



1

Fully-prepared

**No Cooking Required.** Meals Arrive Chilled – No Meal Kits. No Subscriptions.

2

Made With Care

**Organic,** Non-gmo, Antibiotic Free. Made Fresh From Local **Executive Chef.**

3

Delivered To Your Door

Serving Most Of Palm Beach County With **Sunday** And **Wednesday** Evening Home Delivery.

“(MB)” denotes approved for  
My Bodyworx Weight Loss Programs

## Low Carb Meals

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### Vegetarian / Vegan

**Thai Cauliflower (MB)** \$14.00 Qty. \_\_\_\_  
Cauliflower, Shishito Peppers, Shiitake Saute With Savory Thai Lemongrass Coconut Sauce

**Vegetable Ratatouille (MB)** \$14.00 Qty. \_\_\_\_  
Thinly Layered Farm Fresh Vegetables, With Fresh Thyme & Oregano. Lightly Covered In A House Made Raw Lemon Zest Tomato Sauce

**Eggplant Stack (MB)** \$14.00 Qty. \_\_\_\_  
Grilled Eggplant Stack Over Fresh Crushed Tomatoes With Garlic Basil Sauce

**Cauliflower Steak (MB)** \$14.00 Qty. \_\_\_\_  
Roasted Cauliflower Steak, Sweet Bell Peppers With Raw Chimichurri Sauce & Fennel Saute.

**Trumpet Brussels (MB)** \$14.00 Qty. \_\_\_\_  
Roasted Shaved Brussels And Leeks With Trumpet Mushroom Gremolata

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### Low Carb Protein Meals

**Grilled Lemon Chicken Breast (MB)** \$15.40  
Served With Roasted Dill Brussel Sprouts Qty. \_\_\_\_

**Chicken & Fried Cauliflower Rice (MB)** \$15.40  
Served With Garden Vegetables Qty. \_\_\_\_

**Sweet Chile Shredded Pork Cabbage Cups (MB)**  
Served With Kohlrabi Slaw Qty. \_\_\_\_ \$15.40

**Bison Lettuce Cups (MB)** Qty. \_\_\_\_ \$16.00  
Served With Caramelized Onion Saute & Savory Quinoa Side

**Blackened Local Caught Mahi Mahi (MB)**  
Over Herbed Bell Pepper Lentils With Citrus Aioli  
\$16.00 Qty. \_\_\_\_

**Wild Caught Seared Lemon Caper Salmon (MB)**  
Served With Seasonal Chef Choice Vegetables  
\$16.00 Qty. \_\_\_\_

**Mediterranean Turkey Burger Sliders (MB)**  
Over Mixed Greens With Cucumber Mint Vinaigrette  
\$16.00 Qty. \_\_\_\_

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### Salads

**Greek Kale Salad With Cucumber Mint Vinaigrette (MB)** Qty. \_\_\_\_ \$13.20  
Kale, Romaine, Sunflower Sprouts, Cucumber, Artichoke, Tomato, Olive, Bell Pepper, Lemon Juice, Lemon Zest, Mint, Sunflower Oil, Olive Oil, Sea Salt, Black Pepper

**Rainbow Salad (MB)** Qty. \_\_\_\_ \$13.20  
Array Of Shaved & Spiralized Vegetables Layered On Top Of Mixed Greens, With Herbed Vinaigrette

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## Traditional Meals

**Fresh Catch Tacos** Qty. \_\_\_\_ \$18.00  
Blackened Local Fish, Served With Pepper & Onion Saute, Siete Cassava Soft Tortillas, Chipotle Aioli

**Sushi Grade Sesame Tuna Steak** Qty. \_\_\_\_ \$17.50  
Sesame Crusted Seared Wild Caught Ahi Tuna Served Over Shaved Zucchini With Wasabi Soy Sauce

