

Meal options:

- Steel cut oats & eggs
- Frittata
- Quiche
- Soups
- Salads
- Paleo Pancakes
- Roasted Chicken and root veggies
- Chili
- Chicken Fried Rice
- Chicken LoMein
- Tacos
- Pulled Pork
- Milkshakes/Smoothies
- Meatloaf
- Rice Noodles & Meatballs
- Roasted Pork and potatoes

Desserts:

- Flourless Chocolate Torte
- Kettle Corn
- Homemade Sherbert
- Butter Buttons
- Apple Pie (gluten free crust!)
- Coconut Rice Pudding
- Chocolate or Vanilla Pudding