



Welcome to the menu page of our prepared meal delivery service. This page will always be updated with the week's current menu, the following week's offering, and how to order. Thank you for being here.

As always we prepare foods for you that are gluten-free, dairy-free, organic where possible, using responsibly sourced pastured meats, 100% made from scratch in our loving kitchen, no refined sugars or salts, and delivered to you in compostable containers.

FOODS THAT SUPPORT HEALTH AND HELPS PREVENT ILLNESS

With each meal, we focus on incorporating locally grown, organic (wherever possible) vegetables, lots of fiber, and high-quality responsibly sourced proteins. For optimal health benefits, we incorporate as many nourishing adaptogenic, immune-supporting spices and herbs wherever we can. We use age-old techniques that aid in digestion with a focus on decreasing inflammation and facilitating better absorption of your foods' vitamins and minerals.

MENU FOR FEBRUARY 28th - MARCH 4th.

To place an order for these meals, send an email to info@saltygalcatering.com by Friday the 25th. Cost is \$55 and includes delivery.

ROSE PETAL HARISSA ROASTED CHICKEN / BUTTERNUT SQUASH WITH HONEY AND ORANGE OIL / GRILLED BROCCOLI
Ingredients: pastured chicken breast, harissa spice blend, coconut oil, butternut squash, honey, orange, olive oil, broccoli

TURKEY AND SPINACH MEATBALLS SIMMERED IN MARINARA / ZUCCHINI NOODLES
Ingredients: ground organic turkey, baby spinach, onion, garlic, rosemary, thyme, oregano, parsley, basil, olive oil, tomato

KOREAN STYLE PORK LOIN WITH ASIAN PEAR AND KIMCHI SALAD / BROWN RICE / SAUTEED GREEN BEANS
Ingredients: pork loin, garlic, ginger, mirin, tamari, sesame oil, gochujang, green onion, asian pear, sesame seeds, kimchi, radish, brown rice, green beans, coconut oil, bone broth

MENU FOR MARCH 7th - MARCH 11th

To place an order for this week's meals, send an email to info@saltygalcatering.com by Friday the 4th. Cost is \$55 and includes delivery.

CITRUS CHILI PORK STUFFED SWEET POTATO / CABBAGE AND CARROT SLAW w/ VINEGAR BASED DRESSING
Ingredients: pork shoulder, orange, garlic, onion, pasilla chili, bay leaf, oregano, yam, green cabbage, purple cabbage, carrot, scallion, cilantro, apple cider vinegar, olive oil

CHICKEN STIR FRY W/ WILD RICE/GRILLED CABBAGE/RAINBOW CARROT/ BROCCOLI
Ingredients: chicken breast, tamari, garlic, ginger, scallion, sesame oil, savoy cabbage, carrot, avocado oil, broccoli, wild rice, chicken bone broth

LAYERED CHICKEN FAJITA BAKE / SPANISH RICE AND BEANS / GRILLED ZUCCHINI
Ingredients: chicken breast, ancho chili, cumin, coriander, paprika, garlic, onion, bell pepper, brown rice, masa, pinto beans, avocado oil, chicken bone broth, zucchini, cilantro

KEEP READING

Additional Items Offered:

Seasonal Salad - \$13 (sent in 48 oz container with wet ingredients and dressing on the side)
Organic spring mix, winter citrus, shaved fennel with house made preserved lemon vinaigrette.

Soup Of The Week - \$15 (22oz jar, price includes \$1.50 glass jar deposit)
Creamy Carrot Soup: Carrots, coconut cream, vegetable stock, onion, garlic, leek, parsley, olive oil,

Deeply Rooted Breakfast Hash - \$12 (1 pint)
Purple sweet potato, yam, marble potato, kabocha squash, beets, broccoli, onion, garlic, parsley, oregano, thyme.
This is a wonderful way to start the day with lots of beautiful vegetables. I heat this up in a pan (saute with ghee or coconut oil) and eat it with an organic egg cooked sunny side up, extra runny with a lot of fresh herbs and a pinch of sea salt.

Prepared Seasonal Veg Prep - \$22 (48 oz container)
Includes 3 different types of vegetables, completely cooked and ready to eat. This is enough vegetables for many meals throughout the week. Just heat up in a pan or toaster oven. This months is steamed broccoli, roasted cauliflower and grilled rainbow carrots

Slow cooked bone broth - \$20 (22oz. Price includes \$1.50 glass jar deposit)
Made with organic, pastured chicken bones, filtered water, organic apple cider vinegar, kombu, organic dandelion root, organic ginger, and organic astragalus. I consider this medicine that I have every morning. I heat it gently on the stove, add a pinch of sea salt, sometimes some fresh herbs and sip. Read below to learn how beneficial bone broth can be for you.

