



CHEF B. MEALS
WEEKLY MEAL
PREP
Week of 1/08

ENTREES

Chicken

Chicken Pesto Over Angel Hair Pasta (F) (NF,SF)

I normally prepare this dish in the summer whenever I have an abundance of basil growing in my garden. It is also good in the colder months as a light yet filling pasta dish. We prepare our pesto in house without any nuts so that all can partake in the deliciousness! We garnish it with roasted tomatoes and basil! Yum! NUT-FREE

Recommended pairing: Pistachio Crusted Delicata Squash

Beef

Steak Au Poivre (F) (GF,NF,SF) **PC

We pan sear peppercorn-crusted steaks and finish them with a creamy pan sauce spiked with Cognac. We make our version with black peppercorns and Sichuan pepper for a bright but not overpoweringly peppery or boozy taste. NOTE: We can prepare this dish without crusting the steak in peppercorns if you would like to cut the spicy aspect of this dish.

Recommended pairing: Truffle Smashed Fingerlings with Roasted Garlic and Chives

Pork

Grilled Pork Chops with Apricot Mustard Glaze (F) (GF,NF) **PC

Grilled pork chops glazed with a savory-fruity of apricot preserves, whole grain mustard and a touch of tamari to add an umami flavor.

Recommended pairing: Roasted Beet and Farro Salad

Seafood

Pacific Rim Glazed Salmon (F) (DF,NF) **PC

Pacific=Hawaii=Asian flair. We maintain the Salmon in a teriyaki sauce, onion, a touch of honey, sesame oil, garlic, ginger and red pepper flakes. We sear it to rare and allow you finish it to your desired doneness.

Recommended Pairing: Vegetable Fried Couscous

Wild Card

Chicken Chasseur (Hunter's Chicken) (F) (NF,SF) **PC

IA hearty dish of thick-cut bacon from Amish Country, mushrooms, tomatoes and onions simmered with chicken in an herb-scented broth. (If you are counting calories, we will leave the bacon out for you and this dish will still taste very good).

Note: This dish is prepared with dark meat chicken please specify if you would like white meat.

Recommended Pairing: Green Beans Almondine

Something Simple I

Garlic Shrimp with White Beans and Wilted Greens (F) (GF,DF,NF,SF) **PC

Shrimp are broiled to perfection while white cannellini beans are simmered with garlic, tomato, paprika and chile powder (not spicy) to create a complete meal bursting with vibrant flavors.

Recommended pairing: New England Clam Chowder

Something Simple II

Toasted Coconut, Rum and Raisin Rice Pudding (F) (GF,SF)

Toasted rice in brown butter, cooked in coconut cream and laced with rum and raisin syrup to make this rice pudding. It is a world away from a traditional rice pudding.



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SIDES

Pistachio Crusted Delicata Squash with Maple Syrup (GF,SF)

A simple side dish with unique flavors. There's cinnamon. There's sea salt. And of course, pistachios! Trust me, that's all a match made in heaven

Truffle Smashed Fingerlings with Roasted Garlic and Chives (F) (GF,NF,SF)

First, we boil the potatoes, then we smash them and cool them down. They are tossed with roasted garlic oil before roasting them in the oven until golden brown and delicious! They are garnished with truffle oil, chives, and love!

Roasted Beet & Farro Salad (SF)

Sweet, cool, and colorful, this tangy roasted beet salad has a touch of goat cheese, orange segments, toasted spiced walnuts, farro and a fresh, citrusy dressing.

Vegetable "Fried" Couscous (DF,NF)

Think of fried rice only healthy, we mix roasted vegetables, couscous, and sesame oil together to give this couscous a decidedly Asian feel.

Green Beans Almandine (F) (GF,DF,SF)

Haricots verts almandine—the classic French dish of green beans with almonds—is an easy, crowd-pleasing side. But as is so often the case with simple preparations, the difference between mediocre and great is all a matter of technique.

