

# Menu

MEAL PREP  
SAMPLE MENU

GLUTEN FREE AND DAIRY FREE  
FAMILY OF 4



## ENCHILADA BAKE

HOMEMADE ENCHILADA SAUCE,  
FRESHLY MADE CORN TORTILLAS,  
CORN, BLACK BEANS, AND CHICKEN

Heat in Oven at 350 Degrees for 8-  
10 minutes, or Microwave for 1:45

FROM THE FRIDGE ADD  
PICO DE GALLO AND CILANTRO CREME

## BAKED ZITI

POMODORO SAUCE, CASHEW  
RICOTTA, CAULIFLOWER "CHEESE"  
SAUCE

Heat in Oven at 350 Degrees for 8-  
10 minutes, or Microwave for 1:45

## CHICKEN STIR FRY

ASSORTED VEGETABLES,  
CAULIFLOWER RICE

Best heated up in the Microwave  
about 1:40

## PINEAPPLE AND HABANERO SORBET

