

Beverages

- Warm water with lemon juice
- Infused water: filtered water with basil, lime, and strawberries; watermelon, cucumber, and mint leaves; add a pinch of sea salt or Himalayan pink salt.
- Kombucha, kefir water
- Tea: ginger, turmeric, chai, green, matcha, rooibos, detox, digestive support, hibiscus; Rostov's RVA Blend
- Sparkling water (unsweetened varieties such as La Croix, Amelia Springs, Spindrift)
- Coffee: black, organic, fair trade is best
- Bullet coffee (with grass-fed butter and coconut oil)
- Coffee alternatives such as herbal coffee or mushroom coffee
- Homemade nut, seed, or coconut milks

Breakfast

Non-meat options

- Leftover dinner (*Get outside the traditional breakfast box – this will save you!*)
- Easy Almond Butter Berry Overnight Oats, or other variations
- Warm Date-sweetened steel cut oats
- Cinnamon Peach Millet, cup of tea
- Sweet potato toast with smashed avocado and hard boiled eggs, side of seasonal fruit
- Egg and Veggie Bake with side of blueberries (*omit meat, optionally sub a bit of cooked quinoa*)
- Bowl of yogurt with fresh fruit and 1 TBS cocoa nibs and ground flax seeds, hard/soft boiled egg
- Cup of chunky miso soup with tofu, add brown rice, side of berries
- Massaged Kale & Apple salad with 2 hard or soft boiled eggs on the side
- 2 hardboiled eggs w/ minted apple beet carrot salad, half of an avocado sliced
- Easy Breakfast Salad: greens with lemon and olive oil; half a sweet potato, 1 fried egg, ½ avocado, sliced heirloom tomatoes
- Quick-braised greens, 2 over medium eggs, sliced avocado, side fruit of choice
- Mushroom Spinach Goat Cheese Omelet, fresh herbs – side of summer fruit
- Scrambled eggs with sautéed mushrooms and jalapenos, side of cherries or apple slices
- Quinoa bowl: quinoa with fresh greens, grated carrot, beet; cherry tomatoes, avocados, over easy eggs, fresh herbs
- Breakfast Porridge with Soft Egg & Pea Shoots

Omnivore options

- Smoked Salmon Breakfast Bowl w/ Red Potatoes and 6-minute egg (omit brown rice, use approved mayo)
- Scrambled eggs, avocado slices, red pepper flakes, capers, smoked salmon, blackberries
- Turkey sausage, tomato slices with pesto, blueberries
- Egg and Veggie Bake with side of blueberries
- Bowl of yogurt with fresh fruit and 1 TBS cocoa nibs and ground flax seeds, side of turkey sausage or bacon
- Sweet Potato "Toast" with Avocado, Cucumber, Smoked Salmon, and Poached Egg, side of seasonal fruit
- Leftover salmon, cucumber and tomato slices with olive oil and fresh basil, fresh melon
- Roasted Brussel Sprouts and Bacon Breakfast, top with fried egg for extra protein; summer melon
- Salmon, kale, potato, breakfast bowl w/ soft boiled egg
- Japanese Breakfast Bowl (V, omit salmon and add pan-fried tofu or double the egg)
- Small sweet potato topped with crumbled bacon; side of sauer kraut or cultured vegetables
- Roasted Brussel Sprouts and Bacon; top with fried egg for extra protein; side of summer berries
- Spiralized zucchini quick pan-fried, then tossed with basil, lemon juice; topped with over medium eggs, side of bacon, and a small peach
- Zucchini Fritters with poached eggs on top, avocado slices on side with fresh herbs sprinkled; side of berries

Lunch/Dinner

Poultry

- Almond Flour or Plantain-crusted Chicken Fingers, with lightly steamed summer vegetables like broccoli, zucchini, carrots (ghee, herbs, lemon), side of watermelon
- Ground turkey and sweet potato stuffed peppers with feta; mixed greens side salad (V, sub turkey for black beans, pan-cooked tempeh, or tofu crumbles)
- Emerald City Salad with pulled roasted or grilled chicken, nectarine
- Harissa turkey meatballs
- Roasted Chicken with Olives & Prunes, served hot over toasted millet and raw spinach
- Turkey Summer Vegetable Soup