New England Clam Chowder (F) (NF,SF)

A delicious, traditional, cream-based chowder, this recipe calls for the standard chowder ingredients: onion, celery, potatoes, diced carrots, clams, and cream. A little red wine vinegar is added before serving for extra flavor.

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Symbol Guide:

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CHEF B. MEALS
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Week of 1/15

ENTREES

Chicken

Lemon Herb Grilled Chicken Breasts with Tomato Jam (F) (GF,DF,NF,SF) **PC

This flavorful recipe is part of a healthy and delicious spa menu developed by Canyon Ranch in Arizona.

Recommended pairing: Creamy Polenta, Garlic-Basil Butter

Beef

Cuban Beef Picadillo (GF,DF,NF,SF)

This dish is loaded with intense flavors from the cinnamon, raisins, and Spanish olives. We cook it low and slow, the results are heavenly!

Recommended pairing: Spanish Quinoa Stuffed Peppers

Pork

Roasted Grape Demi-Glace Pork Loin (F) (GF,DF,NF,SF) **PC

Perfectly roasted pork loin sliced into medallions and topped with a roasted green and red grape demi-glace sauce.

Recommended pairing: Swedish Red Cabbage

Seafood

Grilled Tuna Loin with Scallion Cream (F) (GF,NF,SF) **PC

Herb marinated tuna with a flair! Tuna is mild and delicious.... we lightly grill the tuna and serve it up with a cream sauce made from scallions, lemon, and crème fraiche!

Recommended Pairing: Coconut Curry Kale

Wild Card

Miso Ramen with 5 Spice Shrimp (F) (DF,NF) CONTAINS SESAME

Three elements combine to make this recipe an instant classic: 5 spice marinated shrimp (seasoned with fresh ginger, scallions, and soy sauce), a miso-spiked broth, and of course, squiggly ramen noodles. Baby bok choy provides some greens for healthy balance.

Recommended pairing: Sesame Garlic Broccoli

Something Simple

Southern Barbecue Chicken (F) (GF,NF,SF) **PC

Barbecue is a way of life in the South. Here we use the same technique with chicken, which cut down on the fat. We season the chicken with a dry rub before grilling the chicken and glazing it with a traditional Southern-style mustard-based barbecue sauce. Note: Please specify whether you would like white or dark meat.

Recommended pairing: Buttermilk Ranch Potato Salad



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SIDES

Dessert Corner

Madagascar Vanilla Bean Cheesecake with Berry Compote (F) (NF,SF)

Back by popular demand! One of my personal favs and it is kid approved as well.

Creamy Polenta with Garlic-Basil Butter (F) (NF,SF)

This elegant side dish is a wonderful alternative to potatoes and rice.

Spanish Quinoa Stuffed Peppers (GF,NF,SF)

Amazing Spanish-style quinoa stuffed peppers made with corn, black beans, salsa and exciting spices! Simple, flavorful, full of protein and fiber and entirely vegan and gluten free!

Swedish Red Cabbage (GF,NF,SF)

The explosion of flavors in this dish of cabbage come from green apples, onion, a touch of apple cider vinegar and currant jelly!

Coconut Curry Kale (F) (GF,DF,SF)

The greens here are cooked down until nice and soft, but they are done in an Indonesian style broth that is slightly spicy and has the flavors of kaffir lime, coconut milk, and lemongrass.

Sesame Garlic Broccoli (F) (GF,DF,NF)

****CONTAINS SESAME**

There's something about the mixture of toasted sesame seeds and garlic that makes this broccoli, well, poetic! It's the perfect side dish for almost any Asian-style fish or meat. Because the broccoli is steamed rather than sautéed, the fat content is extremely low. If you limit how much sauce you drizzle over it, you can reduce the calories even more.

Buttermilk Ranch Potato Salad (GF,NF,SF)

Creamy, tangy Buttermilk Ranch is one of the most popular and versatile dressings. The rich flavor and creamy texture of Yukon Gold potatoes makes them ideal for this slightly crumbly American-style potato salad! Note: This dish contains bacon please let us know if you would like us to omit.

