



CHEF B. MEALS
WEEKLY MEAL
PREP
Week of 5/01

ENTREES

Chicken

Harissa-Roasted Chicken with Chickpeas
(F) (GF,NF)

Tangy yogurt meets bold harissa in the topping of this gutsy chicken dish. The chickpeas become pleasantly chewy after they roast with the chicken, while the yogurt in the marinade cools the spicy harissa. We also cook this dish with carrot and red onion. Please specify if you would like white meat this dish is typically served with dark meat.

Recommended Pairing: Carrot Tahini Salad

Beef

Grilled Flap Steaks with Tomato Pecan Romesco
(F) (GF,SF)

Flap steaks, also known as sirloin tips, are a great tender cut of meat. We'll grill them up for you, and you just finish them off in the oven! Topped with a tomato and pecan sauce, this is a steak recipe to love for all time! (For those with allergies, we can substitute for a Roasted Red Pepper Aioli, just ask...)

Recommended Pairing: Marinated and Grilled Vegetables

Pork

Pork Tenderloin with Ginger-Fuji Apple Chutney
(F) (GF,NF,SF)

We rub the pork loin with our homemade spice mix, roast it to medium stage and you finish cooking it when reheating the dish. This tart-sweet chutney, spiked with ginger, takes advantage of the fact, and ups the taste ante by using fragrant Fuji apples. This wonderful apple provides subtly sweet flavor; it also keeps its shape when cooked, so the finished chutney has body.

Recommended pairing: Kale Salad with Cider Dressing

Seafood

Crispy Haddock with Tarragon-Chive Oil
(DF,NF,SF)

Pan-seared to get a golden crispy skin, garnished with roasted baby vegetables and accompanied with our homemade Tarragon-Chive Oil.

Recommended Pairing: Creamed Corn

Wild Card

Seafood Etouffée
(F) (NF,SF)

Shrimp and bay scallops in an étouffée brings together all of the hallmarks of Louisiana cooking: seafood, the "Holy Trinity" of onion, celery and green pepper, traditional Cajun seasoning and hot sauce. We will prepare it mildly spicy for you.

Recommended pairing: Cajun Fried Rice

Something Simple

Chicken Scampi (F) (NF,SF)

All the flavor and taste of shrimp scampi! Sautéed chicken tenderloins infused with balsamic vinegar, garlic and herbs are nicely grilled, slightly charred and tender at the same time.

Recommended Side: Scampi Linguini



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SIDES

Sweet Tooth

Homemade Pound Cake with Rum Glaze **(F) (NF,SF)**

Our Homemade Pound Cake with Rum Glaze is incredibly moist, fragrant, and good for any season.

Carrot Tahini Salad (GF,DF,NF)

This light and crunchy salad is such a great spring salad. I love how easily this comes together, and the addition of the sweet raisins pair exceptionally well with the spiced chickpeas for a wonderful combination of sweet and savory.

Marinated and Grilled Vegetables **(GF,DF,NF,SF)**

We toss thick cuts of corn, cherry tomatoes, red onion, asparagus, butternut squash with EVOO and fresh herbs. We grill them for a couple of minutes on the grill and you finish them in the oven.

Kale Salad with Cider Dressing **(GF,SF)**

Crunchy kale, toasted pecans, crumbled goat cheese, and dried cranberries served with a dressing featuring an apple cider syrup reduced slowly to 1/8th the original volume!

Cajun Fried Rice (F) (GF,NF,SF)

With the addition of crayfish, andouille sausage, scallions, cilantro and Cajun spices, this side dish could also be enjoyed as a main course.

NOTE: WE CAN PREPARE THIS DISH WITHOUT THE SAUSAGE IF YOU DO NOT EAT PORK.

Creamed Corn (F) (GF,NF,SF)

A smooth and creamy side dish filled with cream, butter and cheese. Anyone who likes corn will love this recipe! It's the perfect side dish for any occasion.

