



# Yacht Meals To Go

Waukegan Yacht Club 199 N. South Harbor Pl, Waukegan, IL 60085



## October MEAL PLAN MENU

Pick a Protein and 2 Sides for each Meal (\$12)

Purchase 10 Meals for Only \$100!!

### PROTEINS

Coconut Veggie Curry (v)  
Almond Pork Pad Thai  
Hawaiian Ham  
Morning Mushroom Mix (v)  
Spicy Sriracha Shrimp  
Pumpkin Pancakes  
Crunchy Catfish Bites  
Cashew Pepper Stir Fry (v)

### SIDES

Acorn Squash (v)  
Fajita Veggies (v)  
Marinara Mushrooms (v)  
Garlic Herb Cauliflower Rice  
Pistachio Lemongrass Noodles (v)  
Maple Bacon Broccoli

### SALADS

Kickin' Cucumber Salad (v)  
Creepy Creamy Coleslaw  
Evil Olives (v)  
Mango Green Chili Chunky Salsa (v)

\$5.95

### SOUPS

Lobster Bisque  
French Onion (v)  
\$6.95 / 16oz

### SWEETS

Cashew Butter & Berries (v)  
Banana Muffins  
Bacon Wrapped Dates

\$4.95

PALEO! GLUTEN FREE! SUGAR FREE! DAIRY FREE!

## COLD PRESSED JUICES

### AJNA (PURPLE)

Black Grapes, Beet, Blueberries, Cucumber,  
Carrots, Cabbage, Kale

### VISHUDDHA (BLUE)

Blueberries, Blackberries, Zucchini, Cabbage,  
Pineapple, Spinach, Lemon

### ANAHATA (GREEN)

Green Apple, Watermelon, Kale, Cucumber,  
Spinach, Green Pepper

### MANIPURA (YELLOW)

Pineapple, Mango, Cucumber, Celery, Lemon,  
Turmeric, Jalapeno

### SVADHISTHANA (ORANGE)

Oranges, Carrots, Cantaloupe, Bell Pepper,  
Spinach, Ginger, Cinnamon

### MULADHARA (RED)

Beet, Red Apple, Watermelon, Red Pepper, Red  
Cabbage, Kale, Mint

\$8 16oz Bottle  
or 3 Bottles/\$20

## SMOOTHIES

### WELCOME TO BERRY-DISE

Blackberries, Raspberries, Strawberries,  
Blueberries, Sweet Potato, Banana, Spinach,  
Almonds

### BERRY NAUTI

Blackberries, Raspberries, Strawberries,  
Blueberries, Banana, Zucchini, Cucumber,  
Avocado

### SUNSET SAIL

Kiwi, Pumpkin, Strawberry, Dates,  
Kale, Summer Squash, Unrefined Coconut  
Oil, Pumpkin Spice

### TROPICAL BREEZE

Pineapple, Mango, Strawberry, Apple,  
Spinach, Sweet Potato, Almonds, Ceylon  
Cinnamon

### LIFE'S A PEACH

Pineapple, Mango, Peach, Strawberry,  
Cucumber, Squash, Kale, Avocado

Enjoy a freshly blended smoothie OR Take Home a  
week's worth of Hand-packed, UNBLENDED

Smoothie Set Ups \$6 each  
or 7 Frozen Set-Ups/\$35 + tax

## ALMOND MILK

\$3/16oz, \$5/32oz