Beef/Bison/Lamb/Pork

- Greek Lamb Burgers with sliced tomatoes, romaine, roasted sweet potato fries
- Avocado turkey burger topped with 2 strips bacon; side of shaved fennel and zucchini salad
- Mediterranean plate: baked turkey harissa meatballs over a bed of arugula, red grapes or fresh figs, hummus (roasted beet or store bought, carrot sticks, cucumber slices as sides)
- Bison burger with portabella bun, mixed green side salad with dressing
- Stuffed Beef & Quinoa Collard Greens with Tzatziki Sauce, sliced heirloom tomatoes with olive oil drizzle, mint, cantaloupe
- Zucchini Noodle Casserole w/ Italian Sausage

Fish/Seafood

- Easy weeknight Pan-seared salmon over black wild rice, fresh lemon juice, and side of roasted Brussel sprouts or massaged kale salad
- Shrimp and Asparagus stir-fry over over brown rice or zucchini noodles; toasted cashews on top
- Nori-wrapped salmon with roasted cauliflower, simple mixed greens side salad with cherry tomatoes and our favorite dressing
- Almond-crusted Cod with lemony broccoli, roasted sweet potato
- Tuna Poke Avocado Bowl (sub soy sauce with organic, wheatfree tamari)
- Caribbean Lime Halibut (omit sugar) with Emerald City Salad
- Fish Taco Bowl (sub white rice for brown)

Egg

- Egg and Veggie Bake; side of tomato soup topped with fresh basil and crushed cashews
- Any egg-based breakfast dish
- Egg Tomato-spiced Shakshuka, served hot over millet and raw spinach leaves

Beans/Legumes/Whole Grain

- Prism Sprouted Lentil Lettuce Wraps, side cantaloupe or watermelon
- Mung bean + Quinoa and almond Yoga Bowl
- Quinoa Vegetable Fried Rice (sub with coconut aminos), fresh cilantro
- Stuffed Brown Rice & Lentil Collard Greens with Tzatziki Sauce, sliced heirloom tomatoes with olive oil drizzle, mint, cantaloupe
- Light Mediterranean platter: cantaloupe with mint, hummus, carrots, cucumbers, red bell peppers, olives (Q)
- Coconut Red Lentil Soup with brown rice
- Amy's Golden Lentil Soup, scoop of brown rice, mixed green side salad w/ dressing
- Sweet potato back bean burger topped with avocado slices, mixed green side salad or other salad recipe
- Garden herb or southwest veggie burger (by Organic Sunshine Burgers) with sliced avocado on top and big helping of sautéed vegetables like broccoli, zucchini, onions, asparagus, spritz of lemon or lime and topped with fresh cilantro
- Emerald City Salad with cannellini beans, roasted butternut squash
- Mediterranean Quinoa with lentil soup
- Miso, Bean, Avocado Salad Bowl
- Chickpea Quinoa Kale Tahini Bowl
- Amaranth Cakes with Lentils, Kale, & Chipotle Mayo (make vegan or use approved mayo as base)

Snacks

- 6-8 oz. whole milk organic yogurt with ¼ cup berries and 1 TBS hemp seed or cherries and cocoa nibs (template: yogurt + fruit + nut/seed of choice)
- 1 apple, sliced with 1-2 TBS almond or cashew butter
- 1 apple, sliced with spritz of lime and small handful of mixed nuts or pistachios
- ½ an apple, sliced or ~6 cantaloupe chunks, wrapped with thin strips of prosciutto
- 1-2 oz. raw cheese, cup of tea
- 5 Watermelon Cups with Feta and Mint
- 1/3 cup lemon or red beet hummus with carrot sticks and cucumber slices
- 1 hard boiled egg with 1/2 cup of berries
- ½ cup berries, ¼ cup cashews, 1/3 cup fermented veggies (separate)
- 1 cup plantain chips with Watermelon Salsa or guacamole
- Toasted or roasted sweet potato slice with a spread of hummus and halved cherry tomatoes
- Approved bars (in a pinch): EPIC food bars, Wild Zora Meat & Veggie Bars, Rx Bars

