

Drop off Meal Examples:

Grab and Go Breakfast Options:

Breakfast Sandwiches

Breakfast Burrito

Mango or Strawberry Honey Yogurt Parfaits w/granola

Strawberry Honey Vanilla, Mango Coconut or Vanilla Peanut Butter Honey Chia Puddings

Coffee Cake

Banana Bread

Sous Vide Egg Bites

Egg Wraps - scrambled eggs, chicken breakfast sausage with an egg tortilla wrap (GF & DF)

Quinoa Breakfast Pizza

Breakfast Jars - Scrambled eggs, crispy sweet potato and chicken breakfast sausage

Berries with Coconut Yogurt, granola

Cinnamon Toast Crunch Bread

Blueberry Banana Bread

Power Energy Balls - oats, peanut butter, dates, chia, hemp, honey

Healthy Breakfast Treats:

Strawberry Honey Glazed Baked Donuts (GF, DF, VG)

Keto Muffins (Made with almond flour) Blueberry, Chocolate Chip, Carrot-Zucchini, Morning Glory, Cinnamon Raisin

Healthy Banana Bread

Raspberries bars

Low Carb Cottage Cheese Everything Bagels

Lunch or Dinner:

Mediterranean Chicken Meatballs, sun-dried tomato sauce, lemon garlic orzo pasta, roasted parmesan garlic cauliflower

Honey Adobo BBQ Salmon, Honey chili glazed carrots with greens, roasted brussel sprouts

Chicken Fajitas w/roasted peppers & caramelized onions

Sour Cream, salsa, shredded cheese, Queso fresco, cilantro lime rice, cauliflower rice

Chipotle Chicken ""burrito"" bowl - spiced chipotle chicken, roasted corn salad, black bean, cilantro (cauliflower)rice, pico de gallo, with a avocado lime creme dressing

Hot Honey Teriyaki Chicken Bowl - hot honey chicken, rice noodles/low carb noodles, boy choy, stir-fry asian vegetables, pickled cucumbers with ginger teriyaki sauce

Vegan Sweet potato Chickpea Quinoa Chili

Spring Fling Salad - Kale, arugula, roasted vegetables, sweet potatoes, crunchy candied pecans with a honey balsamic dressing (chicken or tofu)

Marinated Filet Mignon, scalloped potatoes, roasted seasonal vegetables

Lemon Honey Miso Sea-Bass, Risotto or Vegetable Risotto, roasted asparagus

Dijon Dill Encrusted Salmon Filets, French Braised lentils with roasted vegetables

Classic Healthy cob- spinach , arugula, egg, chicken, vegan feta, pumpkin seeds, with a light balsamic vinaigrette

Carolina Mustard Bbq pulled Chicken with roasted sweet potato, greens and veggies

Chicken Sweet potato Quinoa Chili

Lasagna - with or without meat sauce

Chicken Enchiladas

Chicken or Steak Tacos - with pico de gallo, mango salsa, chipotle lime black beans, cilantro lime rice, tortillas

Tiki Marsala with spinach and saffron "vegetable" rice (sweet potato, zucchini, squash, asparagus) - lower in carbs

Italian Spiced Chicken Meatballs with spaghetti squash w/roasted tomato herb sauce

Turkey Roulade stuffed with spinach & wild rice, tahini greens, and roasted summer veggies

Stuffed Peppers with black beans, ground beef, quinoa & veggies with a tomato basil sauce

Classic Caesar Salad with romaine, cashew caesar dressing, croutons

Kale Caesar Salad with sweet potato crotons, pumpkin seeds with a cashew caesar dressing

Carolina Mustard Bbq pulled Chicken with roasted sweet potato, greens and veggies

Classic Healthy cob- spinach , arugula, egg, chicken, vegan feta, pumpkin seeds, with a light balsamic vinaigrette

BBQ Pulled Chicken with grilled sweet potatoes and Veggies

Filet Mignon Kebabs with grilled Vegetables

Honey Miso Lemon Sea-Bass with truffle risotto, seasonal vegetables

Soups; Chicken Noodle, Tuscan Vegetable, Minestrone, Tomato, Butternut Squash, Curry Lentil, Chicken and Wild rice

(Can do vegan and vegetarian items as well)

Desserts:

Cupcakes - vanilla, chocolate or red velvet

Ice Cream - Vanilla, chocolate, cookie dough, strawberry

Cookie Sandwiches - chocolate chip with buttercream frosting

Cake Balls - Vanilla or Chocolate

Sorbets - strawberry, cherry, chocolate, mixed berry honey and mango

Healthy Sweet Snacks/Desserts:

Keto Cookie Dough Bars (Almond Flour)

Apple Snickers (Apple Slices, peanut butter, dates and dark chocolate)

Nice Cream - Vanilla, Chocolate, Strawberry, or Chocolate Peanut Butter

Vegan Cheesecake Bars

Peanut Butter Bombs - (Peanut butter, Peanut Powder, Monkfruit, rice crispies and dark chocolate)

Edible Cookie Dough in a Jar

Avocado Mousse

Vegan Ice Cream - Vanilla, Chocolate, Coconut, Chocolate Peanut Butter