**Teriyaki Chicken Bowl** Qty. \_\_\_\_ \$15.40  
Organic Sesame Chicken And Broccoli With House Made Teriyaki Sauce

**Vegetable Teriyaki Bowl** Qty. \_\_\_\_ \$15.00  
Garden Fresh Vegetable Stir Fry With House Made Teriyaki Sauce

<b>Olive Caper Tapenade Chicken</b>	<b>\$15.40</b>
Roasted Chicken Quarter w/ Tapenade served over Spinach	
<b>Qty. ____</b>	
<b>Sirloin</b>	<b>Qty. ____ \$18.50</b>
Savory Grass Fed Sirloin Served over Farro with Seasonal Vegetables	
<b>Chicken Pad Thai</b>	<b>Qty. ____ \$17.00</b>
Assortment of Farm Fresh Vegetables & Grilled Chicken Breast tossed with House Made Pad Thai Sauce served over Pad Thai Noodles	
<b>Vegetable Pad Thai</b>	<b>Qty. ____ \$15.20</b>
Assortment of Farm Fresh Vegetables tossed with House Made Pad Thai Sauce served over Pad Thai Noodles	
<b>Harvest Filled Acorn Squash</b>	<b>Qty. ____ \$14.20</b>
Oven Roasted Acorn Squash Filled with Sweet and Savory Quinoa, Currants, Walnut, Lemon Zest, Sweet Spices	
<b>Spaghetti Squash Bolognese</b>	<b>Qty. ____ \$15.40</b>
House made Bolognese over Roasted Spaghetti Squash	
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<b>Salads (Large, Traditional Meals)</b>	
<b>Kale Mediterranean Salad</b>	<b>Qty. ____ \$15.00</b>
Cucumber, Tomato, Olive, Bell Peppers, Feta Farm Cheese With Greek Vinaigrette Dressing	
<b>Dino Kale Salad</b>	<b>Qty. ____ \$15.00</b>
Lacinato Kale, Dried Cranberries, Pine Nuts With Lemon Olive Oil Dressing	
<b>Spinach And Apple Salad</b>	<b>Qty. ____ \$15.00</b>
Spinach, Red Onion, Walnut, Goat Cheese And Citrus Vinaigrette	
<b>Chicken Caesar Salad</b>	<b>Qty. ____ \$16.50</b>
Romaine, Grilled Chicken Breast, Parmesan, Creamy Caesar & House Made Croutons	

<b>Grilled Key West Pink Shrimp Caesar Salad</b>
Romaine, Key West Pinks, Parmesan, Creamy Caesar & House Made Croutons
<b>Qty. ____ \$18.00</b>
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### Wraps

<b>Curry Chicken Salad Wrap</b>	<b>Qty. ____ \$13.20</b>
Organic Chicken, Spring Greens, Currants, Sweet Onion, Celery, Mayonnaise, Curry Spices Wrapped In A Flour Tortilla.	

<b>Mediterranean Wrap</b>	<b>Qty. ____ \$12.00</b>
Hummus, Romaine, Red Pepper, Cucumber, Farm Cheese Feta, Wrapped In A Flour Tortilla	

<b>Sonoma Chicken Salad Wrap</b>	<b>Qty. ____ \$13.20</b>
Organic Chicken, Romaine, Grapes, Sweet Onion, Celery, Walnut, Mayonnaise, Sweet Spices, Wrapped In A Flour Tortilla	
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### Snacks

Power Balls Nuts, Dates & Sweet Spices		
Package 5	Qty. ____	\$7.00

Chocolate Covered Almond Butter Dates		
Package 5	Qty. ____	\$7.00

<b>Traditional Hummus 8 oz</b>	<b>Qty. ____ \$11.50</b>
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<b>Sweet Potato Hummus 8 oz</b>	<b>Qty. ____ \$11.50</b>
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<b>Beet Hummus 8 oz</b>	<b>Qty. ____ \$11.50</b>
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**To place an order please select meals & quantity. Complete the delivery and billing options. Any questions please call 561-926-9494**

**While our website is being built please place an order using the ORDER Form.**

**Charge Per Delivery \$9.00**

**Orders MUST be placed by Thursday 8:00pm For SUNDAY evening delivery.**

**Orders MUST be Placed by Monday 8:00pm For WEDNESDAY evening delivery.**

Name:	
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Delivery Address:	
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Credit Card:	
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Total Meals:	
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# MY ORGANIC MEALS

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## Per Pound Orders

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### Tubers/Grains By The Pound

