



local. organic. fresh

Fresh Paleo Menu for the week of April 29, 2024

Foodsmith Paleo meals are the healthiest and most creative Paleo meals you can buy. Our Paleo meals are always gluten free and dairy free, as well as free of soy, all grains (like rice, or quinoa), all legumes (like beans or lentils), and are low carb and low glycemic, made with lean clean poultry, sustainable seafood and hormone and antibiotic free responsibly raised meats, truly healthy fats and the freshest organic produce direct from local farms.

Breakfast:

Breakfast 1: Good Morning Monterey Breakfast Bake- Happy Boy butternut, kale, chicken apple sausage, zucchini, spinach and herb casserole with yams and leaf spinach (340 cal- Regular, 430 cal- Large, Allergens: Egg)

Breakfast 2: Tangiers Breakfast Hash- Moroccan spiced Diestel Sonoma turkey, green chilies, tomatoes, spinach, apricots and raisins, roasted yams, scrambled egg/egg white blend, and exotic spice aioli (360 cal- Regular, 440 cal- Large, Allergens: Eggs)

Breakfast 3: Stuffed Breakfast Chiles Rellènos- Spinach, mushroom, spring onion, asparagus, fresh herbs and egg/egg white blend baked in sweet peppers with spinach and roasted yams (325 cal- Regular, 395 cal- Large, Allergens: Eggs)

Breakfast 4- Malawach Yemeni- Delicious flaky gluten and grain free griddle flatbread, house smoked whitefish with capers and pickled onions, scrambled egg/egg white blend, spinach, tomato, and dairy free zhoug labneh (340 cal- Regular, 420 cal- Large) Allergens: Eggs, Seafood, Tree Nuts

Breakfast 5- Creamy Chia Seed Scramble- Creamy dairy free chia seed egg/egg white scramble, tomatoes, mushrooms, spinach, kale, asparagus, and chimichurri avocado aioli (330 cal- Regular, 410 cal- Large) Allergens: Eggs

Breakfast 6- Paleo Chilaquiles- Roasted sweet potatoes on a bed of fresh spinach, smothered with crockpot chicken, roasted peppers, scrambled eggs, chile rojo sauce, and topped with fresh tomatoes, cilantro and dairy free avocado lime "crema" (340 cal- Regular, 440 cal- Large, Allergens: Cilantro)

Lunch:

Lunch 1- Grilled Chicken Banh Mi Salad- Mary's chicken breast, marinated in lime. ginger and chilies and grilled, served over a crunchy salad of mixed greens and veggies, pickled carrots and daikon, sliced cucumbers and sriracha aioli with cilantro and mint (350 cal- Regular, 440 cal- Large, Allergens: Cilantro)

Lunch 2- Chicken Chow Fun- Stir fried ginger garlic spaghetti squash and zucchini "chow fun" with ginger garlic chicken, slivered cabbage, carrots, celery, onions, broccoli, and cilantro with Paleo pineapple Chow Fun sauce and sliced almonds (340 cal- Regular, 450 cal- Large, Allergens: Tree Nuts, Cilantro, Raw Onion)

Lunch 3- Little Havana Beef Picadillo Plate- Cuban style Grass fed beef, with cinnamon, nutmeg, olives, raisins and parsley with Happy Boy Dino kale, and chili-cumin roasted butternut, zucchini, tomatoes and mint (350 cal- Regular, 470 cal- Large, Allergens: Beef)

Lunch 4- Baked Chicken Reuben- Katz's deli pastrami spiced chicken breast, baked with house made sauerkraut, caraway sweet potato fries, spinach, tomato and Paleo "Russian dressing" sauce (340 cal- Regular, 430 cal- Large, Allergens: None)

Lunch 5- Laotian "Lettuce Wrap" Salad- Chilled salad of ground Diestel turkey cooked with ginger, thai peppers, green onions, lime juice, cilantro and mint over shredded cabbage and Romaine, cucumbers, sweet peppers, shredded carrots, snap peas and red onions with carrot ginger lime vinaigrette (340 cal- Regular, 430 cal- Large, Allergens: Cilantro, Raw Onion)

Lunch 6- Montego Bay Jerk Beef Plate Lunch- Jamaican style grilled jerk spiced grass fed beef fajita bowl, over Island style cauliflower rice pilaf, okra, roasted plantains, and mango mint salsa (340 cal- Regular, 430 cal- Large, Allergens: Beef)

Dinner:

Dinner 1- Syrian Kibbeh Hamda- Moroccan spiced Diestel turkey with ground zucchini, cranberries, almonds, herbs and spices pressed and baked, with creamy roasted garlic tomato sauce, roasted yams and braised greens (340 cal- Regular, 470 cal- Large, Allergens: None)

Dinner 2- Chicken Pot au Feu- Classic French slow poached chicken breast, local green beans and asparagus, carrots and celery, and garlic braised Swiss Chard in a light lemon and cauliflower "cream" (370 cal- Regular, 460 cal- Large, Allergens: Tree Nuts)

Dinner 3- Beef Birria Taco Bowl- Slow cooked grass fed beef in house made Adobo sauce, over Spanish cauliflower rice, roasted La Bandera tri-color sweet peppers, fresh tomatoes and guacamole aioli (350 cal- Regular, 460 Cal- Large, Allergens: Beef)

Dinner 4- Chicken Breast "Katsu"- Mary's air chilled chicken breast baked with a 5-spice cashew almond crust, over chili-garlic veggies, ginger cauliflower rice and topped with pineapple sweetened Tonkatsu sauce (380 cal- Regular, 470 Cal- Large, Allergens: Tree Nuts)

Dinner 5- Lamb and Turkey Kofta- Sweet spiced ground pastured lamb and turkey patties with grated zucchini and herbs with turmeric cauliflower rice, curry roasted zucchini and tomato confit, creamy Paleo garlic sauce and mint (340 cal- Regular, 450 cal- Large, Allergens: Lamb)

Dinner 6- King Salmon and Shrimp Creole- Roasted New Zealand King salmon and white shrimp with Farmers Market spring veggies, zucchini fettuccini, basil, and dairy free Creole cauliflower "Alfredo" sauce (340 cal- Regular, 420 Cal- Large, Allergens: Seafood, Shellfish)