



Seasonal Sample Menus

Each menu is inspired by the changing seasons, featuring cozy, comforting fall and winter dishes alongside vibrant, fresh spring and summer options. Menus can also be tailored for clients seeking balanced, macro-friendly nutrition.

All menus are fully customizable and highlight fresh, high-quality ingredients sourced from trusted butchers, specialty markets, and local grocery shops throughout Atlanta.

Fall/ Winter Menu

Appetizers

Seared Patagonian Scallops served with a citrus beurre blanc and microgreens

Heirloom Roasted Beet Salad with goat cheese, candied pecans, and balsamic reduction

Lunch / Light Plates

Pan Seared Chicken Thighs with spring pea purée, roasted fingerling potatoes, and lemon-thyme jus

Mediterranean Grain Bowl with quinoa, farro, seasonal vegetables, herbed tahini vinaigrette

Seared Chicken Nicoise with haricot verts, olives, soft-boiled egg, lemon-caper dressing

Main Courses / Dinners

Braised Short Ribs, Red Wine Reduction – slow-cooked, truffle mashed potatoes, roasted root vegetables

Pan-Seared Salmon with Lemon Beurre Blanc – wilted spinach, spring asparagus

Heritage Pork Chop, Charred and Glazed – apple chutney, garlic-roasted Brussels sprouts

Dessert

Flourless Chocolate Torte with Raspberry Coulis

Spring/ Summer Menu

Appetizers

Spicy Ahi Tuna Poke Bowl with avocado, edamame, jasmine rice, sesame-soy dressing, finished with microgreens

Watermelon & Feta Salad tossed with mint, balsamic glaze, and toasted almonds

Asparagus Puff Pastry Twists with Herbed Ricotta, flaky pastry with lightly roasted asparagus tips

Lunch / Light Plates

Pan Seared Chicken Breast with Lemon-Herb Sauce, served with quinoa and roasted summer squash

Ground Turkey Summer Grain Bowl with farro, cherry tomatoes, cucumbers, zucchini ribbons, basil-tahini dressing

Main Courses / Dinners

Guava BBQ Oven-Roasted Baby Back Ribs, brushed with a sweet-spicy guava glaze

Pan-Seared Sea Bass with Tomato-Fennel Ragout, finished with fresh herbs

Sous-Vide Chicken Thighs with Lemon-Dill Sauce served with seasonal roasted vegetables

Dessert

Mango Sorbet – fresh, vibrant, and dairy-free

Year-Round Macro-Friendly Menu

Breakfast / Brunch

Egg White & Spinach Frittata – 30g protein, 5g carbs, 5g fat (GF, DF)

Protein Yogurt Parfait – 20g protein, 25g carbs, 8g fat; seasonal berries and granola

Lunch / Light Plates

Grilled Chicken Power Bowl – 40g protein, 30g carbs, 10g fat; quinoa, roasted vegetables, tahini drizzle

Seared Ahi Tuna Salad – 35g protein, 10g carbs, 8g fat; haricot verts, olives, lemon-caper vinaigrette

Dinner / Main Courses

Grilled Flank Steak with Chimichurri – 45g protein, 20g carbs, 10g fat; served with roasted sweet potatoes and sautéed seasonal vegetables

Pan-Seared Salmon – 40g protein, 15g carbs, 12g fat; wilted spinach, spring asparagus

Sides & Snacks

Roasted Baby Carrots – 2g protein, 10g carbs, 4g fat

Steamed Seasonal Vegetables – 3g protein, 8g carbs, 0g fat

Desserts

Protein Chocolate Mousse – 15g protein, 8g carbs, 5g fat (GF, DF)

Seasonal Fruit Crisp – 5g protein, 20g carbs, 5g fat