

MENU FOR THE MONTH OF APRIL

*\*optional\* add-on menu - additional cost per item*

BREAKFAST OPTIONS	LUNCH OPTIONS
<ul style="list-style-type: none"> <li>* sundried tomato + bacon egg bites</li> <li>* mushroom + spinach egg bites</li> <li>* cinnamon almond butter overnight oats</li> <li>* tiramisu overnight oats</li> <li>* vanilla bean chia pudding w/ berry compote</li> </ul>	<ul style="list-style-type: none"> <li>* 32-ounce beef bone broth</li> <li>* turmeric miso chicken noodle soup with chickpea pasta, bone broth + chopped veggies</li> <li>* mexican-inspired burrito bowl with ground turkey</li> <li>* spring veggie + potato soup w/ peas, carrots, potatoes, and bone broth</li> <li>* greek-inspired bowl with ground lamb, microgreens, cucumbers</li> <li>* turkey burgers</li> <li>* ancestral blend beef burgers</li> <li>* lemon garlic dill hummus</li> </ul>

PANTRY ITEMS	PROTEIN BALLS	DESSERTS
<ul style="list-style-type: none"> <li>* beef bone broth</li> <li>* chicken bone broth</li> <li>* lemon garlic dill hummus</li> <li>* vegan basil pine nut pesto</li> <li>* vanilla coconut nut &amp; seed granola</li> </ul>	<ul style="list-style-type: none"> <li>* peanut butter protein balls</li> <li>* cinnamon snickerdoodle protein balls</li> <li>* citrus coconut turmeric protein balls</li> <li>* tiramisu protein balls</li> <li>* brownie batter protein balls</li> <li>* peppermint mocha protein balls</li> </ul>	<ul style="list-style-type: none"> <li>* peanut butter stuffed dates dipped in chocolate</li> <li>* chocolate-covered strawberries</li> <li>* raspberry almond butter chocolate cups</li> <li>* dark chocolate peanut butter protein cups</li> </ul>

*\*all balls + desserts are raw and vegan\**

**SCROLL DOWN FOR THE WEEKLY MENUS**

04/07/2024 Delivery

PROTEINS	CARBS	VEGGIES	LEGUMES
* Balsamic Date Chicken Thighs * Honey Garlic Glazed Wild Salmon * Red Wine Pot Roast * Vegan Crispy Balsamic Date Tofu * Vegan Chickpea & Veggie Pot Roast	* Almond Date Brown Rice * Herby Hasselback Sweet Potatoes * Roasted Squash * Steamed Bone Broth Brown Rice	* Bone Broth Braised Greens * Blanched Green Beans * Balsamic Date Brussel Sprouts * Garlic Parm Roasted Sugar Snap Peas	* Smokey Pinto Beans * Herby White Beans * Spicy Chipotle Black Beans

04/14/2024 Delivery

PROTEINS	CARBS	VEGGIES	LEGUMES
* Garlic Herb Chicken Breasts * Pesto Wild Salmon * Beef Meatloaf * Vegan Sesame Crusted Tofu Steaks * Vegan Mushroom Lentil Meatloaf	* Arugula Pesto Potato Salad * Herby Roasted Baby Potatoes * Garlic Honey Roasted Carrots * Steamed Bone Broth Brown Rice	* Garlic Herb Roasted Eggplant * Roasted Colorful Cauliflower * Blanched Asparagus * Crispy Roasted Broccolini	* Pesto Chickpeas * Garlic Herb Butter Beans * Seasoned Black Beans

04/21/2024 Delivery

PROTEINS	CARBS	VEGGIES	LEGUMES
* Beef + Organ Meat Chili * Smokey Peach Marinated Chicken * Lemon Pepper White Fish * Vegan 3-Bean Chili * Vegan BBQ Jackfruit	* Corn on the Cobb * Chopped & Roasted Sweet Potatoes * Lemon Pepper Quinoa * Steamed Bone Broth Brown Rice	* Spring Microgreen Salad with Orange Vinaigrette * Smokey Roasted Baby Cauliflower * Herby Roasted Whole Mushrooms *	* Smokey Peach Chickpea Salad * Lemon Pepper White Beans * Creamy Pinto Beans

04/28/2024 Delivery

PROTEINS	CARBS	VEGGIES	LEGUMES
* Orange Honey Glazed Chicken Thighs * Tuscan Shrimp with Creamy Sundried Tomato Sauce * Beef Meatballs w/ Liver & Red Sauce * Vegan Lentil Meatballs with Red Sauce * Vegan Crispy Tofu with Orange Maple Glaze	* Chickpea Pasta with Spinach + Red Sauce * Creamy Mashed Cauli-Potatoes * Orange Honey Glazed Carrots * Steamed Bone Broth Brown Rice	* Steamed Broccoli Heads * Roasted Mushrooms & Zucchini * Crispy Roasted Brussel Sprouts * Sugar Snap Pea Salad	* Turmeric Lentils * Tuscan White Beans * Orange Honey Black Beans