



THE  
*Nourishing*  
CHEFS

# NOURISHING MEALS

## *Sample Menu*

### MEAL #1

**Egg White Omelette**  
Ratatouille, Tomato Jam

### MEAL #2

**Lentil Soup**  
Quinoa, Spinach & Mushroom

### MEAL #3

**Curried Shrimp**  
Chickpeas & Creamy Spinach

### MEAL #4

**Oyster Mushroom**  
Black Rice, Roasted Vegetables

### MEAL #5

**Herb Crusted Salmon**  
Truffle Whipped Sweet Potato, Rainbow Chard