



### **Super Strength Health Menu**

**-Vegan Taco salad 14\$ per serving  
(2 serving minimum)**

Ingredients: romaine lettuce, cherry tomato, shredded carrots, walnut "beef" crumbles (walnuts, lemon/lime juice, cumin, chili powder, salt, pepper, olive oil), black beans, apple cider vinegar, olive oil, cilantro, salt and pepper

**Squash Pasta "Bolognese": \$12 (lentils) \$15 (tempeh) per serving  
(2 serving minimum)**

Ingredients: coconut oil, red onion, green bell pepper, tempeh/lentil "beef" (your choice), sea salt, ground black pepper, spices, kale, fire roasted tomatoes, zucchini or spaghetti squash.

**Ginger Sweet Potato Dal with Coconut Leeks: 14\$ per serving  
(2 serving minimum)**

Ingredients: coconut oil, spices, lentils, sweet potato, ginger root, leek, lime juice, salt and pepper,

**Chili and Cornbread: 14\$ per serving  
(2 serving minimum)**

Ingredients: olive oil, onion, garlic, peppers, tomato, veggie broth, kidney beans, pinto beans, spices, almond milk, apple cider vinegar, cornmeal, flax meal, gluten free

oat flour, baking powder, maple syrup or stevia (your choice)

**Peanut Butter Tofu Bowl with brown rice and steamed kale:**

**14\$ per serving**

**(2 serving minimum)**

Ingredients: tofu, peanut butter, kale, salt and pepper, ginger, garlic, tamari, lemon juice, sriracha, brown rice

**Additional Information:**

If you would like to pick your delivery up from my home, it is absolutely free. If you would like a delivery to your house there is \$20.00 fee within 15 miles of my house, and a \$40.00 fee for anything further. Tolls are also added to the total cost of your meal, if applicable.

Tips are always appreciated, but not expected.

Payments should be made in cash only. Total cost is due at delivery or pickup.

All of the food I make is organic, vegan, gluten-free, refined sugar free, home made, and whole foods based.