

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:

Everything Bagel Crusted Salmon

Sesame seeds, poppy seeds, dried minced garlic, dried minced onion, olive oil

Roasted Asparagus

Olive oil, lemon, salt, pepper

Roasted Sweet Potatoes

Sweet potatoes, rosemary, sea salt, duck fat

Napa cabbage salad with eggplant bacon

Napa Cabbage, lettuce, tomatoes,

(on the side) eggplant bacon: smoked paprika, date syrup, garlic powder, avocado oil, black pepper, sea salt, olive oil,

(on the side) Ranch Dressing: avocado oil mayo, unsweetened cashew milk, cashew cream, apple cider vinegar, dill, onion powder, garlic powder, sea salt, black pepper

Meal 2:

Autumn Chicken

Chicken thighs, butternut squash, honey crisp apples, coconut oil, sea salt

Glaze: dates, spicy brown mustard, lemon juice, cinnamon

Green Bean Casserole with Crispy Onions

Sauce: mushrooms, onion, garlic, chicken broth, arrow root powder, coconut cream

Fried onions: yellow onion, egg, tapioca flour, almond flour, garlic powder, paprika, black pepper, sea salt, avocado oil

Raw Broccoli & Cauliflower Salad

Vegan yogurt, red onion, red grapes, dried cranberries, lemon juice, date syrup, eggplant bacon (on the side)

Meal 3:

BBQ Jackfruit

Jack fruit, onions, pepper, no sugar added BBQ sauce

Baked sweet potatoes

Olive oil, sea salt, paprika

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

Cashews, onion, garlic, spinach, artichoke hearts, lemon juice, olive oil, (**nutritional yeast on the side**), onion powder, garlic powder, sea salt, black pepper

Arugula Salad

Cranberries, toasted pumpkin seeds:

(On the side) *Dressing*: olive oil, apple cider vinegar, dijon mustard, orange juice, date syrup,

Meal 4:

Beef and Broccoli

Flank steak, coconut aminos, tapioca starch, olive oil, sesame oil, apple cider vinegar, garlic, ginger, scallions, sesame seeds

Cauliflower Rice

Cauliflower, olive oil, sea salt, black pepper

Turnip carrot cakes with garlic aioli

Turnip, carrots, eggs, turmeric, paprika, almond flour, avocado oil
Aioli: vegan avocado mayo, garlic, paprika, sea salt, black pepper