



*Ready-to-eat. Healthy. Customized. Delivered.*

## **Summertime Salad**

1 large peach, halved, pitted, oiled,  
grilled.  
Mix of kale, wilted, and baby spinach  
1/2 cup blueberries  
2 Tablespoons Sunflower Seeds  
1 oz Parmesan  
Mint leaves, a few torn or ribboned

## **Dressing**

1/4 C Olive Oil  
1 Tablespoon Lemon juice  
1 teaspoon of honey

---

## **Chicken Salad**

1 Cup chicken, diced or shredded  
1/8 Cup celery, diced  
1/8 Cup red onion, minced  
2 Tablespoons pecans, toasted  
Fresh herbs to taste: dill, parsley, basil,  
cilantro  
Dash Teaspoon Black Pepper  
Dash, Kosher Salt

## **Dressing**

Toss everything in a mixture of mayo and  
plain greek yogurt.  
  
1/4 Cup is a good measure, mayo and  
yogurt 1:1

*“Dedicated to serving our communities through whole foods that are prepared to the individuals needs  
as well as wellness education and outreach services.”*