

Cold N Bold

Our Cold N Bold meal plan includes a variety of salads, grain bowls, and wraps. Simply choose your salad and what type of meal.

3-Day Plan \$35

5-Day Plan \$50

Available as Salads, Grain Bowls, or Wraps:

Sub 3 oz Beef Strips or 3.5 oz Grilled Tofu

Sub 3 oz Salmon or Shrimp +\$3

Twisted Chicken Caesar: A classic with a twist! Crispy fried gluten-free onions, with sliced grilled chicken breast, roasted tomatoes, baby kale, spinach, romaine, and caesar dressing. [GF]

Super-greens Chicken Salad: Seared Chicken, shaved red onion, sunflower seeds, strawberries, crumbled feta, cucumber, over a bed of spinach, baby kale, and romaine, served with honey balsamic vinaigrette [GF]

Miso Chicken: Miso glazed chicken thigh with orange segments, red cabbage, red peppers, scallions, and carrots, over crisp greens, served with citrus vinaigrette. [GF]

Grilled Chicken Caprese Salad: Grilled balsamic Chicken Breast, Mozzarella, Sliced Tomato, shaved red onion, Cucumber, Balsamic glaze, and basil oil, over spinach and romaine. Served with Honey Balsamic Vinaigrette [GF]

Chicken Cobb Salad: Grilled chicken breast, chopped bacon, tomatoes, hard cooked egg, avocado, and shredded cheddar over crisp greens. Served with Citrus Vinaigrette. [GF]

Vegetarian Salads:

Add 3 oz Chicken +\$3

Add 3 oz Beef Strips +\$3

Add 3.5 oz Grilled Tofu +\$3

Add 3 oz Salmon or Shrimp +\$5

Mediterranean Chopped: Crispy chickpeas, feta, cucumber, tomato, red onion, olives, and roasted red peppers tossed with crisp greens and greek dressing. [GF] [V]

Vegetarian Chopped Taco Salad: Corn, black beans, soy crumbles, shaved red onion, tomatoes, cheddar cheese, corn tortilla strips, over romaine, served with Cilantro Lime vinaigrette [V]

Garden Chopped Salad: Completely vegan fresh chopped vegetable salad. Tomatoes, carrots, cucumber, shaved red onion, julienne bell peppers, chickpeas, avocado, over spinach, kale, and romaine. Served with Citrus Vinaigrette [GF] [V]

Mix N Match

Our Mix N Match plan includes options from both our Cold N Bold & Heat N Eat choices!

3 day \$37 (1 Cold N Bold, 2 Heat N Eat) 5 day \$57 (2 Cold N Bold, 3 Heat N Eat)

Heat N Eat

Our Heat N Eat meal plan includes a variety of customizable reheatable meals. For each meal, simply choose your main entree and two sides.

3-Day Plan \$40

5-Day Plan \$60

Choose a main dish:

1. **Cilantro Lime Chicken** Chicken thigh baked in a sticky sauce with cilantro & lime
2. **Chicken Marsala** Pan Seared Chicken Breast, sauteed mushrooms & onions in a buttery Marsala sauce [GF] [K]
3. **Creamy Chicken Florentine** Pan seared chicken thigh smothered in a creamy spinach sauce [GF]
4. **BBQ Turkey Meatloaf** A comfy classic homestyle meal, ground turkey baked together with onions, peppers, spices, and coated in a tangy BBQ sauce
5. **Spicy Beef Stir Fry** Sliced beef, peppers, and onions cooked in an Asian garlic chili sauce [GF] [K]
6. **Sweet Chili Grilled Pork Chop** Seasoned grilled pork chop with sweet chili sauce & asian slaw
7. **Chuck Roast Tender** chuck roast with gravy, peppers, onions, and spices [GF] [K]
8. **Garlic Butter Cod** Garlicky herb cod cooked in a creamy spinach sauce [GF] [K]
9. **Lemon Herb Salmon** Pan seared salmon with a lemon-basil herb sauce [GF] [K]
10. **Vegetarian Lasagna** Layers of thin slices squash, mozzarella, herb ricotta cheese, and Tomato Sauce. [GF] [V] [K]
11. **Black Bean Enchiladas** black beans, onions, peppers, kale, spinach, and tomatoes rolled up in three corn tortillas, baked in an enchilada sauce and cheddar cheese. [GF] [V] [K]
12. **Vegan Sweet Chili Meatballs** Made with black beans and quinoa, seared and tossed in a sweet chili sauce. [GF] [V] [K]

Choose two (2) sides:

1. Side Caesar [GF] or Garden Salad [GF] [V]
2. Steamed or Roast Green Beans [GF] [Vg] [K]
3. Steamed or Roast Brussel Sprouts [GF] [Vg] [K]
4. Roast Squash Medley [GF] [Vg] [K]
5. Garlic Parmesan Roast Cauliflower [GF] [V] [K]
6. Garlic Herb Zoodles [GF] [V] [K]
7. Garlic Mashed or Roasted Red Potatoes [GF] [V]
8. Brown Basmati Rice Pilaf [GF] [Vg] or Brown Rice & Quinoa Pilaf [GF] [Vg]
9. Cilantro Rice & Beans [GF] [Vg]

Check our Website & Social Media for rotating specials!

[GF] Gluten Free [V] Vegetarian [Vg] Vegan [K] Keto