



Lunch/ Dinner Meal Prep

Heat as needed throughout the week! Use some of the items below to take the time consuming items out of dinner or lunch preparation or order the contents of your meal.

Marinated & Grilled Organic Chicken Breast

BBQ, Asian Teriyaki or Herb Garlic sauce

Slow Braised Pulled Beef Machaca

Smoked Pulled Pork

Smoked Pork Ribs

Smoked/ Grilled Salmon

Meatballs

Organic ground beef, Italian Pork, Cheeses

Roasted or Steamed Vegetables

Broccoli, Sweet Potato, Cauliflower, Organic Carrots

Munchkin meals/Snacks

Hand breaded Chicken Tenders

Grilled Organic Chicken Tenderloins

Mac and Cheese

Organic Chia Pudding Cup

Raspberry Cacao or Peanut Butter Coconut

Breakfast

Cacao Overnight Oats, Cold Soaked

GF & Organic

*Organic Coconut Milk, Organic Strawberries, Wild Soil Almonds,
Navitas Organic Cacao, Monk fruit Sweetener, Unsweetened
Unsulphured Coconut*

Pumpkin Spice Overnight Oats, Cold Soaked

GF & Organic

*Organic Almond Milk, Organic Pumpkin, Seasonal Spices, Monk
fruit Sweetener, Toasted Pecans*

Low Carb Keto “Oatmeal”

*Ground Flaxseed, Chia, Hemp Hearts, Chopped Almond,
Unsweetened Coconut, Cacao Nibs, Organic Strawberries, Monk
fruit Sweetener*

Hummus

Roasted Red Pepper & Harissa

Toasted Pine nuts, Feta Cheese

Sundried Tomato

Artichoke Hearts & Chopped Olives

Sundried Tomato Keto

made w/ Wild Soil Organic Raw Almonds

Chocolate

Organic Navitas Cacao, Monk fruit

Chocolate Peanut Butter

Organic Navitas Cacao Organic Peanut Butter, Cacao Nibs, Monk fruit

Salads

Albacore Tuna (GF)

*Organic Mixed Greens, Wild Line Caught Albacore Tuna,
Cucumber, Heirloom Tomato, Organic Sprouted Mixed Seeds,
Mixed Olives, Lemon Dill Vinaigrette*

Super Foods 2 (GF)

*Organic Baby Spinach, Roasted Broccoli & Cauliflower, Roasted
Organic Sweet Potato, Toasted Almonds, Grass Fed Hard Cooked
Egg, Parmesan and Romano Cheeses, Lemon Vinaigrette*

Buffalo Chicken

*Organic Baby Spinach, Organic Grilled Chicken, Organic Black
Beans, Organic Corn, Roasted Red Peppers, Tillamook Cheddar or
Blue Cheese, Hidden Valley Buffalo Ranch*

Pear Berry (GF)

*Organic Baby Spinach, Roasted Chicken, Organic Poached Pears,
Pistachios, Organic Goji Berries, Feta or Blue Cheese, Balsamic
Vinaigrette*

The Beet (GF)

*Organic Baby Spinach, Roasted Chicken, Organic Beets, Organic
Honey Candied Cashews, Cucumber, Feta Cheese, Balsamic
Vinaigrette*

Strawberry Fields 2 (GF)

*Organic Baby Spinach, Roasted Chicken, Organic Strawberries,
Organic Honey Candied Cashews, Organic Goji Berries, Feta or
Blue Cheese, Balsamic Vinaigrette*

The Chopped (GF)

*Organic Mixed Greens & Baby Arugula, Organic Grilled Chicken,
Organic Quinoa, Sweet Peppers, Toasted Pecans, Feta Cheese,
Dried Cranberries, Organic Corn, Honey Basil Ranch Dressing*

The Greek (GF)

Organic Baby Spinach, Organic Grilled Chicken, Heirloom Tomato, Cucumber, Artichoke Hearts, Roasted Red Peppers, Mixed Olives, Feta Cheese, Herbed Lemon Vinaigrette

