

# SAMPLE MENU

FOR VEGAN PERSONAL CHEF CLIENTS

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**Every weekly menu is 100% customized for each client.**

You receive a new, personalized menu to review and approve every week. These are some **sample vegan dishes** we've prepared recently.



## SAMPLE VEGAN MENU

This is a sample menu, with some of the vegan dishes we have recently crafted for a vegan client.

### MONDAY BREAKFAST

#### **OVERNIGHT OATS W/ BLUEBERRY CHIA SEED JAM**

Coconut milk, oats, and chia seeds are mixed with ground cardamom, cinnamon, and maple syrup, and then layered with blueberry chia seed jam and fresh fruit

#### **FLOURLESS THUMBPRINT BREAKFAST COOKIES**

Rolled oats, bananas, strawberries, and flaxseed star in these cookies

### MONDAY LUNCH

#### **VEGETABLE SOUP PROVENCAL WITH PISTOU**

A hearty soup made with our house-made stock featuring organic green beans, carrots, onions, broccoli, cauliflower, and red bell peppers finished with a tomato garlic basil pistou

#### **VEGAN CEASAR SALAD**

This Caesar has all the flavor you crave including garlicky, umami-packed dressing and crunchy, scratch-made croutons

### MONDAY SNACK

#### **SPICY BUFFALO CAULIFLOWER BITES**

### MONDAY DINNER

#### **CRISPY TOFU WITH PINE NUTS & BLISTERED SNAP PEAS**

Pan-fried tofu in a ginger and coconut milk reduction served with crispy sugar snap peas & toasted pine nuts

#### **JASMINE RICE**

An aromatic and flavorful rice

#### **SPICY ASIAN CUCUMBERS**

A light & refreshing salad with bright flavors of rice vinegar, ginger, sesame, garlic, chili paste, honey, & coconut aminos

### MONDAY DESSERT

#### **BAKED APPLE CRUMBLE**

Organic apples baked with a crunchy topping



# SAMPLE VEGAN MENU

## TUESDAY BREAKFAST

### **TOFU SCRAMBLE**

A delicious vegan breakfast that's loaded with plant-based protein and vegetables

### **LENTIL SAUSAGE PATTIES**

This lentil sausage is hearty and wildly delicious! It's smoky, savory, salty, a bit spicy, fresh, tender, hearty, herb-al-icious, and packed with plant-based protein!

## TUESDAY LUNCH

### **CREAMY SQUASH RISOTTO W/ TOASTED PEPITAS**

Silky miso and a paprika-packed squash purée makes this risotto hearty and satisfying

### **BRUSSELS SPROUTS WITH BALSAMIC GLAZE**

Organic Brussels sprouts, roasted and tossed with an aged balsamic and coconut aminos reduction

## TUESDAY SNACK

### **HERBED CHICKPEAS**

Crispy, salty, creamy, and full of protein (really!), these chickpeas are a client favorite

## TUESDAY DINNER

### **ROASTED CABBAGE STEAKS WITH CRISPY CHICKPEAS AND HERBY CROUTONS**

Roasted cabbage "steaks" create an irresistible base for crispy chickpeas and housemade croutons, finished with rich lemony garlic aioli sauce

### **BUTTERNUT SQUASH PUREE**

Roasting at a high temp adds caramelization and depth of flavor to this creamy, delicious side dish

## TUESDAY DESSERT

### **CHOCOLATE DIPPED STRAWBERRIES**

We hand dip organic strawberries in dark, dairy-free chocolate



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## WEDNESDAY BREAKFAST

### **BREAKFAST PARFAIT WITH CASHEW YOGURT**

Organic berries layered with yogurt, honey, and topped with toasted pecans, vegan chocolate nibs, and dried goji berries

### **PUMPKIN OATMEAL SQUARES**

Soft and muffin-like in texture, these oil-free pumpkin oatmeal bars are light enough for breakfast and all your snacking needs

