

# SWAYING SAGUARO CAFE



## M E N U

### PROTEIN BOXES

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Mediterranean  
Garden Fresh (in-season produce)  
Sweet & Salty  
Mix & Match  
**\$75 for 5 Boxes**

### FREEZER MEALS

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Healing Chicken Soup  
Creamy White Chicken Chili  
Ginger Soy Salmon  
Creamy Squash Soup  
Lasagna or Pasta Bake  
**\$375**

### BREAKFAST CLUB

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Your choice of:  
7 Postpartum Breakfast Cookies or  
Energy Bites  
1 Egg Casserole(6-8 servings)  
1 loaf of Zucchini Banana Bread  
16 oz. Swaying Saguaro Granola  
**\$75 for 4 Items**

### FRESH MEAL KITS

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Fiesta Kit  
Stir-Fry Kit  
Stew Kit  
Greek Kit  
Veggie Kit  
**\$375**

\*All menu items can be made Gluten Free (GF), Vegetarian (VG), Nut-Free (NF) and Dairy-Free (DF) upon request. Freezer Meals/Fresh Meal Kits are part of the Nourishing Meal Package service and are \$375 per package.

Protein Choices: Poultry, Beef, Tofu

