



# FULL HOUSE ORGANIC

YOUR PERSONAL DIETITIAN & CHEF



**FullHouseOrganic.com**

38 Glen Cove Road, Greenvale, NY 11548

Kitchen@FullHouseOrganic.com | (516) 621-4040

Dietitian Melissa Callari - melissacallariRD@fullhouseorganic.com



Certified Organic by NOFA-NY

Name \_\_\_\_\_

Address \_\_\_\_\_

E-mail \_\_\_\_\_

Phone \_\_\_\_\_

Payment \_\_\_\_\_

*Name on the Card*

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*CSC*

### STEP 1 - CHOOSE YOUR MEAL PLAN

	Start Date	3 Day	5 Day	7 Day
<b>Lunch &amp; Dinner</b>		M T W T F S S □ □ □ □ □ □ □	M T W T F S S □ □ □ □ □ □ □	M T W T F S S □ □ □ □ □ □ □
<b>Breakfast, Lunch &amp; Dinner</b>		M T W T F S S □ □ □ □ □ □ □	M T W T F S S □ □ □ □ □ □ □	M T W T F S S □ □ □ □ □ □ □

### STEP 2 - CHOOSE YOUR MEAL

- I'll choose the components of each meal.
- I would like to consult with the dietitian to help me make my selections.
- Choose my meals for me. *Any Allergies Or Aversions?* \_\_\_\_\_

#### **Sandwiches** *(Choose One Side)*

Salmon Wrap  \_\_\_\_\_  
*Salmon, Avocado, Cucumber, Lettuce, Toasted Sesame Oil, Olive Oil, GF Tamari, Ginger, Garlic, Spices*

Chicken Habanero Melt  \_\_\_\_\_  
*Sliced Roast Chicken Breast, Caramelized Onions, Aged Habanero Cheddar, Tomato*

Chicken Chipotle Wrap  \_\_\_\_\_  
*Chicken Breast, Lettuce, Cheddar, Tomato, Ciabatta Bread, Mayo, Jalapeno, Spices*

Chicken Caesar Wrap  \_\_\_\_\_  
*Romaine, Grilled Chicken, Parmesan Cheese, Classic Caesar Dressing*

  Salmon Lettuce Wrap  \_\_\_\_\_  
*Salmon, Avocado, Cucumber, Lettuce, Toasted Sesame Oil, Olive Oil, Tamari, Ginger, Garlic, Spices*

  Chicken Chipotle Lettuce Wrap  \_\_\_\_\_  
*Chicken Breast, Lettuce, Cheddar, Tomato, Mayo, Jalapeno, Spices*

  Chicken Caesar Lettuce Wrap  \_\_\_\_\_  
*Romaine, Grilled chicken, Parmesan Cheese, Classic Caesar Dressing*

**Bowls & Chili** (Choose One Side)

**Pasta\* Pesto Bowl with Grilled Chicken**

*Grilled Chicken, Penne Pasta, Broccoli, Tomato, Garlic, Pignoli Nuts, EVO, Salt & Pepper*

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**☞ Salmon Bowl**

*Onion, Carrot, Celery, Spices, Salmon, Lettuce, Avocado, Cucumber, Basmati Rice, Sesame Oil, EVO, Gluten Free Tamari, Ginger, Garlic, Salt & Pepper*

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**☞ Quinoa Chicken Bowl**

*Chicken Breast, Cheese, Kale, Onion, EVO, Quinoa, Rosemary, Salt & Pepper*

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**☞ Turkey Chili**

*Turkey Breast, Beans, Onion, EVO, Garlic, Pepper, Jalapeno, Celery, Tomato, Rice, Salt & Pepper, Cumin, Chili Powder*

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**☞ Tempeh Chili**

*Tempeh, Beans, Onion, EVO, Garlic, Pepper, Jalapeno, Celery, Tomato, Rice, Salt & Pepper, Cumin, Chili Powder*

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**Proteins** (Choose Two Sides)

**☞☞☞ Pulled Pork**

*Pork, Salt & Pepper, Cayenne, Paprika, Garlic, Apple Cider Vinegar, Butter, Molasses, Ketchup, Worcestershire*

