



# HEALTHY

## *Meal Options*

### **Hungarian Nut Loaf**

*with mashed potatoes and rich herb gravy, plus  
a side of steamed vegetables*

### **Tamale Pie**

*made with organic cornmeal (when available),  
served with roasted carrots and a  
cabbage/carrot/apple salad*

### **Sweet & Sticky Tofu**

*with baby bok choy and baked acorn  
squash wedges*

### **Black Bean Enchiladas**

*topped with avocado (when ripe) and served  
with honey-glazed roasted sweet potatoes*

### **Coconut Lime Tofu or Tempeh**

*served over black rice with a side of  
apple/celery/walnut salad*

### **Garbanzo Bean Stew**

*with roasted potatoes and a touch of fresh dill  
on the side*

### **Scrambled Tofu Bowl**

*with sautéed veggies, turmeric rice, and a slice  
of homemade unleavened bread*

### **Penne with Sun-Dried Tomato Cream Sauce**

*served with a fresh green salad and ginger  
dressing*



**Pot Pie**

*filled with vegetables and your protein of choice,  
served with roasted carrots and dill*

**Mac & "Cheese" (nut-based)**

*with steamed mixed vegetables and Rosti potato  
pancakes*

**Spaghetti & "Meat" Balls**

*with sautéed greens and garlic, paired with a  
light pasta salad*

**Stir Fry**

*with tofu or jackfruit, brown rice, and a sesame  
tahini drizzle, served with a crunchy carrot slaw*

**Pizza Night**

*whole grain or gluten-free crust with your chosen  
toppings, paired with a side of garbanzo bean salad*

**Chickpea "Crab" Cakes**

*with creamy dill sauce, served alongside baked  
sweet potato wedges and slaw*

**Lasagna (customized)**

*with layers of vegetables, paired with a fresh  
green salad and olive hummus*

**Spaghetti with Sesame Ginger Veggies**

*topped with cashews, served with a side of  
butternut squash coconut soup*

**Baked Marinated Tempeh Slices**

*with quinoa pilaf and apple/walnut celery salad*

**Creamy Tomato Quinoa Soup**

*served with falafel and roasted sweet potatoes*

### **Minestrone Soup**

*with a side of cashew cheese and whole grain bread or pita*

### **Tofu Potato Chowder**

*served with sautéed tofu sandwiches and roasted acorn squash*

### **Juicing Add-On**

*Add fresh, cold-pressed juice to any meal delivery! Available as an add-on service. To ensure peak freshness, a juicer is required at your location. Just let us know your preference when ordering!*

**Fresh Orange Juice**  
**Fresh Grapefruit Juice**

## WANT TO CUSTOMIZE YOUR MEALS?

*We love creating meals that work specifically for your taste, health needs, or dietary preferences. Have a favorite dish or ingredient? Just let us know — customization is always available.*

