



## **WHOLE30 MENU #4**

**831-277-7150**

**Sardasfusioncatering@gmail.com**

### **BREAKFAST PARFAITS (2)**

Creamy vanilla, coconut milk and almond milk chia seed, with strawberries, blueberries, and raspberries

### **BLUEBERRY OATMEAL MUFFINS (4)**

Banana, eggs, pecans, almond flour, and tapioca flour

### **TUNA SALAD**

Green Beans, hard-boiled egg, tomatoes, Kalamata olives, and Yukon potatoes

### **ASIAN SESAME CHICKEN SALAD**

Shredded green and red cabbage, carrots, almonds, sesame seeds, and orange juice vinaigrette

### **BEEF AND SWEET POTATO CHILI**

Ground beef, fire-roasted tomatoes, sweet potato, red bell peppers, and onions

### **SHRIMP CURRY AND CAULIFLOWER RICE**

Coconut milk, golden raisins, tomatoes, onions, and cilantro

### **SLOW-COOKER PORK LETTUCE WRAPS**

Pork Shoulder, fruit salsa with cilantro, jalapeno, and shallots

### **CHICKEN MABELLA AND SAUTEÉED KALE**

Chicken breast with skin on and Kalamata olives

### **CARROTS WITH BLACK SESAME AND GINGER**

*(Side dish)*

### **ZUCCHINI NOODLES WITH SPINACH PESTO**

*(Side dish)*

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**PLEASE PLACE ORDER BY SUNDAY, APRIL 1, 2017**

Meals will be delivered on Tuesday, April 4, 2017

***Pick up time can also be arranged***