



August 2024 Weekly Meal Ideas

Dinners

Poultry

- Green Tomatillo Shredded Chicken Chili or Enchiladas Suizas and Spanish Rice (Flour Tortillas or Egg-life Wraps)
- Brioche French Toast Slices and Chicken Apple Sausage and any 3 fruit salad you like
- Roasted BBQ Chicken Legs or Shredded BBQ Chicken and Buns with Elote Corn Salad or Cauliflower Salad
- Coconut Curry Chicken Thighs over Lime Cilantro Cauliflower 'Rice' or Rice of choice
- Chicken Salad over Greens and Veggies or with Rolls and Lettuce For Sandwiches – Family Style or Jar Salads (Variants – Lemon Almond Tarragon, Grape, Apple and Pecan, Cranberry Walnut, Traditional, Bacon Ranch, Sweet Pickle and Egg, and Curry Coronation)
- Ranch Chicken and Bacon Cauliflower and Broccoli Casserole Topped with Cheddar
- Garlicky Chicken, Spinach and Artichoke Baked Penne
- Grilled Chicken and Peaches over Greens with Goat Cheese and Candied Pecans Family Style or Jar Salads
- Roast Chicken and Mustardy Cumin and Cheese Cauliflower
- Thai Peanut Chicken Burgers with Whole Wheat Buns or lettuce wraps and Lime Cilantro Slaw
- Grilled Chicken Caesar Salads – Family Style or Jar Salads

Beef

- Pepper Steak with Strips of Onions, Red and Green Peppers over Rice or CauliRice
- Maple Garlic Bacon Meatballs over Smashed Red Potatoes or Cauliflower
- Bacon and Bleu Cheese Burgers with Roasted Potato Wedges or Green Beans
- Hanger Steak Tips in Sherry and Mushrooms Gravy over Mashed Potatoes or Cauliflower
- Ukrainian Beef and Beet Borscht Stew with Dill Sour Cream
- Enchilada Meatballs over Mexican Rice or CauliRice
- Beef Szchuan Stir Fry with Peppers and Green Beans
- Beef Taco Soup with Tortilla Chips or EggLife Wrap Chips
- Japanese Beef Curry Stew with Potatoes, Carrots and Button Mushrooms



Pork

- Puerto Rican Mamposteo 'Fried Rice' with Pork, Plantains and Black Beans
- Breakfast Sausage and Broccoli Quiche with Shredded Sweet Potato or Zucchini Crust
- Grilled Pork Tenderloin Slices With Peach Salsa over Creamy Cilantro Lime Rice
- Pan Seared Pork Tenderloin Medallions in Peach Brandy Sauce and Pureed Butternut Squash
- Brioche French Toast Slices and Maple Sausage and any 3 fruit salad you like
- Keto Italian Breakfast Bake with Ground Pork, Peppers, Zucchini and Red Onion topped with Mozzarella
- Pulled Pork Chili or Enchiladas in Green Tomatillo Sauce and Spanish Rice
- Western Omelet Quiche with Ham, Peppers, Onion and Aged Cheddar with Pie Crust or Shredded Zucchini Crust

Lamb

- Ground Lamb in Zucchini Boats Topped with Feta
- Lamb Chops with Mint Walnut Pesto with Orzo, Tomato and Cucumber Salad
- Ground Lamb and Rice Stuffed Cabbage in Tomato Broth
- Lamb Meatballs with Pita Bread with Tzatziki and Lemon Garlic Potato Wedges
- Lamb Shepherd's Pie

Seafood

- Pan Seared Fish with Asparagus, Shallot, and Grape Tomato Sautee with Parsley Potatoes
- New Orleans BBQ Shrimp over Spinach and Diced Tomato Rice
- Shrimp, Cucumber, Red Onion, Lime, Cilantro and Pepper Mexican Salad
- Snapper Vera Cruz over Yellow Rice
- Shrimp Alfredo with Zucchini Noodles or Pasta
- Pan Seared Fish with Grapes and Olives over Mashed Potatoes
- Pan Seared Scallops over Corn, Bacon, Shallot and Tomato Risotto
- Salmon with Lemon Garlic Aioli with Asparagus and Parsley and Butter Potatoes
- Seared Ahi Tuna with Sesame-Ginger Green Beans



- Bacon Wrapped Scallops with Summer Quinoa Salad with Tomatoes, Corn and Cucumber
- Grilled Shrimp Caesar Salads – Family Style or Jar Salads

Vegetarian

- Southern Tomato and Cheddar Pie with Cornbread Topping
- Summer Quinoa Salad with Chickpeas, Tomatoes, Cucumbers, Corn and Parsley
- Black Bean, Cilantro, Lime, Quinoa and Corn Stuffed Tomatoes Topped with Cojito Cheese or Vegan Cheese
- BBQ Quinoa and Black Back Casserole with Peppers, Cubed Butternut Squash, and Red Onion with Cheddar or Vegan Cheese
- Grilled Cauliflower Steaks with Corn, Tomato and Shallot Sautee
- Chickpea and Oyster Mushroom Burgers and Carrots and Peas (Packed for freezer so you can grill or sauté)
- Vegetarian Enchiladas Suizas with Zucchini, Sweet Potato, Black Beans, Peppers and Onions in Green Tomatillo Sauce
- Vegan Egg Salad over Greens and Veggies or with Rolls and Lettuce For Sandwiches – Family Style or Jar Salads (Variants – Lemon Almond Tarragon, Grape, Apple and Pecan, Cranberry Walnut, Traditional, Ranch, Sweet Pickle, and Curry Coronation)
- Cheesy Cauliflower and White Bean Pureed Soup
- Butternut Squash Lasagna with Hearts of Palm or lasagna sheets (Vegan or dairy)

Side Salads

Seasonal Salads –

- **Most dressings can be made oil free if requested**
- **If you ever want a large batch of a summer salad for a picnic just add \$50 to your order**
- **One Salad is included in all orders. Extra salads at \$50 each**
- **Feel free to add a protein to a salad to make it a full meal choice**
- Jicama, Mango, and Red Pepper salad in Avocado Cilantro Lime Dressing
- 40 Shades of Green Salad with Bibb lettuce, Avocado, Parsley, Endive with Lime Honey Vinaigrette(Avocado will be sliced by you at service)
- Berry, Candied Pecan and Blue Cheese Crumbles over Greens with Lemon Vinaigrette



- Caprese - Local Tomatoes, Sliced Fresh Mozzarella, Basil and Reduced Balsamic
- Summer Peach, Arugula, Shallots and Candied Pecans with Orange Champagne Vinaigrette
- Black Bean, Mango, Peppers, Shallots and Avocado in Cumin Honey Lime Vinaigrette
- Southwestern Chopped Salad with Romaine, Corn, Peppers, Jicama and Local Grape Tomatoes in Creamy Cilantro Dressing

Always Available Salads

- Greek Salad with Tomatoes, Olives, and Feta over Romaine with Red Wine Vinaigrette
- Cesar salad
- Grape Tomatoes, Shredded Carrots, Cucumber Slices over Romaine with your favorite dressing