

- **Crispy Fish & Tartar Sauce** *Servings: 4*  
*Crispy Pan Fried Cod Fish Coated in Panko Bread Crumbs with Home Made Tartar Sauce with Capers, Parsley and Horseradish* *Freezer*
- **Tortellini Casserole with Meaty Sauce** *Servings: 4*  
*Cheese Filled Tortellini Layered with Savory Tomato Sauce, Ground Beef, Monterey Jack and Cheddar Cheese* *Freezer*
- **Tri-Tip Stir Fry or “Lomo Saltado” 4 (Whole Body Reboot)** *Servings: 4*  
*Stir-fried Tri-Tip with Tomatoes, Onions, and Balsamic-Soy Chili Garlic Sauce* *Freezer*
- **Curried Turkey Burgers** *Servings: 6*  
*Turkey Burgers with Onions and Curry Powder, topped with Jack Cheese and served on toasted Buns with Curry Mayonnaise* *Freezer*
- **Chicken Enchiladas** *Servings: 4*  
*Rolled Corn Tortillas filled with Chicken and Cheese Topped with a Red Enchilada Sauce, Cheese, Black Olives, and Green Onions* *Freezer*
  - **Gazpacho Soup (SCD Safe)**  
*Hearty Gazpacho Soup with Tomatoes, Cucumber, and Green Bell Peppers, served chilled*
  - **Fiesta Lime Rice**  
*Colorful Rice with Black Beans, Corn, Scallions, Tomatoes, and Lime Cilantro Dressing*