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**☞☞☞ Turkey Meatballs**

*Ground Turkey Breast, Onion, Celery, Carrot, Egg, Parsley, Garlic, Rosemary, Salt & Pepper*

\_\_

**☞ Grass Fed Beef Meatballs**

*Beef, Parmesan Cheese, Breadcrumbs, Eggs, Garlic, Parsley, Salt & Pepper*

\_\_

**☞ Free Range Chicken Meatballs**

*Chicken Breast, Parmesan Cheese, Bread Crumbs, Parsley, Egg, Garlic, Salt & Pepper*

\_\_

**☞☞☞ Spiced Turkey Burger**

*Turkey Breast, Onion, Bell Pepper, Parsley, Gluten Free Tamari, Salt & Pepper*

\_\_

**☞☞☞ Grass Fed Beef Burger**

*Ground Beef, Worcestershire Sauce, Salt & Pepper*

\_\_

**☞ Free Range Chicken Burger**

*Chicken Breast, Parmesan Cheese, Breadcrumbs, Parsley, Egg, Garlic, Salt & Pepper*

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**☞☞☞ Grilled Salmon**

*Salmon, EVO, Lemon Juice, Parsley, Salt & Pepper*

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**☞☞☞ Simply Grilled Chicken**

*Chicken Breast, EVO, Salt & Pepper*

\_\_

**☞☞☞ Sliced Roast Chicken with Gravy**

*Chicken Breast, EVO, Salt & Pepper, Turkey Broth with Spices*

\_\_

**☞ Cornmeal Crusted Chicken Cutlet**

*Chicken Breast, Cornmeal, Parsley, Parmesan Cheese, Salt & Pepper, Egg, EVO, Sunflower Oil*

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\* Gluten Free option available

## Classic Chicken Cutlet

Chicken Breast, Breadcrumbs, Parsley, Parmesan, Egg, EVO, Sunflower Oil, Salt & Pepper

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## 🌱🌾🌿 Sesame Chicken

Chicken Breast, GF- Tamari, Sesame Seeds, Sesame Oil, Garlic, Ginger, Salt & Pepper

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## 🌱🌾🌿 Marinated Baked Chicken Wings

Chicken Wings, Garlic, Worchester Sauce, White Vinegar, EVO, Ground Mustard, Salt & Pepper

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## 🌱🌾🌿 Sliced Roast Turkey Breast

Turkey Breast, EVO, Salt & Pepper, Rosemary, Turkey Broth w/spices

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## 🌱🌾🌿 Sliced Steak Tapenade

Steak, Garlic, EVO, Salt & Pepper, Mushroom, Peppers

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## 🌱🌿 Black Bean Patty

Black Beans, Onion, Bell Pepper, Mushroom, GF Oats, Coconut Nectar, Mustard, GF Tamari, Salt & Pepper, Spices

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## 🌱🌿 Quinoa Vegetable Patty

Quinoa, Potato, Onion, Carrot, Mushroom, Bell Pepper, Spinach, Salt & Pepper, EVO, Spices

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## Carbohydrate Sides

### 🌱🌿 Steamed Corn

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### 🌱🌿 Steamed Quinoa

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### 🌱🌿 Roasted Corn

Corn, EVO, Salt & Pepper

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### 🌱🌿🌾 Mashed Potato

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### 🌱🌿🌾 Roasted Potato

Potato, EVO, Garlic, Onion, Rosemary, Salt & Pepper

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### 🌱🌿 Quinoa, Kale & Mushrooms

Quinoa, Kale, Mushrooms, EVO, Onion, Thyme, Salt & Pepper

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### 🌱🌿🌾 Steamed Potato

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### Pasta\*

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### 🌱🌿🌾 Sweet Mashed Potato

Sweet Potato, Vegetable Broth, Salt & Pepper

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### 🌱🌿 Quinoa Salad

Red Quinoa, Corn, Bell Pepper, Black Beans, Onion, Cilantro, Lime Juice, Cumin, Salt & Peppers

