

1 variation - \$80/wk

	M	T	W	T	F
L	Option A	Option A	Option A	Option A	Option A
S	Option A	Option A	Option A	Option A	Option A

2 variations - \$100/wk

	M	T	W	T	F
L	Option A	Option B	Option A	Option B	Option A
S	Option A	Option B	Option A	Option B	Option A

3 variations - \$120/wk

	M	T	W	T	F
L	Option A	Option C	Option B	Option A	Option B
S	Option A	Option C	Option B	Option A	Option B

2 lunch/snack variations + 1 Breakfast variation - \$170/wk

	M	T	W	T	F
B	Burrito	Burrito	Burrito	Burrito	Burrito
S	Option A	Option B	Option A	Option B	Option A
L	Option A	Option B	Option A	Option B	Option A

B - BREAKFAST

S - SNACK

L - LUNCH

Place order & Payment by Friday at 8pm for Sunday

Delivery (between 5pm-9pm)

Place order & Payment by Saturday at 8pm for Monday

Delivery (between 4pm-7pm)

***Minimum of 3 orders per week**

Mileage fee: \$1.25/mile (servicing Denver Metro area)

Customizable Plans Available (free consultations)

(Family Style Meal-Prep, Private Parties, In-home Chef Services)

*Commitment Free Consultations always available by phone

Questions? Call or text Cindy at

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CINDY BARAJAS CINDY_BEE5 COMING SOON



COMIDA

FRESCA

MEALS

#MOTHERNATUREHASYOURBACK

Breakfast

Hearty Breakfast Burrito

Pinto Beans, Jalapeno en Vinagre (Pickled Jalapeno), Red Skin or Golden Skin Potato, Soy Chorizo, Egg (egg white alternative)

Veggie & Egg Frittata with Cheese

Bell Pepper & Onion, topped with Cheese

Chilaquiles & Egg with Spinach

Tortilla Chips topped with Spicy Tomato Sauce & Queso Fresco
Egg & Sauteed Spinach

Build Your Own Breakfast

Protein: 2 whole eggs, ½ cup of egg white, pinto beans, black beans, chorizo (pick 2)

Veggies: Tomato, Red or Golden Potato, Sweet Potato, Jalapeno, Mushroom, Spinach, Bell Pepper, Broccoli, Zucchini (pick 3)

Carb: 2 Whole Wheat Flour Tortillas, 2 Whole Wheat Toast, 3 Corn Tortillas, 1 Bag of Corn Chips (pick 1)

Egg & Spinach Quesadilla

2 Whole Wheat Flour Tortillas, Cheddar Cheese, Topped with House Pico

Egg & Veggie Scramble

Spinach, Mushrooms, Black Beans with House Pico, Sweet Potato

Fruit & Yogurt Parfait

Plain Coconut or Soy Milk Yogurt, Local Raw Honey, Granola, Strawberries, Blueberries, Banana, chopped Dark Chocolate covered Peanuts

Entrees

100% Plant-based Tacos de “Asada”

Sauteed Lentils, Mushroom, Quinoa, Walnuts, topped with Pico de Gallo & Radish

Crispy Flautas

Garbanzo Mash, Carrots, Red or Golden Potatoes,
Topped with Romaine Lettuce, Crema Salvadorena, Queso Fresco
Add Chicken (no extra cost)

Enchiladas Rojas

Garbanzo Mash, Carrots, Red or Golden Potatoes
Topped with Romaine Lettuce, Crema Salvadorena, Queso Fresco
Add Chicken (no extra cost)

Turkey Tacos with Cilantro Sauce

93% Lean Ground Turkey, Black Beans, Quinoa, Tomato, Onion,
Mushroom, Jalapeno
Topped with Cilantro Sauce, House Salsa, Raddish

Shredded Chicken Salad (100% plant-based option available)

White Chicken, Celery, Carrots, Onion, Peas, Potato, Walnuts, Half Mayo / or 100% plant-based Mayo, and half Coconut Yogurt, Topped with House Salsa

*Choice of Tostadas or Romaine Lettuce Boats

Sweet Potato & Black Bean Tacos

Topped with Cilantro Sauce
Add Chicken (no extra cost)

Roasted Cauliflower & Garbanzo Tacos

Topped with Cilantro Sauce
Add Chicken (no extra cost)

Stuffed Peppers

93% Lean Ground Turkey, Black Beans, Red Bell Pepper, Shredded Cheese, Topped with Cilantro & Coconut Yogurt

Chicken & Veggies with Peanut Sauce

Shredded Chicken, Your Choice of 2 veggie options (Carrots, Purple Cabbage, Green Beans, Red Bell Pepper, Mushroom), Topped with Peanut Sauce (Soy sauce, Honey, Peanut Butter - *substitutions available for any sauce ingredients)

Build Your Own Burrito Bowl

Protein: Pinto Beans, Black Beans, Garbanzo Beans, Shredded Chicken, Ground Turkey (pick 2)

