

Substitutions can be made to incorporate food groups that you prefer.

Meal 1

Moroccan Salmon

coriander, cumin, paprika, cinnamon, ginger, turmeric, nutmeg
Lemon yogurt sauce: Garlic, cilantro, lemon, almond Greek yogurt, cashew milk

Roasted beets over mint & arugula

Olive oil, sea salt, black pepper

Babaganoush

Eggplant, cumin, smoked paprika, tahini, olive oil, sea salt, black pepper, lemon juice, fresh parsley

Cauliflower Rice

Garlic, lemon, olive oil, kalamata olives, raisins, caramelized onions, parsley

Meal 2

Rack of Lamb

Olive oil, sea salt, black pepper, rosemary, garlic

(Please let me know how many chops y'all would like in total)

with apple mint chutney: Granny Smith apples, honey, onion, mint, parsley, olive oil, apple cider vinegar

Mashed turnips & carrots

Turnips, carrots, olive oil, sea salt, black pepper, sage, parsley, cashew cream, vegan almond yogurt

Garlic Broccoli

Olive oil, lemon, garlic, sea salt, black pepper, thyme, parsley

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

Meal 3

Za'atar chicken with peas & dates

Chicken breast, sesame seeds, thyme, oregano, sumac, red onion, olive oil, garlic, lemon

Roasted sweet potatoes

Toasted pecans, dried apricots, cinnamon, cumin, sea salt, olive oil

Roasted Brussel sprouts

Olive oil, apple cider vinegar, date syrup, sea salt, black pepper, garlic

Dandy Salad

Lettuce, dandelion leaves, radishes, pickled onions, shredded carrot, sunflower seeds
orange mustard dressing: orange, dijon mustard, pomegranate molasses, olive oil, sea salt, black pepper

Meal 4

Cod with Romesco Sauce

Red peppers, tomatoes, smoked paprika, olive oil, garlic, apple cider vinegar, hazelnuts, sea salt, parsley, lemon

Roasted fennel, carrots & leeks

Olive oil, sage, thyme, sea salt, black pepper, apple cider vinegar,

Kale with roasted garlic

Garlic, lemon, olive oil, sea salt, black pepper