



Week 5/12/2019

Rainbow Falafel Wrap (red pepper hummus spread, red cabbage, carrots, spinach)

Vegetable Zoodle Pasta Bowl

(whole wheat spaghetti, snow peas, fresh garlic oil, radishes, asparagus, zucchini noodles, topped with plant based bacon)

Green Lentil Salad (green lentils, red bell pepper, cucumbers, cherry tomatoes, shredded carrots, capers, red onion, parsley, mint, lemon juice, olive oil, salt and pepper)

Pea Pesto Pasta w/Sun-Dried Tomatoes & Arugula

(homemade dairy-free pesto, whole grain pasta, sprinkled w/ dairy-free parmesan cheese)

Vegetable Carrot Chickn' Rice

(raw cashews, cauliflower, carrots, baby spinach, zucchini, peas, bell peppers. Fresh herbs and spices)

100% Plant Based - 100% Nutritious - 100% Delicious