Winter Menu

MEAL PREP

Winter meals at Dogwood Chefs are designed to ground and nourish. We lean into slow-cooked proteins, root vegetables, and cozy global spices while maintaining balance and protein-forward portions.

Weekly Rotation (Entrée + Side)

MOROCCAN-SPICED LAMB WITH ROASTED VEGETABLES

Side: Mint Yogurt Sauce & Wilted Greens

INDIAN SPICED SHEPHERD'S PIE

Side: Cucumber Raita

BISON STEW POT CHILI

Side: Simple Green Salad with Sherry Vinaigrette

ANIMAL-STYLE BURGER BOWL

Side: Dill Pickle Cucumber Salad

WHITE CHICKEN CHILI

Side: Avocado & Tomato Salad

CHICKEN ALFREDO SPAGHETTI SQUASH

Side: Garlic Broccolini

MACRO FOCUS (AVG PER MEAL)

Protein: 35–45g • Carbs: 30–45g • Fats: 15–25g • Calories: 450–600

Spring Menu

MEAL PREP

Spring menus lighten and brighten with tender greens, fresh herbs, citrus finishes, and quicker cooking methods.

Weekly Rotation (Entrée + Side)

HERB LAMB MEATBALLS WITH LEMON POTATOES

Side: Shaved Arugula & Radish Salad

GREEK-INSPIRED LAMB BOWL

Side: Cucumber Tomato Salad

BISON MEATBALLS WITH ROASTED BROCCOLINI

Side: Lemon-Dressed Spinach

PESTO CHICKEN & NEW POTATOES

Side: Asparagus with Lemon

HIGH-PROTEIN TACO BOWL (SPRING SLAW)

Side: Charred Bell Peppers & Onions

LEMON CHICKEN ZOODLES

Side: Roasted Cherry Tomatoes

MACRO FOCUS (AVG PER MEAL)

Protein: 35–45g • Carbs: 35–50g • Fats: 12–22g • Calories: 425–575

Summer Menu

MEAL PREP

Summer cooking emphasizes fresh vegetables, grilled proteins, and bright sauces. Meals are satisfying without heaviness.

Weekly Rotation (Entrée + Side)

GRILLED LAMB WITH MINT CHIMICHURRI

Side: Tomato Cucumber Salad

MANGO CHILI CHICKEN BOWL

Side: Crunchy Cabbage Slaw

BISON TACO BOWL WITH FRESH PICO

Side: Lime-Roasted Zucchini

BISON LETTUCE WRAP BOWLS

Side: Sesame Green Beans

CITRUS CHICKEN GRAIN BOWL

Side: Avocado & Corn Salad

GAZPACHO-STYLE TOMATO SOUP

Side: Arugula with Olive Oil & Lemon

MACRO FOCUS (AVG PER MEAL)

Protein: 35–45g • Carbs: 35–55g • Fats: 10–20g • Calories: 400–550

Fall Menu

MEAL PREP

Fall menus celebrate harvest vegetables and familiar comfort flavors prepared with balance and care.

Weekly Rotation (Entrée + Side)

MAPLE-DIJON LAMB BOWL

Side: Roasted Brussels Sprouts

STUFFED ACORN SQUASH

Side: Shaved Kale & Apple Salad

SWEET POTATO SAUSAGE BAKE

Side: Roasted Green Beans with Garlic

BISON CHILI

Side: Simple Mixed Greens

PESTO CHICKEN WITH FALL VEGETABLES

Side: Roasted Delicata Squash

SWEET POTATO SOUP

Side: Lemon-Dressed Arugula

MACRO FOCUS (AVG PER MEAL)

Protein: 35–45g • Carbs: 35–50g • Fats: 15–25g • Calories: 450–600

***Macros Disclaimer: Macros are estimates and may vary slightly based on seasonal sourcing and client customizations. Dogwood Chefs reserves the right to make seasonal adjustments while maintaining the integrity of each dish. Customized Menu are also available for each client.