

Low Oxalate Kitchen

Sample Menu

BREAKFAST

Breakfast Tacos
corn tortillas, scrambled eggs,
sausage, veggies, salsa

Omelette
mushrooms, broccoli, onion,
cheddar

Powerbar
vanilla whey

Smoothie
coconut milk, banana, tigernut
flour, fruits, matcha, bok choy,
parsely

WC* Flour Banana Pancakes
wc flour, yogurt

Breakfast Bowl
rice, pigeon peas, green peas,
eggs, bacon, green salsa

Pumpkin Oatmeal
Quaker oats, pumpkin, coconut
cream

WC Flour Blueberry Muffin
siggi's blueberry yogurt,
WC/tigernut flour

Cereal
Corn Flakes, Cheerios, Rice
Krispies

LUNCH

Salad
arugula, bok choy, cabbage
romaine, tomato, cucumber,
avocado, chickpeas, pumpkin
seeds, olives, onions, bacon, feta

Dressings

- cilantro lime vinaigrette
- citrus vinaigrette
- basil vinaigrette

Pasta Salad
red lentil pasta, chicken, fresh
mozz, tomato, basil

Coleslaw salad
cabbage, meat or chickpeas

Tacos
leftover dinner on corn tortillas,
salsa

Sushi
lunch special from Mor,
Shoprite**

Cheeseburger
ground beef, cheddar, lettuce,
tomato, onion, pickle

DINNER

Pork Chops
olive oil, white vinegar, mustard,
garlic, parsely

Pasta and Meatballs
red lentil pasta, meatballs,
Clasico tomato basil

Salmon

- Lemon dill sauce
- orange glaze

Mahi Mahi
Sauteed in butter

Scallops
garlic butter sauce

Baked Ziti
chickpea pasta

Spaghetti squash
Olive oil, meatballs

Pasta alfredo
red lentil pasta, ham and peas

Bibimbap
rice, veggies, gojuchang sauce

*WC= Water Chestnut

**Local restaurants/grocery store