**Truffle Mash Qty.\_\_\_\_\_ \$17.00**  
Smooth And Creamy Mashed Russet Potato With Truffle Oil, Ghee And Sea Salt.

**Sweet Potato Wedges Qty.\_\_\_\_\_ \$13.50**  
Baked Sweet Potato Wedges Tossed In Cardamom Ghee

**Petite Heirloom Potatoes Qty.\_\_\_\_\_ \$13.50**  
Roasted With Rosemary, Garlic And Sea Salt.

**Citrus Herbed Basmati Rice Qty.\_\_\_\_\_ \$13.50**  
Aromatic Citrus Basmati

**Herbed Farro Qty.\_\_\_\_\_ \$13.50**  
Chefs Favorite Ancient Grain, Nutty Grain With Garden Fresh Herbs.

**Garlic Quinoa Qty.\_\_\_\_\_ \$13.50**  
Garlic Pepper Quinoa

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### Vegetables By The Pound

**Parmesan Brussels Qty.\_\_\_\_\_ \$15.75**  
Roasted Brussel Sprouts Tossed In Parmesan, Spices And Ghee.

**Roasted Sweet Brussels Qty.\_\_\_\_\_ \$15.75**  
Tossed & Roasted With Honey Red Pepper Flakes

**Marsala Mushrooms Qty.\_\_\_\_\_ \$27.00**  
Rustic Assortment Of Locally Grown Trumpet, Oyster & Mushroom Variety Sautéed And Finished With A Marsala Thyme Glaze.

**Curried Cauliflower Qty.\_\_\_\_\_ \$15.70**  
Pan Roasted Cauliflower, Mild Sweet Curry And Silky Coconut Milk. These Divine Flavors Cover A Perfectly Crunchy Cauliflower.

**Sea Salted Broccoli Qty.\_\_\_\_\_ \$14.00**  
Low Temperature Lightly Steamed Broccoli, Sprinkled With Sea Salt Flakes.

**Citrus Asparagus Qty.\_\_\_\_\_ \$14.00**  
Pan Seared Asparagus With A Savory Meyer Lemon Olive Oil Drizzle

**Zucchini Spears Qty.\_\_\_\_\_ \$13.00**  
Rustic Roasted Herbed Zucchini Spears

**Pan Fried Veggie Cakes Qty.\_\_\_\_\_ \$20.50**  
Zucchini, Summer Squash, Red Pepper And Kale Pan Fried Golden Brown And Accompanied By A Savory Chipotle Aioli

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### Proteins By The Pound

**Chicken Quarters Qty.\_\_\_\_\_ \$14.95**  
Roasted Chicken Quarters, Meyer Citrus Lemon Zest Marinated

**Chicken Breast Qty. \_\_\_\_\_ \$18.00**  
Grilled Herbed Marinated Chicken Breast

**Shredded Berkshire Pork Qty.\_\_\_\_\_ \$21.00**  
Savory Korean Style Bbq Pulled Pork

**Duroc Pork Ribs Meaty And Tender Slow Cooked Heritage Breed Pork Ribs Qty.\_\_\_\_\_ Half Rack \$18.00 Full Rack \$32.00**

**Grass Fed Sirloin Qty.\_\_\_\_\_ \$34.00**  
Slow Cooked Tender Butter Sirloin

**Bison Sliders Qty.\_\_\_\_\_ \$38.50**  
Savory Free-Range Bison Sliders

**Steak Burger Qty.\_\_\_\_ \$20.50**  
Two Juicy 8oz Patties Of Sunshine All-natural Blend Beef Burgers

**Key West Pinks Qty.\_\_\_\_ \$36.00**  
Grilled Butterfly Large Locally Caught Key West Pinks

**Cajun Key West Pinks Qty.\_\_\_\_ \$36.00**  
Seared Large Locally Caught Key West Pinks

**Seared Organic Scottish Salmon \$32.00**  
Citrus Ghee, Dill, (Prepared Rare, Chef Suggested Finishing Temp. Med-rare) Qty.\_\_\_\_



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Credit Card:

Cvv:

Credit Card Zip Code:

Tax \$:

Total \$:

Signature:

Total Meals:

Coupon: