

CATEGORY/ITEM			INGREDIENTS
B r e a k f a s t	Eggs	Scrambled	Eggs, Sea Salt, Pepper,
		No Eggs	
		Poached	Eggs,
		Whites	Eggs Whites, Sea Salt, Pepper,
	Protein	Bacon	Bacon,
		Chicken Chorizo	Ground Chicken, Apple Cider Vinegar, Ancho Chile Powder, Cumin, Coriander, Cloves, Cinnamon, Oregano, Granulated Garlic, Sea Salt, Pepper,
		Ground Beef	Ground Beef, EVOO, Yellow Onions, Garlic, Sea Salt, Pepper,
		Ground Turkey	Ground Turkey, EVOO, Yellow Onions, Garlic, Basil, Lemon, Sea Salt ,Pepper,
		No Meat	
		Spicy Steak	Steak, EVOO, Cayenne Powder, Thai Peppers, Garlic, Lemon, Lime, Tomato Paste, Honey, Coconut Aminos, Sea Salt,
		Turkey Bacon	Turkey Bacon,
	Turkey Sausage	Ground Turkey, Garlic, Sage, Thyme, Fennel, Sea Salt, Pepper,	
	Sides	Broccoli	Broccoli,
		Brussel Sprouts	Brussel Sprouts, EVOO, Balsamic Vinegar, Honey, Salt and Pepper
Hash Browns		Russet Potatoes, Sea Salt, Pepper, Onion Powder, Granulated Garlic,	
Onions		Yellow Onions,	
Mushrooms		Mushrooms,	
Potatoes		Red Potatoes, EVOO, Rosemary, Garlic Salt, Pepper,	
Red Peppers		Red Peppers,	
Spinach		Spinach,	
Sweet Potatoes	Sweet Potatoes, Yams, EVOO, Paprika, Chile Powder, Salt, Pepper,		
L u n c h / D i n n e r	Protein	Coconut Chicken	Chicken, Eggs, Coconut Milk, Coconut Flour, Coconut (Shredded),
		Grilled Chicken	Chicken, Lemon, Garlic, Mustard, EVOO, Sea Salt, Pepper, Thyme, Oregano,
		Grilled Steak	Steak, EVOO, Coconut Aminos, Garlic, Cilantro, Sea Salt , Pepper,
		Ground Beef	Ground Beef, EVOO, Yellow Onions, Garlic, Sea Salt, Pepper,
		Ground Turkey	Ground Turkey, EVOO, Yellow Onions, Garlic, Basil, Lemon, Sea Salt ,Pepper,
		Meatballs	Ground Pork, Ground Beef, Yellow Onions, Green Onions, Eggs, Garlic, Coconut Aminos, EVOO, Paprika, Red Pepper Flakes, Pepper, Sea Salt, Anise, Fennel,
		Pork Loin	Pork Loin, Sea Salt , Pepper, Honey, EVOO, Coconut Aminos, Lime, Garlic, Cilantro,
		Salmon	Salmon, Oranges, Coco Aminos, EVOO, Rice Wine Vinegar, Garlic, Ginger, Sea Salt, Pepper, Green Onion,
		Shrimp	Shrimp, Lemon, Sea Salt, Paprika, Black Pepper, Cayenne Pepper, Mustard Powder, Cinnamon,
		Spicy Steak	Steak, EVOO, Cayenne Powder, Thai Peppers, Garlic, Lemon, Lime, Tomato Paste, Honey, Coconut Aminos, Sea Salt,
	Turkey Meatballs	Ground Turkey, Red Onions, Sun Dried Tomatoes, Eggs, Garlic, Basil, Pepper Sea Salt,	
	Sides	Asparagus	Asparagus, EVOO, Salt Pepper,
		Broccoli	Broccoli,
		Brown Rice	Brown Rice,
		Brussel Sprouts	Brussel Sprouts, EVOO, Balsamic Vinegar, Honey, Salt and Pepper
		Carrots	Carrots, EVOO, Sea Salt, Pepper
		Cauliflower	Cauliflower, EVOO, Garlic, Thyme, Sea Salt, Pepper,
		Cauliflower Rice	Cauliflower, EVOO, Vegetable Broth, Turmeric, Garlic Powder, Smoked Paprika, Sea Salt, Pepper,
		Green Beans	Green Beans,
		Mashed Potatoes	Red Potatoes, Garlic, Coconut Milk, EVOO, Sea Salt, Pepper,
Potatoes		Red Potatoes, EVOO, Rosemary, Garlic Salt, Pepper,	
