

Little Green 7 Day Cleanse Menu

\$272 for Hub Pick Up Spot: 5206 Sherier Place, NW Washington DC (Palisades)

\$296 for Home Delivery to Your Door

Enjoy a spa-like cleanse by having more than 20 meals home-made and delivered by KitchKat. You will only need to minimally supplement with snacks and salads.

Cycle 1- Saturday, April 23rd 4pm-6pm Delivery, 5:00pm Hub Pick Up*

Pepita Parsley Pesto Quinoa w/Kalamata Olives, Sundried Tomatoes, Capers, Pine Nuts (2-16oz)
Roasted Salmon w/ Brazilian Rub (6oz)
Massaged Kale Salad (2-16oz)
Pea Zucchini Soup with Dill (16oz)
Lauren's Lentils (16oz)
Herb Lemon Tahini Dressing in a Jar (to have on hand for salads)
Glorious Granola with Coconut & Cashews (3-16oz)

Cycle 2- Tuesday, April 26th, 5:00pm-7:00pm Delivery, 6:00 pm Hub Pick Up*

Curried Roasted Butternut Squash Soup (16oz)
Asian Noodle Salad (2-16oz)
Red Cabbage Slaw with Honey Toasted Cashews (2-16oz)
Pistachio Encrusted Tilapia (6oz)
Almond Ginger Dip (to have on hand for crudites and more) (8oz)
Red Quinoa Goodness (Plain Quinoa, with toppings on the side) (2-16oz)

Cycle 3- Thursday, April 28th, 5pm-7pm Delivery, 6:00pm Hub Pick Up*

Fruity, Crunchy Lentil Salad (2- 16oz)
Peach Chia Smoothie (2- 16oz Portions)
Sunshine Frittata (24oz)
Cauliflower Curry with Toppings (24oz)
Roasted Vegetable Side (16oz)

Price reflects 15% discount for reBOOT & Little Green Cleansers.

Email directly with order for entire 7 day cleanse

info@kitchkat.com

www.kitchkat.com

703-405-0620

**Delivery will be between 4pm and 6pm on Saturday and 5pm-7pm on Tuesday and Thursday. Delivery flat fee for all three cycles is \$24. If this time doesn't work with your schedule, please leave a cooler on your front porch ahead of time for food to be left inside OR contact Kat at info@kitchkat.com for any additional delivery questions
Payment by check to KitchKat 10205 Brookmoor Drive Silver Spring, MD 20901*

Little Green 7 Day Cleanse Menu

Sunday's Menu

Breakfast: Glorious Granola with Fruit (own)
Lunch: Pepita Pesto Quinoa & Avocado (own)
Dinner: Brazilian Salmon & Salad (own) with Tahini Dressing

Monday's Menu

Breakfast: Glorious Granola with Fruit (own)
Lunch: Lauren's Lentils & Side Salad (own) with Dressing
Dinner: Pea Zucchini Soup & Kale Salad

Tuesday's Menu

Breakfast: Glorious Granola with Fruit (own)
Lunch: Pepita Pesto Quinoa & Kale Salad
Dinner: Pistachio Encrusted Tilapia with Salad (own) and Tahini Dressing

Wednesday's Menu

Breakfast: Quinoa Goodness with Toppings
Lunch: Asian Noodle salad
Dinner: Curried Roasted Butternut Squash Soup & Red Cabbage Slaw

Thursday's Menu

Breakfast: Quinoa Goodness with Toppings
Lunch: Asian Noodle Salad
Dinner: Fruity, Crunchy Lentil Salad & Kale salad

Friday's Menu

Breakfast: Peach Chia Smoothie
Lunch: Red Cabbage Slaw and Sunshine Frittata
Dinner: Sunshine Frittata & Green Salad (own) with Dressing

Saturday's Menu

Breakfast: Peach Chia Smoothie
Lunch: Fruity, Crunchy Lentil Salad & Avocado (own)
Dinner: Cauliflower Curry with Toppings and Roasted Vegetable Side

Participants will also want to have the following on hand for supplementing the delivered meals and snacking: greens, avocados, berries, fruit, fresh cut veggies, Larabars, seaweed snacks, apples & almond butter, carrots & prepared hummus, almond milk, and smoothie ingredients (frozen fruit & bananas, etc.)