

Fresh In Your Fridge

SAMPLE MENU PLANS

Vegetarian

Meal 1: Kale “Caesar” Salad with Roasted Broccoli Florets, Pickled Red Onions, Crispy Chickpeas & a Creamy Cashew Dressing topped with Shaved Parmesan

Meal 2: Creamy Red Lentil and Cauliflower Bisque topped with Pumpkin Seeds & Crispy Cauliflower Florets served over Cilantro Lime-Zested Brown Rice

Meal 3: Roasted Veggie Enchilada Casserole with Sweet Potatoes, Cauliflower, Red Pepper, Spinach & Black Beans topped with Monterey Jack Shredded Cheese served with Mexican Spiced Brown Rice

Meal 4: Spiced “Baja” Tofu Tacos served with a Cabbage & Carrot Slaw, Greek Yogurt Aioli & Feta Cheese topped with Cilantro & Fresh Lime served with Crispy Baked Sweet Potato Fries

Snack: Flourless Chocolate Chip- Chickpea Blondies

Vegan

Meal 1: Kale “Caesar” Salad with Roasted Broccoli Florets, Pickled Red Onions, Baked Tofu, Chickpea Croutons & a Creamy Cashew Dressing

Meal 2: Chickpea Pasta Mac n Cheese with Peas, Roasted Cauliflower, Butternut Squash “Cheese” Sauce and Crispy Shiitake “Bacon” served with a side Baby Greens Salad with Balsamic Vinaigrette

Meal 3: 3 Bean Veggie Mexican Chilli with Jackfruit & Corn topped With Guacamole, Cashew Sour Cream & Cilantro

Meal 4: Vegetable Lasagna with Zucchini, Peas, Spinach & Tofu Ricotta topped with Marinara Sauce & Fresh Basil

Snack: Black Bean Brownies

Paleo

Meal 1: Spicy Thai Cauliflower “Fried” Rice with Pineapple, Red Pepper, Green Onions & Fresh Basil served with Honey-Lime Garlic Shrimp

Meal 2: Zoodles with Walnut-Basil Pesto, Roasted Cherry Tomatoes, Spinach & Baked Chicken Breast

Meal 3: Ginger- Garlic Beef Stir-Fry with Carrots, Bok Choy & Mushrooms topped with Sesame Seeds & Scallions

Meal 4: Basil Turkey Meatballs with Vegetable Marinara Sauce served over Parmesan Baked Spaghetti Squash

Snack: Almond Butter- Pecan No Bake Granola Bars



Low FODMAP

Meal 1: Sweet & Sour Chicken with Sautéed Bok- Choy & Green Beans topped with Sesame Seeds

Meal 2: Walnut-Basil Pesto served over Zucchini Noodles with Blackened Chicken, Cherry Tomatoes & Spinach topped with Shaved Parmesan

Meal 3: Rosemary & Lemon Pepper Pot Roast served with Roasted Carrots & Green Beans over an Herbed Parsnip Mash

Meal 4: Maple— Ginger Glazed Salmon Poke Bowls with Red Cabbage, Cucumber & Carrot Ribbons served over Brown Rice topped with Bean Sprouts and Fresh Cilantro

Snack: Spicy Kale Chips

Family Friendly

Meal 1: Bunless Greek Turkey Burgers with Spinach & Feta, Served with Lettuce, Tomato, Sweet Potato Wedges & Greek Yogurt Tzatziki Sauce

Meal 2: Blackened Chicken & Asparagus Pesto Penne topped with Fresh Basil served with a side Shaved Parmesan & Arugula Salad

Meal 3: Vegetarian Mexican Fajita Bowls with Sautéed Onion & Peppers, Cilantro- Lime Brown Rice, Black Beans & Charred Corn topped with Guacamole & Shredded Cheddar Cheese

Meal 4: Italian Sausage Lasagna Soup with Carrots & Spinach served with Parmesan Crusted Zucchini Boats

Snack: Chocolate Chia Pudding with Raspberry Jam & Toasted Coconut Flakes

Keto

Meal 1: Blackened Chicken Cauliflower Rice Bowls with Peppers, Tomato & Red Onion over Spinach topped with Guacamole, Cilantro & Greek Yogurt Chipotle Sauce

Meal 2: Pesto Zucchini Noodles with Roasted Cherry Tomatoes & Mushrooms served with Lemon- Garlic Prawns & Shaved Parmesan

Meal 3: Bunless Greek Turkey Burgers with Spinach & Feta, Served with Lettuce, Tomato, Pickled Red Onion, Greek Yogurt Tzatziki Sauce with a side Carrot/ Cabbage Slaw

Meal 4: Baked Lemon-Parmesan Crusted Salmon served with Roasted Asparagus & Balsamic Glazed Brussel Sprouts over an Herbed Cauliflower Mash

Snack: Spinach, Feta & Pesto Egg Cups

