

LA MADE ME

WEEKLY STOCK UP // 2.12.24

PICK 5 LUNCHES

SALADS & WRAPS

MISO CITRUS

A new fan favorite, bitter seasonal greens tossed in a miso celery seed vinaigrette topped with toasted nuts and herbs

GREEN GODDESS

Chef's famous coconut yogurt avocado green goddess dressing on little gems w/ thinly shaved radish & soft boiled eggs

KALE CAESAR

dinosaur kale tossed in probiotic mineral rich yogurt caesar dressing with sourdough bread crumbs & Mary's chicken breast

CHICKEN MUSHROOM WRAP

lemon turmeric chicken sous vide & wrapped in collard greens with herbs, veggies, & a creamy avocado sauce

SOUPS

SAUSAGE KALE POTATO

chicken bone broth with kielbasa, steeped sweet kale, & thinly sliced potato make a nutrient packed & warming winter meal

WILD MUSHROOM BISQUE

toasted wild mushrooms with bone broth & roasted garlic

OR, SIMPLIFY IT EVEN MORE & LEAVE IT UP TO CHEF'S CHOICE

PICK 3 DINNER PROTEINS

PROTEINS

FAROE ISLAND SALMON(2)

perfectly pan seared delicious salmon with herby yogurt sauce on the side to be eaten hot or cold

1/2 YOGURT HERB CHICKEN

Mary's chicken marinated in a spicy herb citrus sauce & lightly charred

BLACK GARLIC HANGER STEAK

grass fed beef dry brined in a black garlic mix to bring out subtle umami & sous vide for extra tenderness

LOBSTER THAI CURRY

one of my favorite combinations: lemongrass, coconut milk, & lobster with herbs that can act as a Thai curry over rice or as soup

PICK 5 DINNER SIDES

SIDES

BONE BROTH GARLIC CAULIFLOWER MASH

SPICY MISO ROASTED EGGPLANT

SWEET POTATO STUFFED WITH BRAISED CABBAGE

CILANTRO WILD RICE (sub cauliflower rice)

ROASTED BRUSSELS SPROUTS with LABNE

LA MADE

WEEKLY STOCK UP

DEAR EATER,

YOU'RE HERE WANTING TO KNOW MORE. I HAVE THE INFORMATION YOU'RE LOOKING FOR.

TO GET STARTED, WE ASK THAT YOU COMMIT TO THE SERVICE FOR ONE MONTH. LET ME KNOW ANY DIETARY RESTRICTIONS OR STRONG PREFERENCES, AND THOSE WILL BE ACCOUNTED FOR WITH ALL YOUR ORDERS GOING FORWARD. PLACE YOUR ORDERS BY WEDNESDAY MORNINGS OR HAVE THE CHEF DECIDE FOR YOU. FOOD WILL BE DELIVERED MONDAY OR TUESDAY OF THE FOLLOWING WEEK DEPENDING ON AVAILABILITY AND PREFERENCE.

THE COST FOR 10 MEALS/WEEK IS \$500 FOR ONE PERSON OR \$750 FOR TWO PEOPLE. IF YOU HAVE A LARGER OR SMALLER GROUP ONE WEEK OR IN GENERAL, PLEASE LET ME KNOW, AND I'LL GLADLY SET YOU UP FOR THAT.

MY HOPE IS THAT THESE BECOME SOME OF YOUR FAVORITE GO-TO SALADS OR THAT CLEAN MEAL YOU LOOK FORWARD TO AFTER TRAVELS AND BUSY WEEKENDS. THAT YOU'LL ALWAYS HAVE SOMETHING SATISFYING IN YOUR FRIDGE THAT LETS YOU FOCUS ON THE REST OF LIFE WITHOUT SACRIFICING HEALTH. MY HOPE IS THAT THESE MEALS WILL ADD BACK IN SOME OF THE FIBER WE MISS IN CURRENT FOOD STANDARDS, SOME OF THE QUALITY AND MINERALS AND ETHICS WE'VE LOST IN MEAT AND SEAFOOD PRODUCTION, AND SOME OF THE PEACE OUR GUT GIVES US FROM JUST. EATING. WELL.

X LEE ANNA