

Sample Menu – Gluten Free



Korean beef stir fry – Stir fried ground beef and kale served over rice.

Chipotle chicken – Chipotle marinated chicken thighs served with roasted potatoes, zucchini, tomatoes and scallions.

Beef and bean chili – With sour cream, green onions, and cheese toppers.

Coconut chicken curry – Served with white rice and miso roasted sweet potatoes.

Meal prep is for 4 portions of each meal (16 meals in total.)

Please let me know if you would like anything revised or swapped out.

Thank you!