

MENU

WEEK 1

B R E A K F A S T

EGG BITES (GF)

Eggs, Spinach, Gruyere, Scallion

BLUEBERRY & CINNAMON OVERNIGHT OATS (GF)

Oats, Egg, Grass-fed Milk, Flax, Chia, Cinnamon, Blueberry

L U N C H

BIBIMBAP (GF)

Grass-Fed Beef with Garlic & Ginger over Congee

Served with Egg, Spinach, Pickled Carrots,

Shiitake, Sesame, Tamari

CURRIED HARVEST SOUP (VEGAN)

Butternut & Acorn Squash, Apple, Ginger, Garlic,

Shallot, Coconut, Maple, Curry with Toasted

Pumpkin Seeds and Fried Sage

MENU

WEEK 1

D I N N E R

SWEET POTATO WITH CHIPOTLE-LIME CHICKEN (GF)

Sweet Potato stuffed with Chipotle Chicken, Kale and Cilantro with a Lemon, Chive, Cilantro Crema

TANDOORI SALMON SKEWER, GREEN BEANS & NAAN (GF)

Grilled Salmon, Ginger, Garlic, Cumin, Coriander, Turmeric, Paprika, Parsley

Served with Naan & Green Beans sautéed in Garlic & Mustard

FLAT IRON WITH HERB BUTTER & MASHED CAULIFLOWER

Grass-fed Flat Iron Steak with Caramelized Shallot

Grass Fed Herb Butter with Parsley & Lemon

Mashed Cauliflower & Potato with Garlic, Thyme, Rosemary, Sage, Cream, & Nutmeg

D E S S E R T

PEANUT CHOCOLATE MOUSSE (VEGAN)

Avocado, Tofu, Coconut, Cacao, Peanut, Maple