with dressing and crushed peanuts. Stretch it as a meal to share?

PAIRS WELL WITH: Organic roasted chicken for an extra boost of protein. Or pairs well with our Tofu or Protein Trio add-on.



Golden Goddess Soup

TO SERVE: This soup can be served hot or cold. To warm, gently heat in a saucepan on the stove top over medium. Serve with a squeeze of fresh lemon + a sprinkle of toasted almonds. Pairs well with fresh herbs and mircro greens if desired.

NOTE: This soup freezes well.



Cauliflower Steaks W/ Chickpeas + Lemony Kale

TO SERVE: Warm the Cauliflower steaks 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 dollop of Romesco Dip.



Szechuan Green Beans W/Noodles, Tofu + Butternut

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!



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: Add roasted chicken or pair with our Tofu or 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

- Thai Peanut Hummus
- Kale Artichoke Dip



TREAT!

Peanut Butter Blondies

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 Greens



Cherry Almond Vanilla



Cacao Mint



Blueberry Protein Oats



Almond Butter + Jelly