Olive Chimi - \$12 (12oz glass jar. Price includes \$1.50 jar deposit)
This is our favorite sauce to put on almost everything we make. I put it on my eggs and breakfast hash, grilled vegetables and steak, chicken and salmon too! Ingredients: Castelventrano olives, capers, red onion, parsley, cilantro, oregano, thyme, mint, preserved lemons, olive oil, sea salt.

Raw, Organic, Sauerkraut - \$5 (8oz jar)
Organic green cabbage, organic garlic, sea salt. Having a lacto fermented food with each meal has a multitude of health benefits. The most important for me is it helps our bodies digest the meal we are eating and read below to learn more on how and why

-----**END OF MENU**-----

How To Order

You can call or text 503-504-5987 or send an email to info@saltygalcatering.com. We offer a fixed menu so please state which week's menu you are ordering and any additional add-on items you would like to include. One of us will follow up with you the same day and send you an intake form where we can learn more about you and your needs.

Portion Sizes

We start with 8oz protein raw and include 2 generous side dishes of complex carbohydrates and fibrous vegetables. If it's a meal like stir fry, all the vegetables and protein are mixed in, same amounting though.

Delivery / Packaging / Cooling

Delivery is included when you order a weekly meal plan with us. We make great efforts to minimize waste wherever humanly possible. Your meals will be delivered in recycled paper bags without cold packs. If you will not be home when we deliver, you can leave a hard or soft cooler on your porch with ice packs in it for us to drop your food. We transport your food at 34 degrees and will drop off at your residence or office between 2-4 pm.

Notes on skyrocketing food cost and current supply chain issues

I am sure you have noticed the price of food has gone up considerably in the last year or two. This is due to high demand and a stressed supply chain. We try to source all of our produce from the farmers market or delivered/picked up from the farms themselves. We are purchasing pastured, humanely raised animals which come at a much higher base cost than if you were to grab something conventional off the shelf at your local grocery store. The same goes with organic/bio dynamically grown produce. I personally select all of our produce and meats on our shopping days to ensure we start with a great, sustainably produced and procured product.

READ ON TO LEARN MORE ABOUT OUR APPROACH AND WHY...

A small green salad before you start your dinner. Raw food compounds are colloidal and tend to be hydrophilic, meaning that they attract liquids. (according to Sally Fallon) Thus, when we eat a salad or some other raw food, the hydrophilic colloids attract digestive juices for rapid and effective digestion.

Live-Culture vegetables, 1 bite with every meal. Foods that are fermented such as sauerkraut or kimchi, enhance that food's digestibility, increase vitamin levels and promote the growth of healthy flora throughout the intestine, and some ferments function as antioxidants. These foods, when eaten after a meal (according to Sally Fallon, just one bite will do!) will aid in digestion allowing your body to break down and absorb the meal you just ate with greater ease. Lowering inflammation and increasing vitamin absorption.

Bone broth, the best preventative medicine, immune strengthening, and life-sustaining food. Extracting the minerals from bone gives us calcium, magnesium, potassium, and collagen. Other important ingredients are amino acids like glutamine which supports gut health and immunity, lowers inflammation, and helps treat rheumatism. There is a long list of benefits to drinking bone broth each day, all of our ancestors consumed the broth of bones knowing the life-saving and preventative properties. Bone broth is medicine for our bodies, it supports our bones, and contains the key biochemical components of healthy tendons and cartilage.

We start with bones from chickens that pastured on green grass and ate bugs. Cooked in reverse osmosis water, with the addition of supporting and nutritive herbs and vegetables such as astragalus, kombu and onion skin (which contains quercetin), to name a few.

Legumes. These foods can combat inflammation because they're loaded with antioxidants and anti-inflammatory compounds, fiber, and protein. Using certain preparation techniques such as soaking (acts as pre-digestion), we are helping break down complex sugars in the legumes, making them more digestible. We cook all of our beans in our bone broth for added nutrients and health benefits.

Whole grains (we use only GF grains) - Unrefined whole grains provide vitamin E, B vitamins in abundance, and many important minerals, all of which are essential to life. We soak all of our grains prior to cooking which aids in easier digestion and better absorption.

Food made with love. Wholeheartedly. When I cook for people I start with giving gratitude for the food I am cooking with. I'm aware of all the hard work that goes into getting it to market. Farming is a labor of love for the farmers and so I appreciate them and the earth and all the people it takes to raise or grow this food and get it to my cutting board. I am known to sing loving songs to the meals as I prepare them and tell them how beautiful they are and express my gratitude. I must look crazy but it makes me feel wonderful and full of love and I know that is passed on to the food. There is a lot of love in our kitchen which is the best medicine and it is my hope that these meals fill you with nutrients, vitality and lots of love.