



BULK COOKING

<p>PROTEIN</p>	<ul style="list-style-type: none"> • Bake Chicken Breast • Cook Taco Meat • Crockpot Chicken • Crockpot Roasts • Grill Meats • Egg Muffins
<p>SIDES & VEGGIES</p>	<ul style="list-style-type: none"> • Wash & Cut Fresh Veggies • Oven Roasted Veggies • Kumara Fries • Riced Cauliflower • Rice, Quinoa • Fajita Peppers & Onions • Stir Fries
<p>SOUPS & STEWS</p>	<ul style="list-style-type: none"> • Curried Pumpkin Soup • Ground Beef Stew • Vegetable Soup • Butternut Squash Soup • Crockpot Kumara Beef Stew • Indian Spiced Bean & Tomato Soup
<p>CHILI</p>	<ul style="list-style-type: none"> • White Chicken Chili • Buffalo Chicken Chili • Roasted Capsicum Chicken Chili • Kumara Black Bean Chili with Avocado • Pumpkin Beef Chili
<p>DRINKS</p>	<p>Water With Natural Flavour By Adding:</p> <ul style="list-style-type: none"> • Fresh Berries • Cucumbers • Mint • Cold press Coffee • Iced Tea • Iced Tea with Lemon