



Kara's Favorites

Week 5/5/2019

Black Bean Burger (red and green bell peppers, fresh garlic, red onions, chorizo seitan, southwestern mayo)

Quinoa, Ginger Tofu Buddha Bowl

(shredded carrots, cucumbers, cherry tomatoes, green onions, mixed greens, sesame ginger dressing)

Burrito Bowl (black beans, brown rice, crumble, peppers, onions, pico de gallo, vegan sour cream and shredded cheese) flakes)

Asian-Style Meatless Meatball Bowl

(brown rice, carrots, purple cabbage, red bell peppers, soy ginger sauce, sesame seeds, wasabi peas)

Sausage, Peppers, Potato Wrap

(homemade tomato sauce: bell peppers, onions, sun dried tomatoes, red potatoes, fresh herbs and spices)

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