Scampi Linguini (F) (NF,SF)

Linguini with tomato, red pepper, red onion, garlic, parmesan tossed in a savory wine sauce.

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CHEF B. MEALS
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ENTREES

Chicken

Chicken Marsala with Mushrooms and Cherry Tomatoes (F) (NF,SF)

What's for dinner tonight! How about pan-fried chicken cutlets, wine-soaked mushrooms, and blistering cherry tomatoes in a tempting Marsala wine sauce?

Recommended pairing: Vegetable Truffle Risotto

Beef

Blue Cheese French Burger (F) (NF,SF)

As a French Chef I could not resist to put a twist on this iconic American dish! The blue cheese (we use Roquefort cheese) melts during grilling resulting in a flavorful and juicy bite. I add another twist by using sliced French gruyere cheese and endive tossed in a mustard vinaigrette to replace the lettuce and mayo. You will still get the sliced tomato and onion.

The burger is grilled rare, and it comes with a bun.

Option 1: available without the blue cheese.

Option 2: available uncooked and you grill it yourself.

Recommended pairing: California Sunset Salad

Pork

Pork Fricassee (F) (GF,NF,SF)

Not familiar with fricassee? Call it a French Stir-Fry. It is a cross between a stir-fry and a stew with a creamy Lemon-Tarragon-Mustard Sauce. Here, juicy pork tenderloin is teamed with mushrooms and artichoke hearts, and everything is cooked in one pan.

Recommended pairing: Potato Gratin

Seafood

Jamaican Jerk Mahi Mahi with Pineapple Chutney (GF,DF,NF,SF)

This lightly spicy classic of the Caribbean roasted to perfection and expertly spiced.

Recommended pairing: Jamaican Rice and Peas

Wild Card

Maryland Crab & Corn Chowder (F) (NF,SF)

Crab soup often comes in one of two ways – either a creamy chowder-like soup, or a brothy stew full of veggies. My version takes a little from both worlds and makes for a combination that will have your whole family asking for more!

Recommended pairing: Classic Succotash

Something Simple

Peruvian Chicken Skewers (F) (GF,NF)

Juicy, tender grilled chicken, bursting with vibrant flavor. These Peruvian Grilled Chicken Skewers are a delicious fusion of South American and Asian cuisines!

Recommended pairing: Peruvian Vegetable Skillet



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Sweet Tooth

Strawberry Shortcake w/ Mascarpone Cream (NF,SF)

This Strawberry Shortcake gives a new twist to an old classic. Vanilla cake layers, strawberry compote, and mascarpone whipped cream!

Vegetable Truffle Risotto (F) (GF,NF,SF)

Truffle-scented risotto is one of the most luxurious—and simplest—of risottos. WE pack ours with seasonal vegetable such as carrots, asparagus, leeks, summer squash. Our tradition-busting recipe guarantees the creamiest, silkiest, most delicious version possible.

California Sunset Salad (GF,DF,SF)

The ultimate healthy kick! Chopped kale, beets, carrots, mandarins, pistachios, cherry tomatoes, and wild rice. It is lightly dressed with a tahini-based vinaigrette - energizing and cleansing.

Potato Gratin (GF,NF,SF)

In this classic gratin, thinly sliced/scalloped potatoes soak up all the goodness of a milk-and-light cream mixture that has been spiked with nutmeg. A sprinkling of grated Gruyere cheese on top becomes golden in the oven.

Jamaican Rice and Peas (F) (GF,DF,SF)

As odd as it sounds, there are no peas in this recipe. It is made with rice, red beans, coconut milk and fresh herbs. It is the traditional and perfect accompaniment to jerk chicken.

Classic Succotash (GF,DF,NF,SF)

Packed with healthy veggies like onion, corn, tomato and lima beans, this traditional Southern side is finished with a touch of red wine vinegar and tossed with minced chives and dill.

Southwestern Vegetable Skillet (GF,NF,DF,SF)

This vegetable side dish is a great alternative to beans when the main dish has a Peruvia flair!

