Shredded Chicken Taco Bar

Slow cooked Mexican spiced shredded chicken.

Side: Avocado cilantro lime sauce, charred corn salsa, queso fresco, and corn taco shells/flour tortillas

Turkey Pumpkin Chili

Pumpkin puree, ground turkey, cannelini beans, carrots, celery, fresh sage and rosemary.

Side: Apple, arugula, and bacon salad with cranberry vinaigrette fresh pomegranate arils, gala apples.

Lasagna Stuffed Acorn Squash

Ground Italian sausage, homemade tomato sauce, ricotta, mozzarella, and parmesan cheese.

Side: Cheesy garlic pull apart bread

Pecan Crusted Salmon with Balsamic Honey Glaze

Side: Roasted brussels sprouts and coconut rice

Fall Harvest Cider Roasted Whole Chicken

\$295.00

Caramelized walnuts, sage, rosemary, goat cheese, roasted grapes, Carrots, green beans, peas, onion, fresh herbs

Mozzarella Stuffed Meatballs

Side: Broccoli Edamame Salad with Peanut Sauce

Cilantro, ginger, green onions, peanuts, sesame oil, peanut butter, honey

Butternut Squash and Spinach Pasta

Spiralized butternut squash, shell pasta, spinach, parmesan cheese, pine nuts,

Side: Broccoli Cheddar Soup

Golden potatoes, carrot, celery, onion, chives, garlic.

Ground Beef Sweet Potato Skillet

\$285.00

With carrots and brussels sprouts. Seasoned lightly with warm spices.

Side: Avocado Mango Salad

Grape tomatoes, cilantro, lemon, basil, red onion

Chicken Sausage Zucchini Pasta

Habanero tequila chicken sausage, rigatoni pasta, grape tomatoes, zucchini, grated parmesan cheese, and fresh basil.

Side: Banana Split Bites

(Strawberry and banana topped with dark chocolate; sprinkled with walnuts)

Ravioli with Peas, Asparagus, and Goat Cheese

With mozzarella and lemon zest. Side: Garlic Herb Focaccia Bread

Pecan Chicken Apple Chickpea Salad Wraps (Cold)

With a creamy maple dijon tahini dressing. Side: Blueberry Corn Feta Salad

Honey lime dressing served on side.

Beef Enchiladas with Spanish Cauliflower Rice

\$300.00

Made with low carb flour tortillas, enchilada sauce,

cheddar cheese. 2 tortillas/rice per serving

Paleo Meatloaf

Made with lean ground beef, almond flour, tomato paste, no sugar ketchup.

Served with apple kale almond salad (lemon honey dressing on side)

Baked Tuscan Chicken

Spinach, sun dried tomatoes, parmesan cheese, parsley, oregano, garlic, lemon basil, garilc Served with garlic roasted brussels sprouts

Ground Turkey Chili

Fire roasted tomatoes, chili spices, fresh herbs, Served with gluten free, low carb Paleo zucchini bread