



SAMPLE MENUS

Mason Jar Delivery Service

OPTION 1

ROASTED RED PEPPER AND TOMATO SOUP

CURRY COCONUT LENTIL DAL

ROASTED SWEET POTATO, KALE,

BEET & QUINOA SALAD W/ MAPLE TAHINI DRESSING

MATCHA BLISS ENERGY BITES

OPTION 2

BROCCOLI AND "CHEEZE" SOUP

MEXICAN QUINOA SALAD W/ ORANGE-LIME DRESSING

MOROCCAN CHICKPEA POWER SALAD

ALMOND BUTTER PEPPERMINT FUDGE