

Menu

Week of October 17th, 2022

Meal Prep

Lunch & Dinner

Lentil Stuffed Delicata (4 meals)

Served with basmati rice & cashew cream raita.

Chicken & Rice Stew (6 meals)

Kale, yukon potatoes, thyme & bone broth, served with local sourdough

Tuna Salad Wraps (4 meals)

Cottage cheese, celery, red onions & pickles. Served with carrot sticks, seasonal fruit & tortillas.

Enchilada Bake (6 meals)

Chicken, sour cream, green hatch chilies, cheddar cheese, corn tortillas.

Notes:

- *Lentil stuffed delicatas can be reheated in their individual dish along with the rice. An additional 2 tbsp of water will keep the rice moist while reheating (400F for 10-15min).*
- *Soup should be reheated on the stovetop in a separate pot or container to desired temperature. Sourdough can be kept in the fridge, on the counter in a sealed container or stored in the freezer wrapped in portion sizes.*
- *Tuna salad can be stored in the fridge and does not need to be reheated.*
- *Enchilada Bake should be reheated on a separate pan, based on the serving amount (350F for 15 min). It can be stored in the fridge or freezer.*