## WEDNESDAY LUNCH

### **MUSHROOM QUINOA BURGER**

You won't miss the meat in these tasty burgers; served in a lettuce wrap with chipotle aioli and tomato slices

### **BROCCOLI TOTS WITH LEMON AIOLI**

"Cheesy" oven baked broccoli bites

## WEDNESDAY SNACK

### **CRISPY KALE LEAVES**

## WEDNESDAY DINNER

### **THAI RED CURRY NOODLES WITH STIR-FRIED VEGETABLES**

This high-protein dish features brown rice noodles tossed with stir-fried broccoli, carrots, onions and cauliflower

### **CRUNCHY ASIAN SLAW**

This slaw-like salad combines red and green cabbage with a ginger dressing

## WEDNESDAY DESSERT

### **DECADENT CHOCOLATE BROWNIES**

Goey chocolate brownies scratch-made in our kitchen

# SAMPLE VEGAN MENU

## THURSDAY

### BREAKFAST

#### **OVERNIGHT CHIA PUDDING WITH BLACKBERRIES**

Gluten-free, dairy-free, low carb, and yummy

#### **RADIANT GLOW JUICE**

Organic kale, apples, beets, cucumber, lemon, and ginger combine for a nutrient-dense, flavorful juice

### LUNCH

#### **MARINATED MUSHROOM BOWLS WITH LENTILS AND WILD RICE**

Wild rice forms the base of this hearty meal with purple cabbage, French lentils, and marinated portobello mushrooms

#### **VEGAN CREAM OF BROCCOLI SOUP**

A longtime favorite with our broccoli enthusiasts, this soup gets a thick, creamy base from pureed tofu

### SNACK

#### **SNACK - BLUEBERRY PIE BARS WITH OATMEAL CRUMBLE**

Healthy blueberry pie bars sweetened with maple syrup and topped with a delicious oat crumble. These vegan and gluten-free bars taste just like blueberry pie and will be your new favorite treat!

### DINNER & DESSERT

#### **SPAGHETTI WITH LENTIL BOLOGNESE**

You won't miss the meat in this dish; it's extra hearty, veggie-filled, and full of healthy comfort

#### **BROCCOLINI**

Tender broccolini sauteed with lemon, and garlic

#### **DESSERT - MATCHA COCONUT SNOWBALLS**

A nutritious treat with coconut, almond flour, matcha, almond milk and a little sweetener



# SAMPLE VEGAN MENU

## FRIDAY

### BREAKFAST

#### PALEO GRANOLA BAR

Chewy and satisfying, packed with nutty crunch and simple, whole ingredients; these bars are gluten-free, dairy-free, vegan, paleo, protein-rich

#### PROTEIN MIXED BERRY SMOOTHIE

We combine strawberries and blueberries for a delicious, antioxidant-powered protein shake

### LUNCH

#### BAINGAN BHARTA (ROASTED EGGPLANT CURRY)

A delicious meat-free curry that's loaded with flavor

#### BROWN BASMATI RICE

#### INDIAN SAAG WITH CREAMY CHICKPEAS

A traditional dish of curried greens, this version uses kale, spinach, and chickpeas (for a protein boost)

### SNACK

#### SNACK - TOMATO-BASIL AVOCADO NAAN TOAST

We top our house-made gluten-free naan bread with smashed avocado, sliced tomatoes, and a balsamic drizzle

### DINNER & DESSERT

#### HEARTS OF PALM 'CRABLESS' CAKES

This innovative dish features hearts of palm, celery, bell pepper, and shallots in a pan-roasted patty served with housemade Old Bay aioli

#### ROASTED ASPARAGUS WITH CRISPY LEEK AND CAPERS

Asparagus stalks and thinly sliced leeks are glossed with olive oil and covered in salty capers; capers are also in the mustard sauce served alongside, which adds a tangy, mayonnaise-like richness

#### DESSERT - HEALTHY BLUEBERRY CRISP

Sweet and crisp topping and warm, gooey blueberry filling

## CONTACT US TO GET STARTED

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