



Tuesday Pick-Up

Paleo Turkey Tetrazzini

Smoked Turkey, Zucchini noodles, mushrooms, English peas and onions

Ahi Tuna Poke Bowl

Ahi Tuna, Edamame, Mango Salsa, Avocado, Cucumbers, siracha aioli
sauce over Jasmine Rice or Cauliflower Rice

Grape Pecan Chicken Salad with a side of broccoli salad

Paleo Pancakes with your choice of nitrate free bacon or turkey bacon
and a side of fruit

Thursday Pick-Up

California Burger Bowl

Organic Mixed Greens, cucumbers, tomatoes, pickles, pickled onions,
grass fed ground beef and nitrate free bacon served with Dijon mustard
vinaigrette

Grilled Chicken, Apples, Brussels Sprouts and Bacon Stuffed Sweet
Potato

Jambalaya

Andouille sausage, chicken, peppers, onions and tomatoes

Shepard's Pie with Garlic Green Beans

Ingredients: Grass fed ground beef, English peas, carrots, onions,
potatoes, almond milk, ghee, garlic, salt and pepper

Breakfast Frittata

Eggs, ham, spinach, mushrooms and onions served with a side of fruit