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### 🌱🌿🌾 Spinach Mashed Potato

Potato, Spinach, EVO, Onion, Salt & Pepper

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### 🌱🌿 White Basmati Rice

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### 🌱🌿🌾 Spiced Sweet Potato

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### 🌱🌿 Basmati Rice Pilaf

Basmati Rice, Carrot, Onion, Bell Pepper, Celery, Evoo, Salt & Pepper

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### 🌱🌿🌾 Cottage Fries (Baked)

Sweet Potato, EVO, Cajun Spices

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### 🌱🌿 Basmati Rice Stir Fry

Basmati Rice, Onion, Broccoli, Carrot, Celery, Evoo, Tamari, Ginger, Garlic

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## Vegetable Sides

<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Avocado	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Grilled Eggplant	<input type="checkbox"/>
	<i>Eggplant, EVO, Salt &amp; Pepper</i>	
<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Grilled Asparagus	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Guacamole	<input type="checkbox"/>
<i>Asparagus, EVO, Salt &amp; Pepper</i>	<i>Avocado, Onion, Tomato,</i>	
<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Beans & Kale	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Hummus	<input type="checkbox"/>
<i>Beans, Kale, EVO, Garlic, Salt &amp; Pepper, Spices</i>	<i>Chickpeas, Lemon Juice, Tahini,</i>	
<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Steamed Beets	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Steamed Kale	<input type="checkbox"/>
<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Sautéed String Beans	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Sautéed Kale	<input type="checkbox"/>
<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Steamed Broccoli	<i>Kale, EVO, Garlic, Salt &amp; Pepper</i>	
<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Sautéed Broccoli	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Grilled Portobello Mushrooms	<input type="checkbox"/>
<i>Broccoli, EVO, Garlic, Salt &amp; Pepper</i>	<i>Portobello Mushrooms, EVO,</i>	
<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Steamed Broccoli Rabe	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Sautéed Cremini Mushrooms	<input type="checkbox"/>
<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Sautéed Broccoli Rabe	<i>Cremini Mushrooms, EVO, Salt &amp; Pepper</i>	
<i>Broccoli Rabe, EVO, Salt &amp; Pepper</i>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Caramelized Onions	<input type="checkbox"/>
<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Roasted Brussel Sprouts	<i>Yellow Onions, EVO, Garlic, Salt &amp; Pepper</i>	
<i>Brussel Sprouts, EVO, Garlic, Salt &amp; Pepper</i>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Sliced Bell Peppers	<input type="checkbox"/>
<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Roasted Butternut Squash	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Roasted Bell Peppers	<input type="checkbox"/>
<i>Butternut Squash, EVO, Salt &amp; Pepper, Spices</i>	<i>Bell Peppers, EVO, Garlic, Basil,</i>	
<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Curried Cauliflower	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Radish & Carrot Slaw	<input type="checkbox"/>
<i>Cauliflower, Coconut Milk, Turmeric, Ginger, Curry</i>	<i>Radish, Jicama, Carrot, Lime Juice,</i>	
<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Steamed Cauliflower	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Sautéed Spinach	<input type="checkbox"/>
<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Sautéed Cauliflower	<i>EVO, Cilantro, Salt &amp; Pepper</i>	
<i>Cauliflower, EVO, Garlic, Salt &amp; Pepper</i>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Summer Salad	<input type="checkbox"/>
<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Roasted Cauliflower	<i>Cucumber, Bell Pepper, Tomato,</i>	
<i>Cauliflower, EVO, Salt &amp; Pepper</i>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Salsa	<input type="checkbox"/>
<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Riced Cauliflower	<i>Tomato, garlic, Onion, Jalapeno, Cilantro,</i>	
<i>Cauliflower, EVO, Garlic, Salt &amp; Pepper</i>	<i>Lime Juice, EVO, Salt &amp; Pepper</i>	
<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Cauliflower Rice Stir Fry	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Steamed String Beans	<input type="checkbox"/>
<i>Cauliflower, EVO, Celery, Peppers, Carrots, Onion, Salt &amp; Pepper</i>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Sautéed String Beans	<input type="checkbox"/>
<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Carrot Sticks	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Grape Tomato	<input type="checkbox"/>
<i>Steamed Carrots</i>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Grilled Zucchini	<input type="checkbox"/>
<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Celery Sticks		
<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Cucumber Disks		

