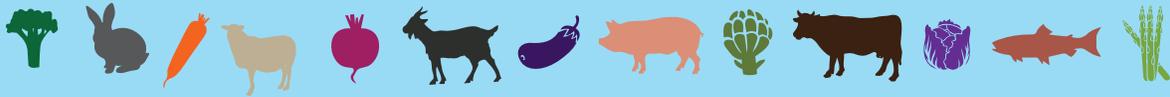




FOODIE CHEAT SHEET

— YOU ARE WHAT YOU EAT! —

Eating a variety of protein and veggies is an important component for getting healthy. Your body can't get all the nutrients it needs if you keep eating the same foods day after day.



Pete's Paleo uses local, organic, seasonal produce and all the meat is natural, grass fed (where appropriate) and sustainably farmed. No factory farms in sight.

WHY SEASONAL? Eating seasonal ensures variety. Seasonal veggies are picked at the peak of freshness and are more nutritious than veggies that are out of season.

FOOD FACTS

"Let food be thy medicine" - Hippocrates



Beets help cleanse the body by detoxifying the liver and purifying the blood.



Celery, beets and asparagus are all aphrodisiacs.



Cruciferous vegetables like cauliflower, broccoli, kale and brussels sprouts contain compounds that help reduce the risk of certain cancers.

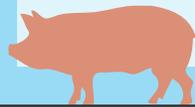
CHICKEN THIGHS



Chicken thighs contain more flavor, moisture, iron and zinc compared to chicken breasts.

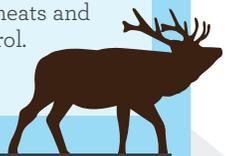
PORK CHEEKS

Are braised for hours and are similar in texture to regular BBQ pulled pork but leaner.



ELK & BISON

Are leaner than other meats and lower in fat & Cholesterol.



UNDERSTANDING OUR MENU

BRAISING: Method of cooking tough cuts of meat to make it very tender and flavorful. The meat is cooked over low heat for a long period of time.

SEARING: A cooking technique in which the surface of the food is cooked at high temperature, forming a caramelized crust.

CONFIT: A cooking technique involving meat that is cooked in its own fat

HERBS DE PROVENCE: A mixture of dried herbs, typically of Provence, France.

