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## Sample Menu

### 1. Breakfast Box:

- ≈ Coconut, turmeric Chia Pudding with mango, blueberries, granola
- ≈ Overnight oats with chia, almond butter, and raspberries
- ≈ Superfood arepa with almond butter and tropical fresh fruit
- ≈ Almond Very Berry chia with granola

### 2. Soup:

- ≈ Butternut squash soup
- ≈ Carrot Coconut bisque
- ≈ Lentil Soup
- ≈ Veggie soup

### 3. Lunch snack:

- ≈ Roasted Veggie Garden (carrots, sweet potatoes, peppers, squash) with garlic aioli/humus
- ≈ Cashew cheese stuffed fresh red bell peppers with quinoa, herbs, currants.
- ≈ Summer Rolls (lettuce, carrots, bell pepper, cucumber, red cabbage, cilantro)
- ≈ Cashew kelp pasta
- ≈ Chickpeas pesto pasta

### 4. Dinner box:

- ≈ Carrot Falafel with lentils, peppers, okra, and tomato salsa
- ≈ Cashew Stir Fry Quinoa
- ≈ Roasted Portobello Steak with avocado chimichurri over jicama puree
- ≈ Jackfruit barbeque over cauliflower rice
- ≈ Wild rice coconut curry
- ≈ Veggie burger with cilantro corn quinoa

### 5. Salad box:

- ≈ Kale salad (cabbage, carrot, sunflower seeds, dates)
- ≈ Arugula salad (beets, roasted walnuts, vegan feta cheese)
- ≈ Roasted curry cauliflower salad
- ≈ Greek salad

### 6. Healthy snacks:

- ≈ Papaya salad
- ≈ Coconut pineapple
- ≈ Tropical fruit salad
- ≈ Raw Protein balls (oats, cocoa, coconut, dates, superfoods)

*Animal proteins and fresh juice also available upon request.*