



C x R A  
wellness



# wellness & serenity

Everyone needs a breather sometimes and what better way to receive a little dose of happiness than sending a self-care or wellness box or set up a virtual cooking class to enjoy together. These are the perfect pick me up and extra TLC experiences curated to reduce stress, increase happiness, and inspire love in the new year.

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# Hello 2021

Ready to conquer the new year with a fresh perspective and feel-good products in a feel-good box? Us too! Pamper your colleagues, friends, or clients for the new year with all the good-for-you items to help them restore and rejuvenate.



## Wellness Kit

Stumptown Hair Bender Ground Coffee

Loose Lemongrass Ginger Herbal Tea  
Local Honey, Silver Tea Infuser

Omega Blend

Black Pepper Cashews, Almonds, Goji Berries  
Dark Chocolate, Dried Cherries, Dried Apricots

Morning Glory Breakfast Bread

Cranberry Moro Orange Jam, Almond Butter

Bircher Muesli

Toasted Oats, Apple, Flax Seed, Almond  
Pumpkin Seed, Shaved Coconut, Blueberry, Apricot

Seasonal Whole Fresh Citrus

Crystalized Ginger

Rose Quartz Crystal

2" Potted Succulent

**Serves 2 Guests / \$80.00 per box**

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# When Life Gives You Lemons

Time for a fresh start! With health at the forefront, foods that enhance immunity and keep us healthy rule the day. Join in from home with colleagues or clients for a healthy cooking virtual class to help you feel your best for 2021.

## Virtual Cooking Classes: Lunch Edition

### Work from Home Lunches

#### Please Select Two

##### Deviled Avocado

Ripe Avocado filled with Bell Pepper, Fresh Corn  
Chayote Squash, Corn Tortilla Strips, Scallion, Cotija Cheese  
*Vegetarian and Made without Gluten*

##### Tuna Nicoise Salad

Haricots Verts, Tomato, Red Onion, New Potato  
Hard Boiled Egg, Parsley, Red Wine Vinaigrette  
*Chicken Option Available*

*Vegetarian without the Tuna or Chicken*

##### Southwestern Quinoa Bowl

Black Beans, Roasted Corn, Tomato, Green Onion  
Cilantro Chili Vinaigrette  
*Vegan and Made without Gluten*

##### Taste of Asia Brown Rice Bowl

Napa Cabbage, Carrots, Mushrooms, Baby Bok Choy  
Teryaki Lime Glaze  
*Vegan and Made without Gluten*

##### Santorini Farro Bowl

Spinach, Escarole, Feta Cheese, Tomato  
Dill, Oregano, Lemon  
Extra Virgin Olive Oil

**Serves 4 Guests / \$55.00 per box**





## Virtual Cooking Classes: Dinner Edition



### Weeknight Healthy Dinners Please Select One

Broccoli and Sweet Potato Pan Roast  
Baby Kale, Rolled Oats, Toasted Walnuts  
Vegan and Made without Gluten

“One Pot Wonder”

Chicken Cacciatore, Medley of Vegetable  
Tomato Broth, Caper Berries  
Served over “Lightened Up” Stone Ground Polenta

Honey Garlic Shrimp Stir Fry  
Bok Choy, Forrest Mushrooms, Scallions  
Over Steamed Brown Rice

Lightened Up Tiramisu

**Serves 4 Guests / Pan Roast + Tiramisu \$70**

**Chicken Cacciatore + Tiramisu \$85 / Shrimp Stir Fry + Tiramisu \$95**

### Sweet Treats for the Soul

Almond Butter Power Bar

Made without Gluten Strawberry Oat Bar

Coconut Hemp Brownie Bites

Multigrain Chocolate Chip Cookies, Tahini and Sesame Seeds

Housemade Flax Seed Granola  
Blueberries, Toasted Oats, Pecans, Clover Honey

**Serves 4 Guests / \$80.00 per box  
Shipping Additional**

# details

Class to include Tips, Tricks  
Reminders and Trends by Chef Billy

Guests will receive ingredient boxes  
including the following:

Ingredients to prepare both dishes

Recipe cards they can keep for future use

Kitchen set-up notes

Guests will be required to provide staple pantry items like  
butter and eggs which will be communicated ahead of time

Each Dish serves up to 4 guests

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