## Create Your Own Fantastic Salad *(Choose One Protein & 7 toppings)*

Pick Lettuce Choices -  Romaine  Spinach  Kale  Arugala

- |                                       |  |  |
|---------------------------------------|--|--|
| <input type="checkbox"/> Tomato       | <input type="checkbox"/> Cauliflower     | <input type="checkbox"/> Black beans         |
| <input type="checkbox"/> Cucumber     | <input type="checkbox"/> Zucchini        | <input type="checkbox"/> Shredded Mozzarella |
| <input type="checkbox"/> Red Onion    | <input type="checkbox"/> Chick Peas      | <input type="checkbox"/> Feta Cheese         |
| <input type="checkbox"/> Carrot       | <input type="checkbox"/> Jalapeño        | <input type="checkbox"/> Goat Cheese         |
| <input type="checkbox"/> Bell Pepper  | <input type="checkbox"/> Quinoa          | <input type="checkbox"/> Bacon               |
| <input type="checkbox"/> Radish       | <input type="checkbox"/> Almonds         | <input type="checkbox"/> Kalamata Olives     |
| <input type="checkbox"/> Broccoli     | <input type="checkbox"/> Walnuts         | <input type="checkbox"/> Avocado (Half)      |
| <input type="checkbox"/> Green Beans  | <input type="checkbox"/> Pepitas         | <input type="checkbox"/> Chicken             |
| <input type="checkbox"/> Roasted Beet | <input type="checkbox"/> Hard Boiled Egg | <input type="checkbox"/> Black Bean Patty    |
| <input type="checkbox"/> Roasted Corn | <input type="checkbox"/> Croutons        | <input type="checkbox"/> Salmon              |

### Dressings

- |   |  |   |
|---|--|---|
| <input type="checkbox"/> Herb Balsamic      | <input type="checkbox"/> White Balsamic  | <input type="checkbox"/> Red Wine Vinaigrette |
| <input type="checkbox"/> Citrus Vinaigrette | <input type="checkbox"/> Caesar Dressing | <input type="checkbox"/> Blue Cheese          |

### Breakfast Add On-s

 Organic Breakfast Bar & Fresh Fruit *Ask about available flavors* \_\_

 Remedy Organics Probiotic Smoothie & Fresh Fruit \_\_

- Strawberry Banana  Banana Date  Mango Chia  Simple Chia  
 Simple Greens  Greens & Avocado

Greek Yogurt w/Granola & Fresh Fruit \_\_

- Plain  Vanilla  Berry

Homemade Banana Bread & Hard Boiled Eggs \_\_

*Banana, Flour, Butter, Sugar, Egg, Vanilla Extract, Baking Soda, Baking Powder*

Egg White Omelet & Roasted Potato or Fresh Fruit \_\_

*Egg White, Cheddar Cheese, Spinach, Mushroom, EVOO*

Southwestern Omelet & Roasted Potato or Fresh Fruit \_\_

*Egg, Onion, Bell Pepper, Tomato, Zucchini, Salt & pepper*

French Toast & Chicken Sausage \_\_

*Bread, Egg, Vanilla, Maple Syrup, Chicken Sausage*

Overnight Oats & Chia Seeds *(Choose Dairy Or Non-dairy)*

*Chunky Monkey (banana, peanut butter, cocoa powder, shaved coconut, honey)* \_\_

*Berry Almond (fresh berries, cinnamon, slivered almonds, honey)* \_\_

*Apple Pie (baked apples, cinnamon, crushed walnuts, honey)* \_\_

*Chocolate Strawberry (strawberries, cocoa powder, honey)* \_\_

**STEP 3 - EMAIL THE ORDER** to [melissacallariRD@fullhouseorganic.com](mailto:melissacallariRD@fullhouseorganic.com)

**STEP 4 - LIVE ORGANICALLY**