

A small taste of what I offer for retreats & special events

Cooking for you and your guests, educating them on how to support their nervous system & improve their mood is my passion.

My menus are an educational experience designed to help you & your guests learn how to best support your nervous system and improve your mood through whole foods.

Most menus are designed to be served family style, which helps to promote the feeling of togetherness & community.

Eat Zen with Jen's signature **#brainbowls** included in each menu.



Sample Menu

Day One

BREAKFAST

Coconut Chia Pudding Bar

Individual chia pudding served in mason jar; three flavours available – Lemon + Coconut, Vanilla + Mixed Berries, Banana Split

Bar: mixed nuts + seeds, bee pollen, cocoa nibs, hemp hearts, oats, nut butter

LUNCH

Sweet Potato, Avocado + Quinoa Brain Bowl

Organic mixed greens, fresh dill, avocado, heirloom tomatoes, cucumber, green onion, hemp hearts, crispy chickpeas, parsley, toasted papitas

Tahini drizzle – tahini, siracha, garlic, lemon, maple syrup, tamari, fresh dill

Option to be served with organic chicken

Side of kimchi

DINNER

Grilled Vegetable Lasagna

Grilled zucchini, sweet potato, eggplant layered & served with lentil bolognese (tomatoes, lentils, garlic, basil)

Side of sauerkraut

Day Two

BREAKFAST

Gluten Free Breakfast Bake

Coconut milk, cinnamon, turmeric, banana, blueberry, walnut maple syrup

Bar: mixed nuts + seeds, bee pollen, cocoa nibs, hemp hearts, nut butter

LUNCH

Citrus Salmon Brain Bowl

Wild salmon (marinated in orange rind, fresh orange juice, coconut aminos, honey, garlic + ginger), mixed greens, cilantro, grilled grapefruit, avocado, quinoa, hemp hearts, hearts of palm, cucumber, sesame seed

Dressing – freshly squeezed orange juice, maple syrup, lemon juice, Dijon mustard, EVOO

Side of sauerkraut

DINNER

Baked Kale + Cabbage Brain Bowl with Crispy Quinoa

Baked kale + green cabbage topped with crispy quinoa and fermented red onion

Dressing – sage, rosemary, honey, chili oil + chili flakes

Side of kimchi

***Dairy free, gluten free, carnivore menu options available*