

nourish

sample rotation

Week 1

Monday | Mango Beet Bowl

Ancient grain salad, beets, mango salsa, pumpkin seeds, basil, lemon dressing, Optional: Add egg, vegan chorizo or tofu.

Tuesday | Huevos Divorciados

Spanish rice, salsa verde, frijoles, queso fresco. Optional: Add egg, vegan chorizo or tofu.

Wednesday | Mapo Tofu Bowl

Rice, mapo tofu, gochujang chilli paste, ginger, green onion, gluten-free soy sauce, red Thai chilli.

Thursday | Japanese Curry

Rice, potato, carrots, onion, garlic, cauliflower, Japanese-style curry.

Friday | Huevos Rancheros

Refried beans, ranchero salsa, mozza cheese, corn tortilla, cilantro. Optional: Add egg, vegan chorizo or tofu.

Week 2

Monday | Chilaquiles Roja

Fajita vegetables, tortilla chips, salsa roja, cotija cheese, coconut sour cream. Optional: Add egg, vegan chorizo or tofu.

Tues | Sesame Noodles

Buckwheat soba noodles, cucumber, green onion, bean sprouts, sesame seeds, sesame sauce.

Wed | Korean-style Bibimbap

Rice, zucchini, carrots, shitake mushrooms, red pepper, bean sprouts, bibimbap sauce. Optional: Add egg

Thursday | Veggie Lo Mein

Carrots, peppers, cabbage, broccoli, mushrooms on chow mein noodles

Friday | Latin Bowl

Vegetable sweet potato hash, black beans, chorizo sausage, guacamole, egg.