Grape Escape (GF)

Organic Mixed Greens & Baby Arugula, Organic Grapes, Sunflower Seeds, Parmesan and Romano Cheeses, Lemon Zest, Lemon Vinaigrette

Smoked or Grilled Salmon (GF)

Organic Mixed Greens and Baby Arugula, Cucumber, Orange Segments, Dried Cranberry & Mixed Seeds, Organic Quinoa, Parmesan and Romano Cheeses, Lemon Vinaigrette

Roasted Turkey Salad (GF)

Organic Spinach, Nitrate Free Turkey Breast, Heirloom Tomato, Grass Fed Hard Cooked Egg, Black Rice (Super food), Tillamook Cheddar Cheese House Made Hidden Valley Ranch

Traditional or Smoked Chicken Cobb (GF)

Organic Mixed Greens, Roasted Pulled Chicken, Grass Fed Hard Cooked Egg, Heirloom Tomato, Smoked Bacon, and choice of Bleu Cheese or Cheddar Cheese, House made Hidden Valley Ranch

The Southwest (GF)

Crisp Romaine, Grilled Organic Chicken, Heirloom Tomato, Organic Corn, Roasted Peppers, Cilantro, Tillamook Cheddar Cheese, Crisp Tortilla Strips, Southwest Ranch Dressing

Asian Mix-up

Organic Mixed Greens, Grilled Organic Chicken or Wild Yellow fin Ahi Tuna, Cucumber, Organic Carrots, Bell Pepper, Roasted Cashews, Crisp Wontons, Sesame Ginger Dressing

Keto Subs

Super Foods 2 (GF)

Organic Baby Spinach, Organic Sweet Potato, Roasted Broccoli & Cauliflower, Toasted Almonds, Grass Fed Hard Cooked Egg, Parmesan and Romano Cheeses, Lemon Vinaigrette

Pear Berry (GF)

Organic Baby Spinach, Organic Grilled Chicken, Organic Poached Pears, Toasted Pecan, Cucumber, Feta or Blue Cheese, Balsamic Vinaigrette

The Beet (GF)

Organic Baby Spinach, Organic Grilled Chicken, Organic Beets, Toasted Walnuts, Cucumber, Hemp Hearts, Feta Cheese, Balsamic Vinaigrette

Traditional Cobb (GF)

Organic Mixed Greens, Smoked or Grilled Chicken, Grass Fed Hard Cooked Egg, Heirloom Tomato, Smoked Bacon, and choice of Bleu Cheese or Cheddar Cheese, Avocado Lemon Vinaigrette

Smoked or Grilled Salmon (GF)

Organic Mixed Greens and Baby Arugula, Cucumber, Orange Segments, Sprouted Seeds, Hemp Hearts, Parmesan and Romano Cheeses, Lemon Vinaigrette

Grape Escape (GF)

Organic Mixed Greens & Baby Arugula, Grilled Organic Chicken, Hemp Hearts, Sweet Peppers, Organic Grapes, Sunflower Seeds, Parmesan and Romano Cheeses, Lemon Zest, Lemon Vinaigrette

Strawberry Fields 2 (GF)

Organic Baby Spinach, Organic Grilled Chicken, Organic Strawberries, Toasted Pecans, Cucumber, Feta or Blue Cheese, Balsamic Vinaigrette

Asian Mix-up (GF)

Organic Mixed Greens, Grilled Organic Chicken or Wild Yellow fin Ahi Tuna, Cucumber, Organic Carrots, Bell Pepper, Roasted Almonds, Sesame Ginger Dressing (dressing Soy & Sugar free)

The Greek (GF)

Organic Baby Spinach, Organic Grilled Chicken, Heirloom Tomato, Cucumber, Artichoke Hearts, Roasted Red Peppers, Mixed Olives, Feta Cheese, Herbed Lemon Vinaigrette