

BREAKFAST

You Choose

PICK THREE TO FOUR OF THE FOLLOWING BREAKFAST OPTIONS FOR EACH WEEK.



SCRAMBLED EGGS

INGREDIENTS: PASTURE RAISED EGGS, CHOPPED ONION, MINCED GARLIC, AND BABY SPINACH. TOP WITH BROCCOLI SPROUTS AND SEASON WITH TURMERIC.



POMEGRANATE STEEL CUT OATS

INGREDIENTS: COOKED STEEL CUT OATS TOPPED WITH POMEGRANATE ARILS, PUMPKIN SEEDS OR SLICED ALMONDS, AND CINNAMON.



ANTI-INFLAMMATORY BEET SMOOTHIE

INGREDIENTS: KALE, BEET, ORANGE, MIXED BERRIES, PINEAPPLE, GINGER ROOT, COCONUT OIL, PROTEIN POWDER. OPTION TO SUBSTITUTE CARROTS FOR BEETS.



EGGS AND GREENS

INGREDIENTS: EGGS SUNNY SIDE UP OR POACHED AND SEASONED WITH RED PEPPER FLAKES. SERVE WITH SAUTÉED SPINACH IN OLIVE OIL WITH MINCED GARLIC AND TURMERIC. DRIZZLE SPINACH WITH LEMON JUICE.



QUINOA BREAKFAST BOWL

INGREDIENTS: COOKED QUINOA, POACHED EGG, BLUEBERRIES, ARUGULA, CHOPPED MIXED NUTS, OLIVE OIL, LEMON JUICE.



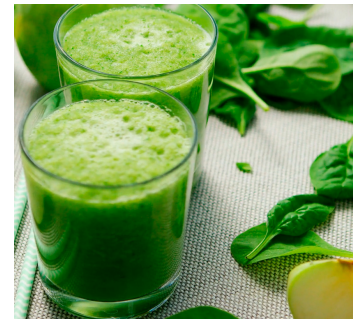
YOGURT BOWL

INGREDIENTS: COCONUT MILK YOGURT TOPPED WITH SLICED ALMONDS, CHIA SEEDS, CINNAMON, AND BERRIES OF CHOICE.



TURMERIC PANCAKES

INGREDIENTS: COCONUT FLOUR, BAKING SODA, TURMERIC POWDER, CINNAMON POWDER, GINGER POWDER, SALT, BLACK PEPPER, EGGS, UNSWEETENED APPLESAUCE, NON-DAIRY MILK, VANILLA EXTRACT.



ANTI-INFLAMMATORY GREEN SMOOTHIE

INGREDIENTS: PEAR, GRATED GINGER, SPINACH, ALMOND OR COCONUT MILK (INSTEAD OF OAT MILK), HEMP OR CHIA SEEDS, ICE, HONEY (OPTIONAL).

LUNCH

You Choose

PICK THREE TO FOUR OF THE FOLLOWING LUNCH OPTIONS FOR EACH WEEK.



GREEN APPLE SALAD

INGREDIENTS: MIXED GREENS, HALVED WALNUTS, SLICED GREEN APPLE, HEMP HEARTS, AVOCADO, OLIVE OIL, SALT, AND BLACK PEPPER. SERVE WITH A SIDE OF MIXED BERRIES.



SWEET POTATO BOWL

INGREDIENTS: BAKED SWEET POTATOES, PASTURE RAISED HARD BOILED EGG, AVOCADO, AND PINE NUTS. SEASON WITH TURMERIC AND BLACK PEPPER. TOP WITH SPROUTS OR BABY SPINACH.



GOLDEN VEGETABLE SOUP

INGREDIENTS: OLIVE OIL, WHITE ONION, GARLIC, GINGER, GROUND TURMERIC, CUMIN, CAYENNE PEPPER, CARROTS, GREEN APPLE, FROZEN SWEET POTATO CHUNKS, CHICKEN GONE BROTH, FRESH LEMON JUICE, NONFAT PLAIN YOGURT, AND GREEN ONIONS.



QUINOA AND SALMON

INGREDIENTS: COOKED QUINOA, SLICED CUCUMBER, MASHED OR SLICED AVOCADO, SMOKED OR BAKED WILD CAUGHT SALMON, RED ONION, OLIVE OIL, AND BLACK PEPPER. TOP WITH BROCCOLI SPROUTS.



CHICKEN AND STRAWBERRY SALAD

INGREDIENTS: ARUGULA OR BABY SPINACH TOPPED WITH BAKED ORGANIC CHICKEN (SEASONED WITH TURMERIC, GARLIC, AND GINGER), SUNFLOWER SEEDS, SLICED STRAWBERRIES, OLIVE OIL, AND APPLE CIDER VINEGAR.



