

SNACKS & DRINKS

Orange & Passionfruit Yummy
Gummies Raspberry Iced Tea
Banana & Cinnamon Sweet Potato
Toasts Clementine Pumpkins
Granola Bites
Hot Apple Cider
Orange Pumpkin Energy Balls
Warm Gingered Date Smoothie
Caramelized Grapefruit
Liquid Gold Bone Broth
Maple Bacon Snowballs

SOUPS

Chicken Asparagus Soup
Chicken Meatballs & Bok Choy
Soup Creamy Turnip & Parsnip
Soup
Butternut Squash Soup with
Lemon & Tarragon
Pumpkin Coconut Soup
Roasted Cauliflower Soup
Chicken Florentine Bone Broth
Soup
Chunky Turkey & Vegetable Soup
with Warm Cranberry Gremolata
Italian Pork & Kale Soup
Rosemary Roasted Pear &
Butternut Soup
Shrimp, Bok Choy & Turmeric Soup
Vegetable Minestrone

SIDES & TAPAS

Sauerkraut
Beet & Celeriac Risotto with
Horseradish Sour Cream
Creamy Curried Kale
Grilled Artichokes with Cilantro
Avocado Dip
Onion Casserole
Risotto Style Leek Greens
Spring Salad & Strawberry
Balsamic Vinaigrette
Whole Roasted Scallions
Beef Liver Paté with Strawberries,
Basil & Balsamic
Oven Roasted Fennel Fries
Peach & Bacon Tater Salad
Potluck Broccoli Salad
White Sweet Potato Salad with
Creamy Chive Dressing
Zucchini Piccata
Celeriac Dill Mash
Garlicky Mashed Rutabaga
Sweet and Tangy Cauliflower
Thanksgiving Stuffing
Jicama Pear Pomegranate Salad
Maple Bacon Brussels Sprouts
Roasted Beets & Carrots with
Grapefruit Glaze
Sweet Potato Toast
Turnip & Apricot Salad

SAUCES & DIPS

Pineapple Guacamole
Microwave Salsa
Sweet & Tangy BBQ Sauce

MAINS

Burrito Bowl with Pineapple
Guacamole & Tostones
Chayote Cucumber Hash
Crab & Meyer Lemon Pasta
Lamb Ribs with Rhubarb
Pork Carnitas
Prosciutto & Sage Stuffed Chicken
with Lemon & Garlic Asparagus
Thai Green Turkey Meatball Curry
Zucchini & Watercress Salad with
Scallops & Lemon-Herb
Vinaigrette
Barbecued Chimichurri Pork
Tenderloin Grilled Pork with Mango
& Strawberry Salsa Nightshade-
free Pineapple Shrimp Ceviche with
Honey-Lime Dressing
Salmon Primavera with Zucchini
Noodles Slow Cooker Meyer Lemon
Rosemary Chicken
Stone Fruit Roasted Chicken
Tropical Chicken Salad
Acorn Squash Fajita Bowls
Chicken & Mushroom Kebabs
Dirty Pumpkin & Sage Risotto
Hamburger Soup
Roasted Pear & Rosemary Sausage
Tray Roasted Butternut,
Romanesco & Sausage with Sage
Oil
Chili Topped Baked Sweet Potatoes
Curry Buddha Bowls
Make Ahead Breakfast Casserole
Marinated Chicken with
"Tabbouleh" & Rosewater Dressing
Spaghetti Squash Pastitsio
Winter Chili Stew

TREATS

Carrot Cake Pudding Parfait
"Chocolate" Manuka Honey Treats
Matcha Green Tea Gelato with
Fudge Sauce
Baked Stuffed Peaches
Blueberry Galette
No Bake Berry Pies
Roasted Spiced Cherry Ice Cream
Strawberry Shortcake
Zesty Orange & Mango Sorbet
Apple Galette
Cinnamon Fruit Crumble
Marshmallow Ghosts
Monster Fingers
Monster Mouths
No-Bake Butternut Squash Pie
Plum Crumble
Pumpkin Spice Mini Glazed Donuts
Pumpkin Tapioca Pudding
Buttertarts
Chocolate Pomegranate Bites
Cinnamon Rolls with Orange Glaze
Cranberry Orange Shortbread
Cookies
Fudgecake Brownies
No-Bake Eat More Bars
Orange Kabocha Squash Fudge