



Meat & Seafood Entrees

Grass Fed Beef Tacos with Avocado Cream Sauce

Red Curry Beef

Sheet Pan Ginger Sesame Beef and Broccoli

Stroganoff

Grass Fed Beef Burgers

Grass Fed Beef Meatloaf

Sweet Potato Shepherd's Pie

Spaghetti Squash with Grass Fed Beef and Mushrooms

Chimichurri Steak or Shrimp

Apple-Spiced Turkey Burgers

Baked Spaghetti Squash with Turkey Meatballs

Seared Shrimp in Cajun Mustard Cream Sauce

Shrimp Paulista (Cilantro and Lime)

Lemon Garlic Shrimp

Shrimp Stir-Fry

Mediterranean Baked Fish

Blackened Red Snapper with Pepper Relish

Lemon Herb Baked Salmon or White Fish

Salmon Cakes with Remoulade

Maple Chili Glazed Pork Medallions

Garlic Butter Pork Bites

Oven-Baked BBQ Ribs

Lasagne

Italian Sausage Rigatoni

White Bean Sausage Skillet

Italian Sausage and Peppers with Veggies

Pork Tenderloin in Caper Pan Sauce

Hot Honey Crunchy Baked Chicken

Mediterranean Chicken Bake

Stuffed Chicken with Spinach and Cheese

Bruschetta Chicken

Chicken Tamale Pie

Chicken Parmesan

Slow Cooked Shredded Chicken Bowl

Garlic Chicken Stir-Fry

Chicken Alfredo with Spaghetti Squash, Zoodles or Fettuccine

Indian Butter Chicken (Or Tofu)

Chicken Piccata

Chicken Marsala

Red Thai Chicken Curry

Coconut Lime Chicken

Cranberry and Thyme Roasted Chicken

Fresh Vegetarian Entrees

Vegan Pad Thai with Veggies (or Tofu)

Sweet Thai Basil Stir Fry

Cashew Veggie Stir-Fry

Thai Green Curry with Spring Vegetables
Paneer Butter Masala
Vegetable Lasagna w/ Basil Lemon "Cheese"
Mediterranean Zucchini Noodles
Sweet Potato and Black Bean Miso Bowl
Veggie Enchiladas w/ Homemade Green Chili Sauce OR Red Chipotle Sauce
Mexican Stuffed Sweet Potatoes
Vegan Mac 'N' Cheese
Non-Vegan Macaroni N Cheese
Cuban Black Beans and Quinoa w/Cilantro Chili Sauce
Fried Quinoa with Veggies
Veggies and Lentils in Peanut Sauce
Coconut Sweet Potato Curry
Vegan Lentil Sloppy Joes
Yellow Mung Dal
Chickpea Tikka Masala
Vegan Moroccan Tagine
Vegan Stuffed Mushrooms

Side Dishes

Rosemary Garlic Potatoes
Roasted Potato Wedges
Lemon and Herb Roasted Potatoes
Creamy Mashed Potatoes with Garlic Confit
Roasted or Mashed Garlic Butter Sweet Potatoes
Roasted Italian Veggies
Roasted Green Beans with Lemon and Garlic

Skillet Green Beans and Bacon

Crispy Roasted Brussels Sprouts

Sauteed Brussels Sprouts with Ginger

Truffle Brussels Sprouts with Parmesan

Honey Roasted Carrots

Sesame Carrots and Broccoli

Stir Fried Rice with Veggies

Spicy Thai Basil Fried Rice

Coconut Basmati Rice

Saffron Risotto

“Fried” Quinoa and Veggies

Garlic Cauliflower Mash

Cauliflower Rice

Marinated Mediterranean Mushrooms

Sauteed Garlic Butter Mushrooms

Parmesan Tomato Zucchini Bake

Cuban Black Beans

Roasted Beets with Squash

Baked Tomato, Garlic and Thyme

Sauteed with Golden Raisins and Almonds

Prosciutto-Wrapped Asparagus

Garlic Parmesan Broccoli

Roasted Broccoli with Lemon and Garlic

Charred Street Corn Salad

Creamy Polenta & Tomato Jam

Hibachi Zucchini

Sauteed Zucchini, Yellow Squash, Red Onion and Tomato

Soups

Indian Red Lentil

Italian Lentil

Lemon Lentil

Curried Red Lentil and Pumpkin

Pumpkin Chicken and Mushroom

Minestrone

White Bean Chili

Turkey Chili w/ Pumpkin

“Creamy” Broccoli and Chickpea

“Cream” of Mushroom

Carrot Ginger

Coconut Curry

Butternut Squash

Potato w/ Kale

Tomato Basil

Miso Mushroom

Potato and Corn Chowder

Tortilla

Thai Lemongrass (with or without Shrimp)

Peruvian Quinoa Stew (with or without shrimp)

Zuppa Toscana w/ Roasted Cauliflower

Chicken Soup with Mushrooms and Roots

Vegan Garden Sweet Potato Chowder

Salads

Kale-Y Salad

Quinoa Salad

Black Bean and Corn Salad

Parsley/Tabbouleh Salad w/ Quinoa

Thai Cucumber Salad

Spicy Asian Coleslaw

Mexican Skillet Corn Salad

Broccoli Salad

Beet, Carrot, and Apple Slaw

Brussels Sprout Salad w/ Dried Cherries

Tuna and Lime Salad

Egg Salad

Chicken Salad

Sweet Potato Quinoa Salad

Greek Chickpea Salad

Desserts*

Vegan Key Lime Pie Bites

Coconut Chia Pudding

Raw and Vegan Lemon Meltaway Balls

Organic Blueberry Cobbler

Paleo Fudge Brownies

Vegan Chocolate Brownie Bites

*Desserts are not included with personal chef service but are offered at an extra charge. Pickles, Ferments, Nut Cheeses, Hummus, Juices, and Smoothies are also available upon request and are to be enjoyed fresh! Custom made!

Specializing in health conscious cooking and made with love! Cayli Rae's Kitchen is insured and certified by the American Personal and Private Chef Association (APPCA) and is a certified safe food handler. Cayli Rae's Kitchen is committed to providing healthy, fresh and affordable home-cooked meals.