



Menu No. 5

BREAKFAST

1 SUNRISE GRANOLA BREAKFAST

Spiced Cardamom Granola. Blood Orange Nut Mylk.

2 COCAO-OAT FIBER PANCAKES

GF Cocoa-Oat Pancakes w/Flaxseed. Fresh Berries. 100% Real Maple Syrup.

3 BREAKFAST TOAST W/A BANG!

Sprouted Grain Toast. Hummus. Roasted Sweet Potato Slices. Fresh Tomato. Creamy Lemon Coconut-Yogurt. Arugula. Red Pepper Flakes.

LUNCH

1 MUSHROOM BOUILLON W/TOFU, LEEKS + WASABI

Vegetable Bouillon. Mixed Mushrooms. Tofu. Leeks. Spinach. Tamari.

2 EARTH BOWL

Cilantro/Lime Brown Rice. Baby Kale. 1/2 Sweet Potato. Bean Variety. Heirloom Cherry Tomatoes. Tahini Green Sauce.

3 THE "GRATE" SALAD

Butter Lettuce. Grated Cauliflower, Broccoli, Apples, Red Cabbage, Brussels, & Carrots. Nutty Chia Seed Dressing.

DINNER

1 ROASTED SQUASH BOWL

Roasted Butternut Squash. Coniferous Vegetable Variety. Cannellini Beans. Blackened Tomato Sauce.

2 SUPER-SPUD SALAD

Mixed Greens. Sprouts. Red Quinoa. Roasted Carrots. Baby Potatoes. Date-Dijon Dressing.

3 GREEN PEPPER/CAULIFLOWER ALMOND CURRY + LIME

Brown Rice. Cauliflower. Poblano Peppers. Shaved Almonds. Green Curry. Cilantro. Lime.

NAME: _____

EMAIL: _____

OPTIONS + PRICING

Below are the three meal package options and prices:

1. Select which meal package you'd like to try out, and check the box next to your option.
2. Select which meals you'd like for each day by writing the corresponding meal number (1, 2, or 3) in each (breakfast, lunch, and dinner) box for that day. When choosing less than 3 Meals/Day, leave open boxes BLANK.
3. Fill out your address. All meals will be delivered right to your doorstep this go-around for a small \$10 additional charge.

☐ 3 Meals/Day (Breakfast, Lunch, + Dinner) - \$210 (\$14/Meal)

☐ 2 Meals/Day (Any 2 Meals) - \$165 (\$16.50/Meal)

☐ 1 Meal/Day (Any 1 Meal) - \$90 (\$18/Meal)

	Breakfast	Lunch	Dinner
MONDAY	<input type="text"/>	<input type="text"/>	<input type="text"/>
TUESDAY	<input type="text"/>	<input type="text"/>	<input type="text"/>
WEDNESDAY	<input type="text"/>	<input type="text"/>	<input type="text"/>
THURSDAY	<input type="text"/>	<input type="text"/>	<input type="text"/>
FRIDAY	<input type="text"/>	<input type="text"/>	<input type="text"/>

\$10 Delivery Charge - ALL MEALS (NON-OPTIONAL)

ADDRESS: _____
