

Breakfast:

Green Smoothie: Kale, Cucumbers, Celery and Blueberries
Horchata Chia Seed Pudding: Cinnamon, Vanilla and Almonds

Lunches: Grains, Legumes, and Vegetables

Southwest Black Bean and Quinoa Burger with Lime Aioli
over Greens and Citrus Dressing

Roasted Butternut Squash with Chickpeas and toasted Walnuts
Over Arugula with Tahini Dressing

Red Lentil, Sweet Potato and Kale Stew

Tabbouleh

Cannellini Beans, Tomatoes, Cucumbers, Kale, Marcona Almonds with Lemony Mint Dressing

Japanese Bowl with Carrot Ginger Dressing

Wild Rice, Edamame, Sprouts, Sesame Marinated Shiitake Mushrooms

Dinner: Seafood and Vegetables

Teriyaki Fish

Over Rainbow Snow Pea Slaw

Grilled Salmon with Green Beans

Pomegranate-Balsamic Pan Sauce

Thai Red Curry with Shrimp

Over Cauliflower "Rice"

Miso Crusted Cod and Braised Garlic Bok Choy

Over Snap Pea, Snow Pea Slaw

Pistachio Crusted Tilapia

Beets and Frisee Salad with Orange Citrus Dressing

Snacks:

Hemp and Spirulina Energy Bars

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