



Menu for May 24th

Please order by Friday May 21st

Food Changes Everything

It is our desire to support healthy eating habits and give you the kind of nutrition your body needs in proper proportions.

Everyone is different and has different nutritional needs, and we customize just for you. We use FRESH, ORGANIC, LOCAL ingredients, as much as possible in everything we make, and the love and care (vitamin "L") that our chef puts into the food is evident.

Now we've launched a comprehensive healthy living site to support your total health journey visit LindaLiving.com for everything you need for healthy life-management!

HOW TO ORDER:

1. Make your selections for the week.
2. Email them to us by Friday. ([Order Here](#))

The cooking is done on Sundays and Mondays, and deliveries are done on Mondays. We package the food conveniently for consumption during the week.

Dinner

Choose two side dishes with each one of these entrées:

NE clam chowder (D) - the classic comfort soup with organic ingredients - 14.50

Mushroom miso (V) - with loads of shitake mushrooms, miso, and tofu, this is a yummy way to give your immune system a big boost! - 14.00

Sweet and Sour Tofu (V) - chunks of tofu lightly fried with a naturally sweet and sour sauce with chunks of pineapple and bell pepper - 15.00

Sautéed edamame w/new potatoes (V) - boiled new potatoes nestled in a mixture of seasoned leeks, peas, and edamame, which are young soybeans-- high in protein, delicious, and easy to digest - 15.00

Shepherds pie (V or vg,D) - this is a wonderful dish full of vegetables and tofu topped by mashed cauliflower. It is comfort food at it's healthiest and finest - 15.00

Turkey burger - SIMILAR and DIFFERENT; This week we have a twist on one of our most popular dishes. Sun-dried tomatoes, and fresh herbs give these a wonderful zip - 15.00

Cornish game hens - lightly seasoned, seared and finished in the oven. This is a very simple, clean and delicious dish, perfect for our health conscious diners! - 16.50

Eggplant, feta, and lamb casserole - this was the inspiration for the vegetarian casserole we featured last week, and let me tell you, it was OMG, out of this world good!! I bet this one will be too - 16.50

Sliced steak - Sonoma county raised beef, pan seared to a medium rare and then finished with garlic sautéed in browned butter - 17.00

Wild Alaskan Sockeye salmon - this is the most delicious of all the salmon, rich in omega3's and an important part of any healthy eating plan - 17.00

Sides: (Choose two sides per entrée. Most sides are vegan, all are vegetarian)
Choose one **or** two of these:

Quinoa
Garden salad
Asian cabbage salad
Cup of soup - please specify

And one of these

Steamed broccoli
Sautéed edamame
Raw veggies

A la Carte -

Hummus - 6.00
Raw vegetables - 3.00

Salad dressing by the bottle- 6.00/12oz
Check back each week for new varieties

Asian dressing

Lunch - packaged and ready to go!

Rice Bowl - 10.00

Create your own - Pick the grain, vegetable, and entree of your choosing, to be combined into one convenient lunch sized portion.

OR

Mix and Match - 9.50

Choose one from each of these categories:

1. Vegetables:

Garden salad
Raw/blanched vegetables
Cooked vegetables (choose from menu)

2. Protein toppers:

- 3 or 4 oz fish
- 3 or 4 oz sliced steak or chicken
- 3 oz or 4 shrimp (2.00 extra)
- 2 hardboiled eggs (truly free range & organic)
- Hummus

Other items:

| | | |
|---|--------------|-------|
| Pure synergy™ Superfood | 5 oz | 30.00 |
| Pure Synergy™ Superfood | 12.5 oz | 55.00 |
| Pure Synergy™ Superfood | vegicaps 270 | 42.00 |
| NEW - Vita Synergy™ multi-vitamins | for men | 55.00 |
| NEW - Vita Synergy™ multi-vitamins | for women | 55.00 |
| Whey protein - raw, organic, grass fed, and lactose free** | | 27.00 |
| NEW - Xango juice- concentrated naturally occurring phytonutrients and anti-oxidants (also great for curbing a sweet tooth) - | | 35.00 |
| Sample of Xango juice - | | 2.00 |

**This comes with smoothie recipes appropriate for your metabolic type.