Sweet Potatoes	Sweet Potatoes, Yams, EVOO, Paprika, Chile Powder, Salt, Pepper,		
Sweet Potato Mash	Sweet Potatoes, Yams, Coconut Milk, Sea Salt , Orange		
Zucchini-Squash	Zucchini, Yellow Squash, EVOO, Thyme, Rosemary, Basil, Garlic, Pepper,		
E.P.	Pro.	Coconut Chicken	Chicken, Eggs, Coconut Milk, Coconut Flour, Coconut (Shredded),
		Grilled Chicken	Chicken, Lemon, Garlic, Mustard, EVOO, Sea Salt, Pepper, Thyme, Oregano,
		Grilled Steak	Steak, EVOO, Coconut Aminos, Garlic, Cilantro, Sea Salt , Pepper,
		Ground Beef	Ground Beef, EVOO, Yellow Onions, Garlic, Sea Salt, Pepper,
		Ground Turkey	Ground Turkey, EVOO, Yellow Onions, Garlic, Basil, Lemon, Sea Salt ,Pepper,
		Meatballs	Ground Pork, Ground Beef, Yellow Onions, Green Onions, Eggs, Garlic, Coconut Aminos, EVOO, Paprika, Red Pepper Flakes, Pepper, Sea Salt, Anise, Fennel,
		Pork Loin	Pork Loin, Sea Salt , Pepper, Honey, EVOO, Coconut Aminos, Lime, Garlic, Cilantro,
		Salmon	Salmon, Oranges, Coco Aminos, EVOO, Rice Wine Vinegar, Garlic, Ginger, Sea Salt, Pepper, Green Onion,
		Shrimp	Shrimp, Lemon, Sea Salt, Paprika, Black Pepper, Cayenne Pepper, Mustard Powder, Cinnamon,
		Spicy Steak	Steak, EVOO, Cayenne Powder, Thai Peppers, Garlic, Lemon, Lime, Tomato Paste, Honey, Coconut Aminos, Sea Salt,
		Turkey Meatballs	Ground Turkey, Red Onions, Sun Dried Tomatoes, Eggs, Garlic, Basil, Pepper Sea Salt,
E.S.	Sides	Asparagus	Asparagus, EVOO, Salt Pepper,
		Broccoli	Broccoli,
		Brown Rice	Brown Rice,
		Brussel Sprouts	Brussel Sprouts, EVOO, Balsamic Vinegar, Honey, Salt and Pepper
		Carrots	Carrots, EVOO, Sea Salt, Pepper
		Cauliflower	Cauliflower, EVOO, Garlic, Thyme, Sea Salt, Pepper,
		Cauliflower Rice	Cauliflower, EVOO, Vegetable Broth, Turmeric, Garlic Powder, Smoked Paprika, Sea Salt, Pepper,
		Green Beans	Green Beans,
		Mashed Potatoes	Red Potatoes, Garlic, Coconut Milk, EVOO, Sea Salt, Pepper,
		Potatoes	Red Potatoes, EVOO, Rosemary, Garlic Salt, Pepper,
		Sweet Potatoes	Sweet Potatoes, Yams, EVOO, Paprika, Chile Powder, Salt, Pepper,
		Sweet Potato Mash	Sweet Potatoes, Yams, Coconut Milk, Sea Salt , Orange
Zucchini-Squash	Zucchini, Yellow Squash, EVOO, Thyme, Rosemary, Basil, Garlic, Pepper,		
Extras	Sauce	Chimichurri	Basil, Parsley, EVOO, Red Onion, Garlic, Lemon, Red Wine Vinegar, Sea Salt, Pepper, Red Pepper Flakes
		Cilantro-Lime-Avocado	Avocado, Garlic, Cilantro, Almond Milk, Lime, EVOO, Sea Salt, Pepper
		Lemon-Basil-Avocado	Avocado, Garlic, Basil, Almond Milk, Lemon, EVOO, Sea Salt, Pepper
		Roasted Red Pepper	Red Peppers, Garlic, EVOO, Lemon, Cilantro, Green Onions, Red Wine Vinegar, Cayenne Pepper, Sea Salt, Pepper
		Sriracha	Red Jalapenos, Garlic, Apple Cider Vinegar, Tomato Paste, Honey, Coconut Aminos, Sea Salt,
		Sun Dried Tomato-Basil Pesto	Sun Dried Tomatoes, EVOO, Basil, Parsley, Red Peppers, Tomatillos, Green Onions, Garlic, Lemon, Red Wine Vinegar, Nutritional Yeast, Salt