Balanced Health
Healing Center
RESTORE • RECOVER • REJUVENATE

MEAL PLAN MENU

LUNCH

Chicken Caesar salad free range chicken breast, organic romaine and house made dressing

Chicken Soup free range chicken breast, carrot, celery, onion, broccoli and chicken bone broth

Chicken Salad chicken breast, spring mix, local tomato, cucumber, red onion and mustard dressing

Gulf Shrimp Stir fry sautéed gulf shrimp with broccoli, carrot, snap pea and sesame "soy" glaze

Grass Fed Beef and Cauliflower Chili grass fed beef, onion, cauliflower and local chili seasoning

Pork Chile Verde with bell peppers, onions and calabaza squash

Organic Spinach Salad organic chicken, uncured bacon, red onion, celery, cider vinaigrette

Cobb Salad organic romaine, free range turkey, bacon, tomato, onion, cucumber, red wine dressing

Vegetable Lasagne squash zucchini and eggplant sheets with grass fed beef Bolognese

Thai Lettuce Wraps Asian spiced pork and vegetables in lettuce cups

DINNER

Grass Fed Beef Meatloaf with cauliflower mash, broccoli and mushrooms

Grass Fed Beef Pot Roast with braised cabbage, carrot, celery and onions

Atlantic Salmon pesto sauce with organic broccoli and lemon

Pork Tenderloin with squash, zucchini, mushrooms and roasted red pepper sauce

Chicken Tikka Masala with eggplant tomato mushroom and zucchini

Curried Turkey with cauliflower rice, bell peppers, mushrooms and eggplant

Chicken Cacciatore mushrooms, peppers, onions and tomato sauce

Grass Fed Beef Sirloin local mushrooms, sautéed onions, local asparagus

Grass Fed Beef or Organic Turkey Meatballs veggie noodles and tomato sauce

All meals are made with organic produce.
Beef is grass fed, poultry is free range and seafood is local or organic.
Meal plan packages are offered from 20 – 50 meals. (prices vary)

*ask about our customized meal plans and chef services