



Lite Comfort

*** Indicates Meal Prep Option*

❖ Garden Fresh Salad

A sautéed breast of lemon chicken, seasonal veggies on a bed of fresh salad greens, served with a homemade lemon vinaigrette. **

❖ A sautéed (breast of chicken, salmon filet, or flank steak) served on a bed of lemony herbed zoodles (zucchini noodles). **

❖ Sliced tender brisket or steak tips, sautéed mushrooms, and herbs served with garlic sautéed green beans. **

❖ Roasted Chicken and Cauliflower Mash/ Brown Rice and Cabbage

❖ “Soul Gook Su”

is a fusion of Asian and Soul seasoned salmon filet atop a bed of Asian style Wheat Ramen noodles.

❖ Asian-Style Meatballs and Stir-Fry Vegetables (turkey/ meatless alternative)

❖ Honey Dijon Chicken Breast with Riced Cauliflower or Brown Rice and Cabbage

❖ Southwestern-Style Salad

Chicken, black beans, corn salsa, avocado, cheeses on a bed of greens with Lime Cilantro dressing. **

❖ Southwestern Bowl

Chicken, black beans, corn salsa, avocado, cheeses on a bed of lime cilantro rice with jalapeño sauce. **

❖ Eggplant Lasagna

❖ Spaghetti Squash with Meat Sauce/Chicken Alfredo/ (meatless option available-Also delicious!) **

❖ Strawberry Spring Mix Salad (Seasonal)

A sweet and savory balanced salad with sliced strawberries, dried cranberries, and glazed pecans, atop a bed of spring mix salad and served with a light strawberry vinaigrette. **

❖ Mediterranean-Style Salad

Herbed chicken atop a bed of fresh salad greens with onions, roasted peppers, olives, and feta. Served with a zesty vinaigrette. **

❖ Cobb-Style Salad

Grilled chicken, fresh salad greens with, tomato, cucumber, eggs, turkey bacon, avocado and cheeses. Served with homemade buttermilk ranch dressing. **