Rice: Short Grain Brown Rice, Quinoa (pick 1)

Veggies: Romaine Lettuce, Spinach, Tomato, Corn

Salsas: House Salsa, Fresh Pico De Gallo, Fresh Guacamole (seasonal) (pick 1)

Cheese: Queso Fresco, Shredded Cheese (pick 1)

Salads

Grilled Chicken & Veggie Salad

Romaine Lettuce & Spinach blend, Sauteed Broccoli, Tomato, Zucchini, Walnuts
Seasonal Fruit (Strawberry, Mango, Peach, Apple, Grapes, Avocado)

Grilled Garbanzo & Black Bean Salad

Romaine Lettuce & Spinach blend, Sauteed Mushroom, Broccoli, Tomato, Walnuts
Seasonal Fruit (Strawberry, Mango, Peach, Apple, Grapes, Avocado)

Sides

Homemade Salsa & Chips

Strawberry Pico, Guacamole (seasonal), Mango Pico (seasonal), Peach Pico (seasonal), Mexican Street Corn Dip, Green Apple Pico
*Comes with 1 Bag Yellow Corn, Lightly salted Chips & 1 Cup Salsa

Sopa de Fideo

Noodle Soup Made with Tomato-based Broth

Fruit Cup

Fresh Seasonal Fruit (Cucumber, Green Apple, Strawberry, Mango, Watermelon). Topped with Lime Wedge & Tajin (Mexican Spice Blend of Lime, Chili, Salt)

Veggies & Red Pepper Hummus

Celery & Carrot Sticks with 4 oz. Hummus

Spanish Quinoa

Made with Tomato-based Broth

Black Bean & Corn Dip

Cilantro, Lime, Cotija Cheese, Half Coconut Yogurt/Half Mayo, Onion, Bell Pepper
*Comes with 1 Bag Yellow Corn, Lightly salted Chips & 1 Cup Salsa

ALL OF OUR DISHES ARE MADE WITH HIGH QUALITY INGREDIENTS, SUCH AS PINK HIMALAYAN SALT, AVOCADO OIL, COCONUT OIL, OLIVE OIL. WE DO NOT USE REFINED SPICES.

ALL OF OUR SAUCES & SALSAS ARE MADE FROM SCRATCH.

CHILDREN'S MENU

Breakfast

Peanut Butter Fruit Dip

3-Ingredient Dip Made from Scratch (Raw Plain Coconut or Soy Milk Yogurt, Local Raw Honey, Peanut Butter)
Comes with Your Choice of Seasonal Apples, Celery Sticks, Carrot Sticks

Fruit & Yogurt Parfait

Plain Coconut, Local Raw Honey, Granola, Chopped Dark Chocolate covered Peanuts
Comes with Your Choice of Strawberries, Blueberries, Banana (pick 2)

Egg, Spinach & Cheese Quesadilla

Whole Wheat Flour Tortilla, Shredded Cheese

Egg & Turkey Ham Scramble

Egg with Turkey (Sprouts, Homestyle Turkey Breast)

Oatmeal & Fruit

Oatmeal, Local Raw Honey, Cinnamon, Sliced Strawberries & Banana

Entrees

Chicken & Cheese Butterfly Quesadilla

Whole Wheat Flour Tortilla, Shredded Cheese
Grapes, Blueberries, Carrot Sticks

Mac & Cheese

Whole Grain Pasta (Banza pasta available, made from garbanzo beans, add \$5) with Shredded Cheddar Cheese and Pepper

Sopa de Fideo with Chicken

Noodle Soup Made with Tomato-based Broth

Chicken, Quinoa & Veggies

Diced Sauteed Carrots & Broccoli

Ground Turkey Pasta Skillet

93% Lean Ground Turkey, Whole Grain Pasta (Banza pasta available,

made from garbanzo beans, add \$5) Black Beans, Tomato, Onion, Shredded Cheese

Sandwich Kit

2 Slices Whole Grain Bread, Turkey Ham, Tomato Slice, Romaine Lettuce Slice, Piece of Cheese, side of Mayo

Black Bean & Cheese Burrito

Black Bean, Carrots, Sweet Peppers
and Onion Puree with Shredded Cheese

Sides

Strawberry & Dark Chocolate Yogurt Bites

Plain Coconut Yogurt, Local Raw Honey with Strawberry Slices and Chopped Dark Chocolate covered Peanuts

Crackers, Turkey & Cheese Kit

Whole Wheat Crackers, Turkey (Sprouts, Homestyle Turkey Breast), Colby Jack rbst Free

Seasonal Homemade Soups & Bowls (starting October 19)

*Lunch & Snack portions available

Broccoli & Cheddar, Turkey Chilli, Creamy Tomato Basil

Marinated Spinach & Chicken Bowl with Sun-Dried Tomato Sauce

Quinoa Black Bean Burrito Bowl

Sweet Potato Grain Bowl with Coconut Yogurt Chipotle Sauce