

# your menu

CHEF  
Melody Lambert

## Chef

### Monday:

Lunch: Thai-inspired grilled tofu stir-fry, soy sauce, tofu, rice noodles, soy-almond butter sauce, carrot, cabbage, scallion,

Dinner: Honey-glazed baked salmon, wild-caught salmon, honey, asparagus, forbidden rice, chives

Snacks: Pizza, cheesecake, salad DF, GF

### Tuesday:

Lunch: Deconstructed grilled bison burger bowl, bison, sweet potato, mushroom, mixed green salad, tahini, apple cider vinegar

Dinner: Grilled organic free-range chicken, whole wheat spaghetti, butternut squash puree, coconut milk, nutritional yeast, chives

Snacks: Veggie quiche, dip, flan DF, GF

### Wednesday:

Lunch: Seared wild-caught mahi mahi wraps, lettuce, red pepper, quinoa, cucumber, cilantro, apple cider vinegar

Dinner: Protein bowl, brown rice, bison sirloin, sweet red pepper, cabbage, edamame, carrot, ginger-sesame-soy sauce

Snacks: Carrot cake, Egg white buffalo ricotta frittata, broccoli, mushroom, fresh herbs DF, GF

### Thursday:

Lunch: Mediterranean grilled chicken wrap, organic free-range chicken, whole wheat flatbread, vegan tofu nutritional yeast tzatziki

Dinner: Baked chicken, spaghetti squash, organic free-range chicken, spaghetti squash, broccolini, truffle oil

Snacks: Cheesecake, Summer rolls, Salad, cucumber, red bell pepper, thyme, apple, celery, apple cider vinegar DF, GF

### Friday:

Lunch: Asian rice noodle salad, sesame oil, organic tofu, carrot, bell pepper, ginger, rice vinegar

Dinner: Quinoa flatbread pizza, nutritional yeast, herbs de Provence, red pepper, grilled chicken, scallion, almond ricotta

Snack: Watermelon cucumber mint salad, carrot cake GF, DF

### Saturday:

Lunch: Asian chicken meatball soup, chicken meatballs, carrot, shiitake, scallion, ginger, soy sauce, spinach, forbidden rice

Dinner: Seared bison sirloin, red pepper, asparagus, brown rice pilaf, scallion, carrot, edamame

Snack: Tofu cabbage soup, papaya salad, flan DF, GF

### Sunday:

Lunch: Thai grilled organic chicken salad, mixed greens, sweet red pepper, cucumber, sesame, ginger dressing, apple cider vinegar

Dinner: Seared organic duck breast, honey-soy glaze, forbidden rice, pickled cucumber, scallion

Snacks: Blueberry muffin, Brown rice nori rolls, melon GF, DF



[chefin.com](http://chefin.com)

V - vegetarian, VG - vegan,  
GF - gluten free, DF - dairy free