

# Personal Chef: Sample Menu

*This menu is free from gluten, dairy, soy, and processed sugars.*



## BREAKFAST

### American Breakfast

farm eggs, roasted sweet potatoes, house made green chili pork sausage

### Turkey Chorizo Tacos

farm eggs, roasted peppers and onion, avocado crema, fresh herbs, gluten free tortilla

### Veggie Scramble

zucchini, tomato, spinach, mushroom, marble potatoes, farm eggs, black beans

### Steel Cut Oats

blood orange and vanilla, chia, hemp hearts, coconut cream

## LUNCH

### Kale Caesar Salad

grilled pesto shrimp, toasted almonds, hemp, pepperoncini

### Harissa Chicken

quinoa tabouli, cashew tatziki

### White Bean and Sausage Soup

with marinated vegetable salad

## DINNER

### Grass fed Beef Sausage from Shirttail Creek Farms

grilled broccolini, fingerling potatoes, jalapeño mustard

### Chicken Avocado Meatballs

sesame roasted carrots, cauliflower rice, chipotle aioli

### Date Stuffed Pork Loin

whipped sweet potatoes, roasted brussel's sprouts with garlic chips and cherries