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Chicken

Mango Chicken Stir-Fry with Snap Peas
(GF,DF,NF) **PC

Most people think mangos are only eaten raw, but they're also delicious cooked, as in this delicious stir-fry. When cooked, the fruit begins to break down and become caramely – absolutely delicious when combined with seared chicken and snap peas.

Recommended Pairing: Green Salad with Strawberries and Goat Cheese

Beef

Steak Salad with Tomato Vinaigrette
(GF,NF) **PC

Flank steak is seasoned, marinated and grilled, a unique vinaigrette is made with fresh tomatoes, lime and chili sauce and all is tossed together with crunchy Boston bibb lettuce, fresh herbs and feta cheese.

Recommended Pairing: Italian Turkey Sausage, Spinach and Tortellini Soup

Pork

Pan-Seared Pork Chops with Basil Butter and Summer Squash (F) (GF,NF,SF) **PC

The basil butter is the star here: It seasons the pork and adds an herby, rich flavor to the roasted squash.

Recommended Pairing: Summer Garden Couscous.

Seafood

SoCal Fish Tacos (F) (GF,NF,SF)

A grilled fish taco is a beautiful thing to eat. San Diego and Baja California are where they originated. These are stuffed with marinated mahi-mahi, cabbage, mango salsa and topped with lime crema. We pack this with a corn tortilla and a couple of lime wedges.

Recommended pairing: Mexican Chopped Salad with Honey Lime Dressing.

Wild Card

Creole BBQ Shrimp & Grits (F) (NF,SF) **PC

The merge between two Louisiana staples. The shrimp don't actually go on the grill rather they are slow cooked in a creole butter sauce. Served over creamy gouda grits and finished with chives.

Recommended Pairing: Sauteed Kale w/ Mushrooms and Stewed Tomatoes

Something Simple

Italian Chicken Meatloaf with Basil (F) (NF,SF)

A lovely meatloaf made with fresh Italian herbs and spices makes for a delicious and healthful meal that is perfect for any occasion!

Recommended Pairing: Olive Oil Mashed Potatoes



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Green Salad with Strawberries & Goat Cheese (GF,NF,SF)

This lively salad captures the essence of spring with ripe strawberries, chives and baby spinach. We will give you a strawberry vinaigrette on the side to toss and serve this wonderful spring salad.

Italian Sausage, Spinach and Tortellini Soup (F) (NF,SF)

I have always been a fan of tomato soup. I love the creaminess, the rich tomato flavor and brightness of the tomatoes. So imagine my delight when I combined those flavors I love with spicy Italian Sausage, Spinach and Cheesy Tortellini!

Summer Garden Couscous (DF,NF,SF)

This couscous side makes the most of summer's bounty: zucchini, cherry tomatoes, bell peppers, celery and an array of fresh herbs.

Mexican Chopped Salad with Honey Lime Dressing (GF,NF,SF)

Tortillas are not the only depository for beans, corn, and tomatoes. Let romaine lettuce do the job. Feta cheese supplies a dose of calcium and major flavor. And the honey-lime dressing adds just the right touch of tangy sweetness. Buen provecho!

Sautéed Kale, Mushroom and Stewed Tomato (GF,NF,SF)

If you're a mushroom lover, you will love this dish. We use different varieties of mushrooms like shiitake, portobello and oyster. Meaty mushrooms and fiber-rich kale make this vegetarian side dish a nutritional knockout.

Olive Oil Mashed Potatoes (F) (GF,NF,SF)

A slight twist on regular mashed potatoes, adding olive oil lends a creamy texture without adding butter and this pairs perfectly with the meatloaf.

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Chicken

Chicken Paillard (GF,NF,SF)

Chicken Paillard is an Italian classic recipe that's perfect for grilling season: thin cutlets of boneless chicken breasts marinated with white wine, Italian herbs, lemon, and a touch of EVOO. We grill it and top it off with a simple arugula salad (red onion, cherry tomato, shaved parmesan).

