



Personal Chef Sample Menus

Chicken Curry over Brown Rice
Roasted Broccoli

Mediterranean Chicken with Olives
Red Potatoes

Chicken or Tofu Tacos
Cabbage Slaw and Creamy Avocado Sauce

Miso Glazed Salmon
Cauliflower Pilaf



Portobello Mushrooms Stuffed with Lentils and Roasted Root Vegetables

Beet Burgers
Sweet Potato Fries

Moroccan Stuffed Peppers with Chickpeas and Carrots
Green Salad with Cilantro and Orange Dressing with Pistachios

Vegan Chili with Gluten-Free Cornbread
Fresh Green Salad

Zucchini Pasta with lentil "meatballs"
Kale Cesar Salad

Falafels with Garlic Tahini Dressing
Cauliflower Tabbouleh