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Week of 1/22

ENTREES

Chicken

Roasted Chicken Breasts with Caesar Vegetables (F) (GF,NF,SF) **PC

This is one of my favorite recipes! It's simple yet packed with flavor. We roast the chicken on a sheet pan and then toss in the green beans, peas, and new potatoes. We finish the dish with tarragon, parmesan, our house Caesar dressing, and a lemon wedge for brightness!

Recommended pairing: Winter Apple and Squash Panzanella Salad

Beef

Beef Stroganoff Over Pappardelle (F) (NF,SF)

This Russian dish has been around for several centuries, but it was not until the fifties that it became all the popular in the United States. Here is a delicious rendition that pays tribute to the "gourmet" chafing-dish dinner party. Now, as then, beef stroganoff is a good thing to cook in front of a small crowd. We serve ours up with Herbed Egg Pappardelle.

Recommended pairing: Deconstructed Stuffed Bell Pepper Soup

Pork

Sesame-Ginger Pork Patty with Grilled Pineapple (F) (GF,DF,NF) **PC CONTAINS SESAME

Ditch the bun and serve this Asian-inspired pork burger with sweet grilled pineapple!

Recommended pairing: Asian Spaghetti

Seafood

Almond Crusted Haddock with Dill Aioli (SF)

This almond crusted fish has just 5 ingredients and is light, healthy, and super flavorful. We prepare it with almond flour which adds the perfect flavor and texture.

Recommended Pairing: Brown Butter Cauliflower Mash

Something Simple I

Lamb, Apricot, and Chickpea Tagine (F) (GF,DF,NF,SF)

Our take on the traditional Moroccan dish!

Recommended pairing: Persian Jeweled Rice

Something Simple II

Artichoke and Spinach Gratin (F) (GF,NF,SF)

This baked spinach and artichoke casserole is a great dish for dinner on a cold night. Your kids will love it!

NOTE:(We will throw some Italian chicken sausage in if you need a protein for your dinner. Please specify in the comments section)

Recommended pairing: Broccoli and Cauliflower Detox Salad



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Week of 1/22

SIDES

Dessert Corner

Tiramisu (F) (NF,SF)

A timeless no-bake Italian dessert combining espresso-dipped ladyfingers and a creamy lightly sweetened mascarpone cream.

Winter Apple and Squash Panzanella Salad (SF)

This gives the Italian classic tomato and stale bread a salad a seasonal twist with hazelnuts, apples, butternut squash, goat cheese, kale and ciabatta croutons.

Deconstructed Bell Pepper Soup (F) (GF,DF,NF,SF)

If you make this soup, you never have to make stuffed peppers again - it tastes just like it! Make a day ahead of time so the flavors enhance themselves.

Asian Spaghetti (F) (DF,NF)

This spaghetti is tossed with sauteed, snow peas, carrots, mushrooms, and a soy-sweet chili sauce.

Brown Butter Cauliflower Mash (GF,NF,SF)

Thick, creamy, and has loads of savory flavor thanks to the garlic, Parmesan, and browned butter. This dish is so good, you will want us to make it again and again. Let us not forget to mention this dish is both guilt and gluten free!

Persian Jeweled Rice (F) (GF,SF)

This dish is called jeweled rice because it is golden and glistening, laced with butter and spices and piled with nuts and gem-colored fruits.

Broccoli and Cauliflower Detox Salad (GF,DF,NF,SF)

Paleo carb-free broccoli detox salad loaded with crunchy broccoli, cauliflower, kale, and carrots, dried cranberries, and sunflower seeds, coated in a lemon-poppy seed dressing.

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Week of 1/29

ENTREES

Chicken

Rosemary Chicken Chowder with White Beans (F) (GF,NF,SF)

When the temperature drops, it's recipes like this that keep me warm through and through.

