



THE EDIBLE JOURNEY

MEAL PREP PLAN ORDER FORM

Choose one base box (additional boxes \$10 each)

BOX OF GREENS

(kale, baby spinach, romaine, arugula)



BOX OF MIXED MICROGREENS



BOX OF FRESH HERBS

(cilantro, parsley, mint +)



FRESH

Choose 6

- Carrots
- Cucumber
- Tomato
- Red onion
- Green onion
- Pickled red onion
- Green beans
- Broccoli
- Corn
- Pepper
- Cauliflower
- Purple cabbage
- Mango
- Blueberries
- Orange slices
- Celery

GRAINS, BEANS N' THINGS

Choose 4

- Black beans
- Chickpeas
- White beans
- French or black lentils
- Roasted beets
- Roasted sweet potato
- Roasted purple potato
- Roasted squash
- Grilled veggies
- Wide rice noodles
- Chickpea pasta
- Farro grain (whole spelt)
- Quinoa
- Organic brown rice

THE GOOD STUFF

Choose 3

- Pomegranate
- Feta
- Bacon
- Boiled egg
- Charred jalapeno
- Pickled beets
- Raw cashews
- Roasted salted cashews
- Roasted salted peanuts
- Raw walnuts
- Maple candied walnuts
- Tamari almonds
- Dried cranberries
- Sunflower seeds
- Hemp seeds