On-the-go

- Natural foods market hot bars (Ellwood Thompson, Whole Foods, etc.)
- [Daily Jars](#) pre-made food delivery ([20% off COUPON CODE](#))
- [Goatocado](#): quinoa/baby greens bowls (any except Vietnamese)
- [Cava](#) (Greek + Mediterranean fare, choose GF and dairy free options)
- [Sen Organic Small Plates'](#) Buddha Bowl Salad
- [The Daily](#) (in Carytown, some menu items)
- Chipotle (Salad bowls – brown rice and beans or meat, fajita veggies, romaine, salsa, guac - no white rice, cheese or sour cream)
- Amy's can of soup or frozen meals (read label)
- Starbuck's oatmeal
- Food from your work café or cafeteria; choose salads, whole vegetables and a protein
- List others here: _____
- _____
- _____

Breakfast

- [Egg & Veggie Breakfast Bake](#) *(try with bacon, breakfast sausage, or no meat)*
- [Mushroom and Goat's Cheese Omelet with Spinach and Avocado](#)
- [Salmon Frittata](#) *(skip the mayo or buy a paleo-friendly mayo)*
- [Sweet Potato Toast: hard boiled eggs and avocado](#)
- [Sweet Potato "Toast" with Avocado, Cucumber, Smoked Salmon, and Poached Egg](#)
- [Warm Date-sweetened Steel Cut Oats](#) *(versatile template for oats)*
- [Easy Almond Berry Butter Overnight Oats](#)
- [Smoked Salmon Breakfast Bowl w/ Red Potatoes and 6-minute egg](#)
- [Cinnamon Peach Millet](#)
- [Breakfast Porridge with Soft Egg and Pea Shoots](#)

Meat, Egg, & Seafood Entrees

- [Almond Flour Baked Chicken Fingers](#)
- [Plantain-crust Chicken Fingers](#)
- [Almond-Crusted Cod](#)
- [Roasted Chicken with Olives & Prunes](#)
- [Greek Lamb Burgers](#)
- [Baked Turkey Harissa Meatballs](#)
- [Avocado Turkey Burgers](#)
- [Bison Burger with Portabella Bun](#)
- [Stuffed Beef & Quinoa Collard Greens with Tzatziki Sauce](#)
- [Nori-wrapped Salmon](#)
- [Easy Weeknight Pan-seared Salmon](#)
- [Shrimp and Asparagus Stir-fry](#)
- [Tuna Poke Avocado Bowl](#)
- [Caribbean Lime Halibut](#)
- [Egg Tomato-spiced Shakshuka](#)
- [Fish Taco Bowl](#) *(sub white rice for brown)*
- [Zucchini Noodle Casserole with Italian Sausage](#)

Vegetarian Entrees

- [Stuffed Brown Rice & Lentil Collard Greens](#)
- [Sweet Potato Black Bean Burger](#) *(no ketchup, bun, or sugar)*
- [Miso, Bean, Avocado Salad Bowl](#)
- [Smoky Tempeh Burrito Bowl](#)
- [Quinoa, Chickpea, Kale, Tahini Buddha Bowl](#)
- [Rainbow Vegetable Quinoa Stirfry](#)
- [Amaranth Cakes with Lentils, Kale, & Chipotle Mayo](#)
- [Prism Sprouted Lentil Lettuce Wraps](#)
- [Mung Bean + Quinoa with Almond Yoga Bowl](#)

Basics

- [Shelly's Nourishing Bone Broth](#)
- [How to cook whole grains](#)
- [How to soak and cook legumes](#)
- [Homemade Coconut Milk](#)
- [Homemade Nut Milk](#)
- [How to sprout seeds and beans and things](#)

Snacks

- [Watermelon Cups w/ Feta & Mint](#)

Soups

- [Turkey Summer Vegetable Soup](#)
- [Coconut Red Lentil Soup](#)
- [Simple Curry Coconut Carrot Soup](#)
- [Spicy Tomato & Pepper Soup w/ Cucumber Yogurt](#)

Salads & Sides

- [Shaved Fennel & Zucchini Salad](#)
- [Massaged Kale & Apple Salad](#)
- [Emerald City Salad with Black Wild Rice](#)
- [Beet Salad w/ Toasted Pumpkin Seeds](#)
- [Braised greens](#)
- [Zucchini Fritters](#)
- [How to cook whole grains \(basics\)](#)
- [Roasted Sweet Potato Fries](#)
- [Mediterranean Quinoa with Mint & Parsley](#)
- [Whole Roasted Cauliflower with Sauce](#) (or make lemon, olive oil, parsley sauce of your own)
- [Summer Ratatouille](#)
- [Roasted Beet Hummus](#)
- [Beet, Carrot, & Apple Salad](#)