



WILD LOVE

VEGAN CUISINE

 Alkaline & Anti-Inflammatory Meal Service 

~ Menu 1 ~

Umami Lentil & Cabbage Rolls

baked napa cabbage stuffed with quinoa and lentil picadillo made with mushrooms, onion, carrot, celery and garlic, topped with a spiced tomato pomodoro sauce

Amaranth & Quinoa Pesto Pasta

amaranth & quinoa pasta with a high protein pea-basil pesto sauce, seared cherry tomatoes and spinach

Garlic Roasted Cauliflower

tender cauliflower with toasted garlic in olive oil, finished with himalayan salt and pepper

Squash Noodle Soup

vegetable consome, toasted garlic, tomato, zucchini and yellow squash noodles, carrot, celery, parsley, rosemary and a touch of lemon

Salad Basics

mixed power greens, rainbow veggie mix, caesar dressing

Pear-Almond Chia Pudding

cashew yogurt, chia seeds, fresh lemon juice, almond extract, maple, vanilla, orange extract and spiced pears

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~ Menu 2 ~

3 Bean Chili

stewed black beans, kidney beans and chickpeas with tomato, onion, garlic, celery, carrot, red bell pepper, parsley, cumin, paprika, black pepper, himalayan salt and avocado oil

Tri-Colored Quinoa & Peas

super high protein blend simmered with a pinch of pink himalayan salt tossed with sauteed carrots and onions, dill and lemon zest

Cajun Sweet Potatoes

sweet potatoes roasted in Cajun spices, himalayan salt and avo oil

Potato-Broccoli Soup

creamy soup with potato, broccoli, fresh celery, onion, garlic, parsley, rosemary, lemon, cashew cream, nutritional yeast, himalayan salt, and black pepper.

Salad Basics

mixed power greens with cauliflower ranch-style dressing

Apple Pie Chia Pudding

cashew yogurt, chia seeds, fresh lemon juice, maple, vanilla, cinnamon, clove, and apples

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~ Menu 3 ~

Frijoles de la Olla

stewed sprouted black beans with tomato, onion, garlic, bay leaf, cumin, coriander, black pepper, himalayan salt and avocado oil

Messy Brown Rice

organic sprouted brown rice simmered with carrot, onion, celery, garlic, tomato, corn, cumin and lime

Guizado de Ejotes

green beans sauteed with avo oil, tomato, onion, garlic, serrano pepper, himalayan salt and black pepper

Sopita de Verduras

veggie consomme with celery, onion, carrot, garlic, tomato, zucchini, potato, chile guajillo, chile ancho, lime, cilantro, bay leaf, himalayan salt, and black pepper.

Salad Basics

mixed power greens, rainbow veggie mix, with pumpkinseed-tomatillo dressing

Horchata-Pineapple Chia Pudding

cashew yogurt, chia seeds, fresh lemon and orange juice, maple, vanilla, mexican cinnamon, clove, raisins and pineapple

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~ Menu 4 ~

Chickpeas all'Uccelletto

chickpeas stewed with roasted tomato, peppers, potato, garlic, sage and rosemary

Quinoa-Amaranth Pasta Alfredo

with a deliciously creamy cauliflower alfredo sauce, seared kale and mushrooms

Broccoli Almondine

garlic roasted broccoli with toasted almonds and a touch of black pepper and chili flakes

Tuscan White Bean Soup

creamy soup with cannellini beans, fresh celery, onion, garlic, parsley, thyme, oregano, lemon, chard, cherry tomato himalayan salt, and black pepper.

Salad Basics

mixed power greens, rainbow veggie mix, with Italian dressing

Limoncello & Berries Chia Pudding

cashew yogurt, chia seeds, fresh lemon juice, maple, vanilla with a layer of mixed berries

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~ Menu 5 ~

Channa Masala

Indian spiced sprouted chickpeas cooked in a curry with carrot, onion, celery, garlic, ginger, tomato, cilantro, sunflower seed cream and himalayan salt

Brown Rice Pilaf

organic sprouted brown rice with peas, carrot, onion, turmeric, cinnamon, black pepper and toasted coconut and golden raisins

Seasonal Veggies

avocado oil roasted cauliflower, zucchini and yellow squash with a touch of himalayan salt and black pepper

Yellow Moong Dal

light lentil soup with spinach, coconut, onion, tomato, ginger, curry spices, basmati rice lemon and fresh cilantro

Salad Basics

mixed power greens, rainbow veggie mix, with herbed-yogurt dressing

Mango Chia Pudding

cashew yogurt, chia seeds, fresh lemon and orange juice, maple, vanilla, cinnamon, mango

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