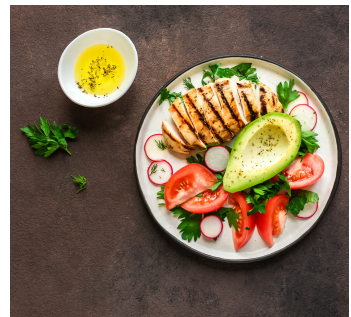
HEARTY SALAD

INGREDIENTS: MIXED GREENS TOPPED WITH PASTURE RAISED HARD BOILED EGG, AVOCADO, SHEDDED CARROTS, CHOPPED TOMATO, CUCUMBER, RADISHES, OLIVE OIL, APPLE CIDER VINEGAR, GARLIC, TURMERIC, AND BLACK PEPPER.



BUTTERNUT SQUASH SOUP

INGREDIENTS: OLIVE OIL, YELLOW ONION, SEA SALT, BUTTERNUT SQUASH, GARLIC CLOVES, FRESH SAGE, ROSEMARY, FRESH GRATED GINGER, VEGETABLE BROTH (OR BONE BROTH), BLACK PEPPER, AND FRESH PARSLEY (FOR TOPPING).



CHICKEN COMBO

INGREDIENTS: BAKED ORGANIC CHICKEN (COOKED WITH AVOCADO OIL, TURMERIC, GARLIC, AND BLACK PEPPER), SLICED TOMATOES WITH OLIVE OIL, AVOCADO, AND GREENS OF CHOICE.

DINNER

You Choose

PICK THREE TO FOUR OF THE FOLLOWING DINNER OPTIONS FOR EACH WEEK.



ONE PAN LEMON GARLIC SALMON AND ASPARAGUS

INGREDIENTS: SALMON FILLETS, MINCED GARLIC, CHOPPED PARSLEY, LEMON, OLIVE OIL, SEA SALT, BLACK PEPPER, AND ASPARAGUS. SEVER WITH MIXED GREENS SALAD.



TURMERIC CHICKEN AND RICE CASSEROLE

INGREDIENTS: OLIVE OIL, ONION, GARLIC, GROUND TURMERIC, GROUND GINGER, SALT, BLACK PEPPER, CUMIN, FULL FAT COCONUT MILK (CANNED), LONG GRAIN WHITE RICE, CARROT, LIME, ORGANIC SKINLESS CHICKEN BREAST, AND FRESH CILANTRO.



ULTIMATE DETOX SOUP

INGREDIENTS: OLIVE OIL, ONION, CARROTS, CELERY STALKS, MINCED GARLIC, FRESH GINGER, GROUND TURMERIC, DRIED THYME OR ROSEMARY, DRY GREEN OR BROWN LENTILS, HIMALAYAN SALT, BLACK PEPPER, FRESH CILANTRO, AND LEMON.



MEDITERRANEAN SWEET POTATOES

INGREDIENTS: SWEET POTATOES, CHICKPEAS, OLIVE OIL, CUMIN, CORIANDER, DRIED DILL, CINNAMON, PAPRIKA, LEMON, SALT, HUMMUS OR TAHINI, GARLIC, CHERRY TOMATOES, AND CAPPED PARSLEY.



CHICKEN CACCIATORE

INGREDIENTS: OLIVE OIL, SKINLESS CHICKEN THIGHS, SALT, PEPPER, ONION, GARLIC, YELLOW AND RED BELL PEPPERS, CARROTS, MUSHROOMS, BLACK OLIVES, THYME, BASIL, PARSLEY, DRIED OREGANO, CANNED CRUSHED TOMATOES, ROMA TOMATOES, RED PEPPER FLAKES, APPLE CIDER VINEGAR (INSTEAD OF WINE).



CRUNCHY CURRY QUINOA BOWL

INGREDIENTS: DRY QUINOA, CANNED CHICKPEAS, MILD CURRY POWDER, OLIVE OIL, APPLE CIDER VINEGAR, SALT, LEMON, GARLIC, CUCUMBER, GREEN APPLE, RED BELL PEPPERS, BASIL LEAVES, AND ROASTED SUNFLOWER SEEDS (OR RAW).



TURKEY STUFFED SQUASH

INGREDIENTS: DELICATA SQUASH, OLIVE OIL, PINK HIMALAYAN SALT, ONION, CELERY, GARLIC, MUSHROOMS, GROUND TURKEY, GARLIC SALT, SMOKED PAPRIKA, GROUND CUMIN, KALE, TAHINI, AND CHIVES.



ONE PAN SALMON AND VEGGIES

INGREDIENTS: LEMON, ORANGE, LIME, GARLIC, HIMALAYAN SALT, AVOCADO OIL, WILD CAUGHT SALMON, FENNEL BULBS, CARROTS, CAULIFLOWER, BRUSSEL SPROUTS, ZUCCHINI, BLACK OLIVES, AND CHERRY TOMATOES.