

Dear Chef,

For medical reasons I follow a **Plant-Based Diet** (details on other side). Please create a meal for me using any fruits & veggies (including those listed below), plus any whole grains, beans, potatoes, or pasta. Please use only water or veggie broth to sauté or steam. No Oil!

<i>Lettuce</i>	<i>Cabbage</i>	<i>Carrots</i>	<i>Banana</i>
<i>Spinach</i>	<i>Cauliflower</i>	<i>Potatoes</i>	<i>Blueberries</i>
<i>Scallions</i>	<i>Broccoli</i>	<i>Beets</i>	<i>Oranges</i>
<i>Snow Peas</i>	<i>Brussel Sprouts</i>	<i>Yams</i>	<i>Apples</i>
<i>Mushroom</i>	<i>Corn</i>	<i>Greens/ Kale</i>	<i>Strawberry</i>
<i>Onions/ Garlic</i>	<i>Asparagus</i>	<i>Tomato</i>	<i>Melons</i>

THANK YOU FOR YOUR CREATIVE EFFORTS!

For medical reasons I follow a **Plant-Based Diet** that does not include any animal or animal-derived ingredients, or added oil.

- **No meat or parts from any animal** including cows, fish, birds, sea creatures.
- **No products from animals** such as dairy (milk, cheese, butter, sour cream, cream, yogurt, ghee, whey, casein), eggs, egg whites, mayonnaise, gelatin, lard, or animal-based broths or sauces (Worcestershire, fish sauce, oyster sauce, etc).
- **No Oil**, including olive oil, coconut oil, vegetable oil, butter, etc.
- **Salad Dressing:** If possible, mix a 3:2:1 ratio of (Balsamic)Vinegar : (Dijon)Mustard : Maple Syrup

Thank you for your creative efforts.