Recommended pairing: Roasted Zucchini with Preserved Lemon Yogurt Sauce

Beef

Chimichurri Meatballs (F) (NF, SF) **PC

Homemade meatballs with no pork added, seasoned with aromatic herbs. Chimichurri originated in Argentina and is a popular green sauce used with grilled meat in many Latin American countries. We top it with feta cheese.

Recommended pairing: Creamy Corn and Poblano Orzo

Pork

One Pan French Onion Smothered Pork Chops (F) (GF,NF, SF) **PC

These smothered pork chops have all the great flavors of a French onion soup, plus juicy pork chops, are made in one pan.

Recommended pairing: Brussel Sprouts Hash with Caramelized Shallots

Seafood

Pan-Roasted Arctic Char with Grapefruit Chermoula (F) (GF, DF, NF) **PC

Chermoula is a bright and lightly spicy North African sauce that comes in many different varieties. (Like the many varieties of salsa, we have here!). This version has grapefruit, lemon, cilantro, and ginger, and it's just fabulous on fish!

Recommended pairing: Seasonal Vegetable Rice Medley

Wild Card

Salteñas de Carne (Bolivian Empanadas) (F) (NF, SF)

Salteñas de carne are the iconic empanadas of Bolivia. Those savory pastries are filled with seasoned ground beef, hardboiled eggs, and vegetables. We serve them with Lljawa, a Bolivian salsa which is on every table at lunch or dinner time.

Recommended pairing: Oven Baked Maduros (Plantains with Vanilla Agave Drizzle)

Something Simple I

Four-Cheese Manicotti (F) (NF, SF)

First, we make a deep, rich tomato sauce seasoned with basil and oregano. Next, we stuff Manicotti shell with Pecorino Romano, Ricotta, fresh Mozzarella, Parmesan, and spinach and place them in a bake in a casserole dish. We then lay the manicotti in a baking dish and pour the delicious tomato sauce on top and bake them to a delicious meal to be enjoyed by the whole family! Note: We can add Italian Herb Roasted Chicken to this dish if you would like a protein please specify in the comments section when placing your order.

Recommended pairing: Roasted Potatoes with Romesco



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SIDES

Dessert Corner

Belgian Waffle Bread Pudding (F) (NF, SF)

We transform Belgian waffles into a flavorful bread pudding layered with pecans and maple sugar in this simple yet decadent.

Creamy Corn and Poblano Orzo (F) (NF, SF)

The dynamic duo of celery and celeriac make this soup incredibly unique and flavorful.

Roasted Zucchini w/ Preserved Lemon Yogurt Sauce (GF,NF,SF)

Roasted broccoli with preserved lemon yogurt as a vibrant side dish is a beautiful combination of spices, textures and, flavor.

Brussel Sprouts Hash with Caramelized Shallots (GF, DF, NF, SF)

Thinly sliced Brussels sprouts are sautéed with shallots and finished with a touch of Apple-Cider vinegar and a touch of maple syrup in this comforting hash.

Seasonal Vegetable Rice Medley (F) (GF, DF, NF, SF)

Cooked jasmine rice and wild rice is tossed with sautéed vegetables to make a side dish that can stand on its own or accompany any number of other dishes.

Oven-Baked Maduros (Plantains) (F) (GF, DF, NF, SF)

This is a lower fat method of making plantain without the use of oil and frying in a pan. We lightly toss the plantain in vegetable oil and a spice rub from the Islands and roast them in the oven. We serve them with Organic Blue Agave syrup infused with vanilla beans.

Potatoes with Romesco Sauce (DF,SF)

Oven roasted potatoes are golden on the outside, creamy inside, and paired with a lovely Romesco Sauce, which is a tomato, hazelnut, and vinegar-based sauce from Spain.

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Kids Menu

All Kids Menu Items come with choice of Seasonal Veggie or Fruit Cup

Hand Breaded Crispy Chicken Tenders
Served with BBQ sauce or honey-mustard

Spaghetti with turkey meat sauce, or marinara

Creamy Mac N' Cheese

Classic Quesadilla
Choice of Chicken or Veggie