Recommended pairing: Greek Salad

Beef

Beef Satay with Thai Peanut Sauce (F) (GF,DF)

Tender strips of flap steak – not flank steak – are marinated overnight with shallot, lemongrass, cilantro, a touch of turmeric and curry. We later grill the meat and serve it with a Thai Peanut sauce packaged in a separate container. Option: We can leave the satay uncooked and you can grill it yourself.

Recommended pairing: Indonesian Lemongrass Scented Coconut Rice

Pork

Hawaiian Pork Spareribs Pupu (F) (GF,NF)

I know. A funny name for a scrumptious spare rib recipe! I vacationed many times in Hawaii when I was living in California and I loved that dish. Call it a diet version of spareribs! The ribs are first cooked in a broth with ginger, garlic, and a touch of five-spice. They lose a lot of their fat content in the process. Then, we smother them with and Hawaiian BBQ sauce and cook in the oven until tender and falling off the bone!

Recommended pairing: Veggie Kabobs w/ Fresh Corn Relish

Seafood

Asian Salmon Cakes with Sweet Chili Sauce (F) (NF)

Those salmon patties are infused with scallion, cilantro, lime juice, a touch of light-sodium soy sauce, rice vinegar, jalapeno, and coated with a panko-sesame seeds mixture.

Recommended pairing: Vegetable Pad Thai

Wild Card

Saucy Kansas City Style BBQ Chicken (F) (GF,NF,SF)

Kansas City, MO, is the melting pot of BBQ. No meat is off-limits, and it is all slathered with a sweet, peppery sauce after a long, slow smoke. We use bone-in chicken thighs and legs for this dish please specify if you would like white meat. Option: We can leave the chicken uncooked and you can grill it yourself.

Recommended pairing: Southern BBQ Baked Beans

Something Simple

Salmon Salad with Herbed Yogurt over Grilled Flatbread (NF,SF)

The traditional elements of a Macaroni salad have been preserved – elbow macaroni and a light touch of mayonnaise – but they have been bolstered by bright flavors: lemon zest, tangy capers and pickles, crunchy celery, tuna, and tons of fresh herbs. It goes lighter on mayonnaise than traditional recipes, swapping in tangy buttermilk for a dressing that is more glossy than gloopy. It can be served straight from the fridge or at room temperature.

Recommended pairing: Strawberry Rhubarb Cobbler



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Greek Salad with Pita Strips (NF,SF)

Cucumbers, tomatoes, red onions, olives, feta cheese, and romaine are tossed with a red wine vinaigrette in this Greek-inspired salad. Make this dish an entrée by adding Mediterranean Chicken as your protein option.

Indonesian Lemongrass Scented Coconut Rice (F) (GF,DF)

You will love this jasmine rice cooked with lemongrass, ginger, lime leaves, coconut milk and garnish with crushed peanuts. It is honestly one of my favorite versions of all the rice dishes we prepare.

Veggie Kebabs with Fresh Corn Relish (GF,DF,NF)

An early taste of summer in your plate! Marinated zucchini, red onion, cherry tomato, mushroom and bell pepper threaded on a skewer and lightly grilled. Easy to reheat and you top with a lovely corn relish.

Vegetable Pad Thai (F) (GF)

You will love this recipe with its bright, crisp-tender snow peas, carrots, mushrooms, garlic, and scallions! We toss it all in a traditional Pad Thai sauce and top it off with scrambled eggs and sesame seeds.

NOTE: You can make this dish an entrée by adding Teriyaki Chicken please make a note in the comments when ordering.

Southern BBQ Baked Beans (F) (GF,NF)

Southern style Homemade Baked Beans in a thick, rich savory sauce with a perfect balance of sweet and a hint of tang. Contains bacon but we can prepare without if you like!

Strawberry Rhubarb Cobbler (F) (NF,SF)

This family favorite is sweet and tart, chock-full of berries and rhubarb and topped with a thick crust. Make sure that you have some Vanilla ice cream in your freezer.

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