



Jenn's Favorites

Week 4/21/19

Jerk Tempeh with Coconut Rice & Peas

(cabbage, carrots, brown rice, coconut milk, onions, jerk sauce, tempeh, pigeon peas)

Southern Stew in Cream Sweet Potato Broth

(black-eyed peas, corn diced tomatoes, celery, swiss chard, olive oil, thymes, cumin, salt and pepper)

Eggplant Burger & Roasted Sweet Potatoes

(whole wheat bun, dairy-free chees, red cabbage tomatoes, onions)

Grilled Tofu Veggie Wrap

(bell peppers, zucchini, yellow squash, hummus)

Creamy Chickpea Curry & Jasmine Brown Rice

(coconut oil, onion, ginger, garlic, potatoes, carrots, cauliflower, coconut milk, green peas, agave, vegetable broth)

100% Plant Based - 100% Nutritious - 100% Delicious