



Healthy Now

MEAL PREP • JUICES • CATERING

Buffet Style Lunch Packages

Package #1 - \$25 pp

Garden Salad with Honey Dijon Vinaigrette Dressing
Butternut Squash Soup
Platter of Gourmet Assorted Wraps
Fruit platter and Assorted Cheese Platter

Package #2- \$30 pp

Garden Salad with Balsamic Dressing
Grilled Seasonal Veggies
Roasted Potatoes
Greek Style Chicken
Tzatziki and Flat bread
Fruit Platter

Package #3-\$40

Superfood Salad- Mixed Greens, Strawberries, Blueberries, Sweet Potato and Pumpkin Seeds
Three Bean Salad
Maple Glazed Salmon
Lemon Chicken
Roasted Sweet Potato
Brown Rice
Grilled Seasonal Veggies
Chocolate Avocado Mousse
Fresh Fruit Platter

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