

This menu was for a client who was grain free, bean free & required plenty of meat in their diet. Substitutions can be made to incorporate food groups that you prefer.

Meal 1:

Salmon with sorrel sauce

Olive oil, sorrel, chervil, chives, coconut milk, sea salt, black pepper

Roasted turnips

Olive oil, sage, Dijon mustard, sea salt, black pepper

Roasted carrots

Olive oil, onion powder, cumin, sea salt, black pepper

Roasted Asparagus

Olive oil, lemon, sea salt, black pepper

Meal 2:

Sweet and Sour Halibut

Rosehip syrup (rosehips, honey), apple cider vinegar, pink peppercorns, shallots, sea salt

Kale and Parsnips

Olive oil, sea salt, black pepper

Mashed Cauliflower

Cauliflower, garlic, olive oil, chives, sage, thyme, cashew cream, almond milk, sea salt

Delicata squash

Roasted with maple and mustard

Meal 3:

Tandoori Chicken with Vegetables

Chicken thighs, coconut milk, tandoori spices, sea salt, lemon juice, cilantro, red onion, carrots, broccoli

Fried Cabbage Rice

Cabbage, turmeric, curry powder, garlic, olive oil

Mulligatawny Soup

Onion, garlic, carrots, celery, bay leaves, curry powder, garam masala, coriander, thyme, vegetable broth, olive oil, coconut milk, lemon juice, red lentils

Meal 4:

Moroccan Lamb meatballs

Onion, parsley, almond flour, salt, cumin, paprika, black pepper, eggs,
Lemon garlic herb sauce: olive oil, onion, garlic, cumin, paprika, turmeric, chicken stock, parsley cilantro, lemon

Spaghetti Squash

Olive oil, sea salt, black pepper

Spinach Artichoke Dip-with almond crackers & raw veggies (carrots, celery, peppers)

Cashews, onion, garlic, spinach, artichoke hearts, lemon juice, olive oil, onion powder, garlic powder, sea salt, black pepper

Chopped salad

lettuce, shredded carrots, radishes, dried figs

pumpkin seed vinaigrette: pumpkin seeds, apple cider vinegar, walnut oil, onion powder, garlic powder, turmeric, cumin, salt, black pepper, honey