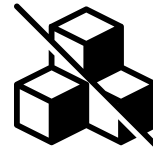




NEW MENUS NOW AVAILABLE

mindful eating

eat clean with flavour
detox friendly. vegan. gf / df / sugar free
5, 7 and 12 day dinner kits
larder supplies
salads and prepared dishes



Our Mindful Eating Menus have been created to help us keep our bodies healthy while still enjoying the wonderful adventure of great food and flavours. Inspired by our own Wild Rose cleanse as well as our clients asking us for healthier and cleaner menus for our takeout program.

New ingredients. New recipes. Our larder is stocked with coconut milk, tahini, almonds, seeds, garlic, lemon, lentils, chickpeas and more. From menu packages, prepared meals to dressings and sauces for you to enjoy at home- we can make the journey enjoyable.

These menus are designed to fit with a variety of cleanses and diets, and also to fit in to your regular menu planning. If you have specific restrictions and/or additional allergies, our team can work with you to create a customized menu and to modify ingredient lists.





NEW MENUS NOW AVAILABLE

mindful eating

vegan options

- Sweet Potato, Chickpea and Vegetable Coconut Curry. Brown Rice. Cilantro.
- Cauliflower Bolognese. Roasted Spaghetti Sauce. Basil. Mixed Greens.
- Red Lentil Vegetable Green Curry. Quinoa. Lime. Cashews.
- Mediterranean Vegetable Paella. Lemon.
- Chimichurri Cauliflower Steak. Caramelized Onions. Sauteed Garlic Oyster Mushrooms. Butternut Squash Puree.
- Vegetable & Chickpea Biryani. Cilantro Mint Chutney.
- Baked Sweet Potatoes. Guacamole. Black Beans. Corn Salsa.
- Lentil & Brown Rice Cabbage Rolls. Housemade Marinara. Parsley.
- Miso Roasted Vegetables. Harissa Chickpeas. Lemon Millet. Cilantro.
- Butternut Squash Chipotle Chili.
- Lentil Meatballs. Indian Coconut Turmeric and Ginger Sauce. Bok Choy.
- Baked Winter Squash. Rice. Corn. Currants. Parsley.



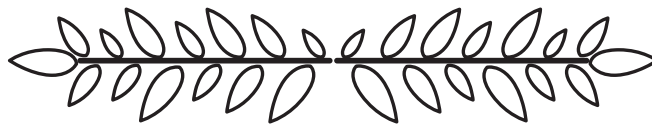


NEW MENUS NOW AVAILABLE

mindful eating

fish / pork / turkey / chicken

- Ground Turkey Lettuce Cups. Ginger. Scallions. Garlic. Lime. Sesame.
- Chicken Souvlaki. Brown Rice. Lemon. Greek Tomato, Cucumber and Olive Salad.
- Artichoke Caper Lemon Chicken Supreme. Sorghum Pilaf. Mixed Greens.
- Asian Pork Meatballs. Sauteed Chili Cabbage. Broccoli. Brown Rice.
- Sumac Roast Chicken. Baked Potato. Harissa Carrots.
- Pork Satay. Almond Dipping Sauce. Carrot & Cabbage Slaw. Cucumber Salad.
- Dukkah Crusted Salmon. Bok Choy. Citrus Quinoa.
- Grilled Mahi Mahi. Za'atar Salsa Verde. Ginger Garlic Rice.
- Baked Halibut. Cherry Tomato, Caper, Garlic & Lemon Sauce. Red Lentil Pasta.
- Baked Rainbow Trout. Chimichurri. Sweet Potato Wedges. Kale Salad.
- Roast Salmon. Kale Pepita Pipian. Quinoa. Roast Cumin Carrots.
- Fish & Vegetable Souvlaki. Brown Rice. Dill Garlic Crema. Lemon.





NEW MENUS NOW AVAILABLE

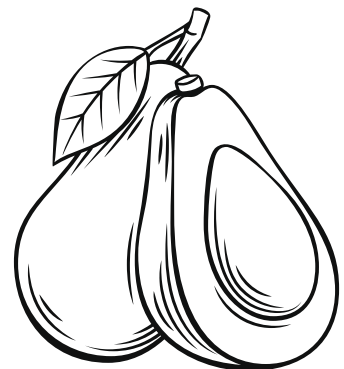
mindful eating

lighter options - salads

- Lentil. Chickpea. Sweet Peppers. Cilantro. Red Onion.
- Moroccan Quinoa. Mint. Lemon. Cumin. Chickpeas. Currants.
- Chicken Schwarma Salad. Lettuce. Tomatoes. Cucumbers. Red Onions. Rice. Lemon.
- Tuna Salad. Dairy Free Mayo. Lemon. Tomatoes. Celery. Red Onions.
- Spicy Cabbage Salad. Turkey. Peanuts. Lemon Ginger Dressing.
- Burrito Bowl. Black Beans. Tomatoes. Corn. Salsa. Brown Rice. Cilantro.
- Fresh Vietnamese Salad Rolls. Seasonal Vegetables. Rice Noodles. Almond Sauce.
- Tuna Poke or Beet Poke Bowl. Edamame. Quinoa. Broccoli. Carrots. Sesame Dressing.
- Kale. Butternut Squash. Quinoa. Pecans. Lemon Vinaigrette.

from the larder

- Tahini Garlic Dressing
- Avocado Cilantro Crema
- Cilantro Mint Chutney
- Kale Pipian (Kale & Pepita Pesto)
- Savoury Sugar Free Chutney
- Apple Cider & Herb Dressing
- Dairy Free Mayonnaise
- Sesame Ginger Dressing
- Almond 'Peanut' Sauce
- Dukkah Nut Blend
- Chimichurri Garlic & Herb Sauce





NEW MENUS NOW AVAILABLE

mindful eating

how does it work?

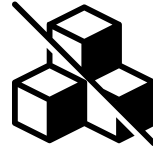
Select a 5, 7 or 12 day menu plan or 'a la carte'.

All meals are prepared for two people (or two portions for one).

Pick up your orders at Alpine Ski Club.

Local delivery available on request.

Orders must be placed five days in advance.



Pricing:

5 Day Kit: \$200 (*1 pick up)

7 Day Kit: \$250 (*2 pick ups)

12 Day Kit: \$425 (*3 pick ups)

Larder items and side dishes (salads) priced individually.

Dishes may be ordered individually in a 4-6 person portion order. Prices will vary accordingly.

email us: info@menwithknives.ca

website: www.menwithknives.ca

