

Body Love

MENUS AND ORDERS

MINIMUM ORDER \$50

JAR/DISH ONE-TIME PURCHASE \$10

FOOD WILL BE BROUGHT IN LIDDED GLASS JARS AND CONTAINERS TO ALLOW FOR FREEZING AND EASY STORAGE. RETURN YOUR EMPTY JARS FOR RE-USE WITH NEXT ORDER.

DELIVERY FEE \$5

8 SERVINGS \$20

6 SERVINGS \$15

4 SERVINGS \$10

SIDES/TEA \$5 EACH

FROZEN YOGURTS \$9 EACH(4 SERVINGS)

(*V VEGAN OPTION)

LENTIL VEGETABLE SOUP(RECOMMENDED WITH CHIPS AND/OR RICE) *V

MUSHROOM BROTH(RECOMMENDED WITH NOODLES) *V

ZUCCHINI NOODLE MUSHROOM CREAM SAUCE *V

HOME MADE RAVIOLI WITH CARROT CREAM SAUCE

CARROT FENNEL SOUP *V

SPAGHETTI SQUASH BAKED SPAGHETTI *V

KALE WHITE BEAN SOUP *V

BEAN AND AVOCADO DIP WITH CILANTRO *V

COLD CUCUMBER AVOCADO SOUP *V

CHOCOLATE AVOCADO PUDDING *V

FROZEN YOGURT *V

BLACKBERRY

STRAWBERRY

RASPBERRY

PEACH
MANGO

SIDES/TEA(4 SERVINGS)

TEA

PARSLEY, MINT, GINGER, HONEY
OREGANO, CINNAMON, ROSE PETAL, HONEY

CHIPS

NOODLES

RICE

CORNBREAD

FRUIT SNACKS

SALTED COOKED EDAMAME

GARLIC SAUTEED SPINACH

QUINOA PARSLEY SALAD

TO ORDER, CALL OR TEXT 865.469.5273

PLEASE LET ME KNOW ANY FOOD ALLERGIES, DIETARY RESTRICTIONS,
PREFERENCES, CRAVINGS, SYMPTOMS AND/OR BODY AILMENTS.

MENUS WILL CONTINUE TO GROW AND EXPAND!

I WILL MAKE RECOMMENDATIONS BASED ON INDIVIDUAL ASSESSMENT.