



Fresh Paleo Plus Menu for the week of September 22, 2025

Foodsmith Paleo Plus meals are always gluten free and dairy free, and are low glycemic just like our Paleo meals but with an extra serving of healthy carbohydrate like yams, or brown rice, lentils, or legumes, and are made with lean clean poultry, sustainable seafood and hormone and antibiotic free responsibly raised meats, healthy fats, and the freshest organic produce direct from local farms.

Breakfast:

Breakfast 1: Turkish Breakfast Bowl- Turkish spiced Deistel ground turkey and chickpeas, with green chilies, tomatoes, apricots, and spices, spinach, and hard boiled eggs and parsley (360 cal- Regular, 470 cal- Large, Allergens: Eggs)

Breakfast 2: Sicilian Pizza Breakfast Casserole- Dairy free breakfast bake with egg/egg white blend, house made garlicky Andouille sausage, roasted zucchini “pepperoni”, Coke Farms sweet Italian peppers and onions, basil and marinara and roasted yams over leaf spinach (360 cal-Regular, 460 cal-Large, Allergens: Pork, Eggs)

Breakfast 3: Indian Paratha- Traditional Indian street food egg/egg white Paleo breakfast bowl stuffed with chicken, winter squash, green beans, peppers, tomatoes, and ginger-mango chutney (360 cal-Reg, 470 cal- Large, Allergens: Eggs)

Breakfast 4: Paleo Breakfast Tlayuda- Paleo coconut flour tostada with turkey and pastured pork chorizo sausage, black beans, grated zucchini, spinach, roasted peppers and onions, scrambled egg/egg white blend and salsa roja (380 cal- Reg, 470 cal- Lg, Allergens: Eggs, Pork, Tree Nuts)

Breakfast 5: Commander’s Palace Creole Shrimp and Grits- Paleo Creole breakfast “grits” with sautéed spinach, tomato-fennel relish, Creole spiced white shrimp, zucchini, and scrambled egg/egg white blend (350 cal- Regular, 450 cal- Large, Allergens: Eggs, Seafood, Shellfish)

Breakfast 6: Sonja’s Paleo Pancake Casserole- Delicious grain free, high protein blueberry pancake casserole with a side of chicken apple sausage, almond butter, and fresh strawberries (330 cal- Reg., 440 cal- Large, Allergens: Eggs, Tree Nuts)

Lunch:

Lunch 1- Ensalada Catalan- Catalanian salad of fennel and paprika dusted chicken, fennel, oranges, garbanzo beans, artichokes, olives, spinach and mixed greens, lemon vinaigrette (360 cal- Regular, 450 cal. Large, Allergens: None)

Lunch 2- New Mexico Sausage and Peppers- Grilled chipotle chicken sausage, split and topped with Hatch green chilies, rainbow peppers and sweet onions in adobo, with cauliflower and brown rice Spanish rice pilaf, leaf spinach and herb avocado crema (350 cal- Regular, 450 cal- Large, Allergens: None)

Lunch 3- Tres Palmas Pattie Bowl- Sweet spiced Island style turkey and zucchini and veggie pattie, latin black beans, with cabbage, spinach, kale, spice roasted plantains, Paleo mango “catsup” and dill pickles (360 cal- Regular, 460 cal- Large, Allergens: None)

Lunch 4- Eritrean Chicken Tagine- Spicy North African style chicken tagine with celery, onions,

peppers, cranberries, almonds, parsley in turmeric cauliflower brown rice pilaf, and smoked paprika aioli, leaf spinach and mint (360 cal- Regular, 470 cal- Large, Allergens: Tree Nuts)

Lunch 5- Deviled Egg Salad- Hard cooked eggs, celery, bacon, pickles, scallions, and Tabasco avocado garlic aioli, with romaine and mixed greens, cucumbers, sweet peppers, tomatoes, roasted yams, and Foodsmith creamy basil apple dressing (365 cal- Regular, 450 cal- Large, Allergens: Eggs, Pork)

Lunch 6- Chilies Rellenos de Pabo- Green Poblano peppers stuffed with Oaxacan spiced ground Deistel turkey and grated zucchini, with leaf spinach, winter squash calabacitas, and creamy salsa verde (340 cal- Reg, 430 cal- Large, Allergens: Cilantro)

Dinner:

Dinner 1- Lebanese Braised Chicken- Lebanese spiced Smart chicken breast, in a creamy lemon, olive, fennel and tomato sauce with Z'atar and parsley, chickpeas, roasted butternut, brussels spouts and herbs (360 cal- Regular, 450 cal- Large, Allergens: None)

Dinner 2- Oaxacan Pastel de Papa- Oaxacan Shepherd's Pie with cocoa-chili Diestel ground turkey, Happy Boy collard greens, calabacitas, and spiced sweet potato mash (370 cal- Regular, 460 cal- Large, Allergens: Cilantro)

Dinner 3- Phat Phrik King- Traditional Thai style dry red curry with pastured pork tenderloin, green beans, red peppers, sliced carrots and Lundberg brown rice (370 cal- Regular, 480 Cal- Large, Allergens: Cilantro, Pork, Raw Onion, Tree Nuts)

Dinner 4- Carolina BBQ Turkey Tenders- Sweet and sour vinegar mustard BBQ Diestel turkey tenderloins, spiced yam mash, Paleo creamed kale (370 cal- Regular, 470 Cal- Large)

Dinner 5- Holmes' Truck Stop Chili "Mac and Cheese"- Grass fed beef chili, with turmeric roasted cauliflower "macaroni", zucchini, Bloomsdale spinach and smoked cauliflower and butternut squash "cheese" sauce (370 cal- Regular, 480 Cal- Large, Allergens: Beef)

Dinner 6- Chicken Cutlets Tonkatsu- Tender Free range chicken cutlets crusted in 5 spice coconut almond and flax crust, with Lundberg brown rice, chili stir fried broccoli, and ginger and cocoa spiced Paleo Tonkatsu sauce (380 cal- Reg, 470 cal- Large, Allergens: Raw Onion, Tree Nuts)