



local. organic. fresh

Fresh Paleo Menu for the week of June 03, 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: Paleo Arepas Bowl- Paleo coconut cauliflower arepas, topped with house made Diestel Turkey chorizo sausage, spinach, zucchini, tomatoes scrambled egg/egg white blend, and salsa fresca (360 cal- Regular, 450 cal- Large, Allergens: Cilantro, Eggs, Raw Onions, Tree Nuts)

Breakfast 2: Pesto Summer Scramble- Basil roasted local zucchini, sweet peppers, mushrooms, spinach, chicken apple sausage, and pesto topped scrambled egg/egg white blend (360 cal- Regular, 450 cal- Large, Allergens: Eggs)

Breakfast 3: The Best BLT Frittata Ever- Bacon, smoked Diestel turkey, summer tomatoes, spinach and basil egg/egg white frittata with sweet potato home fries (350 cal- Regular, 440 cal- Large, Allergens: Eggs, Pork)

Breakfast 4: Southwest Breakfast Bowl- Chili braised crockpot chicken, yams, roasted peppers and summer squash, kale, scrambled egg/egg white blend, and salsa verde (350 cal- Regular, 430 cal- Large, Allergens: Eggs, Cilantro)

Breakfast 5: Jamie's Slammin' Salmon Omelet- Parsley egg/egg white omelet, with house smoked King salmon, Coke Farm's baby broccoli, leaf spinach, red pepper coulis, and local strawberries (340 cal- Regular, 410 cal- Large, Allergens: Eggs, Seafood)

Breakfast 6: Green Shakshuka- Spinach, green sweet peppers, sweet onions, grass fed beef chili verde, scrambled egg/egg white blend and kale chimmichurri (360 cal- Regular, 440 cal- Large, Allergens: Beef, Cilantro, Eggs)

Lunch:

Lunch 1- Ethiopian Berbere Chicken- Spicy Ethiopian style baked chicken with cauliflower "cous cous" pilaf, Coke Farms broccoli, and roasted tomato almond vinaigrette (340 cal- Regular, 450 cal- Large, Allergens: Tree Nuts)

Lunch 2- Mediterranean Smoked Turkey Salad - Romaine and mixed greens, smoked Diestel turkey breast, cukes, sweet peppers, tomatoes, radishes, olives, basil, and Foodsmith creamy Greek dressing (350 cal- Regular, 440 cal- Large, Allergens: none)

Lunch 3- Chicken and Green Beans Almondine - Roasted chicken breast, shallot basted local green beans, roasted sweet potatoes, spinach and creamy Almondine sauce (370 cal- Regular, 480 cal- Large, Allergens: Tree Nuts)

Lunch 4- Paleo Turkey Souvlaki Salad- Grilled chili cumin marinated Diestel turkey breast, over a salad of Coke Farm's romaine, Happy Boy baby greens, roasted yams, tomatoes, cucumbers, fennel, radishes and chimichurri aioli (370 cal- Regular, 450 cal- Large, Allergens: Cilantro)

Lunch 5- Sweet and Sour Chicken Adobo- Filipino style ginger lime marinated chicken thighs, stir fried broccoli, summer peppers and onions, cauliflower rice, and Paleo adobo sauce (350 cal- Regular, 440 Cal- Large, Allergens: Cilantro, Raw Onions)

Lunch 6- Spicy Shrimp Taco Bowl- Chile garlic roasted white shrimp, over cauliflower cilantro-lime "rice", roasted zucchini, cabbage, chile rojo, and avocado aioli (330 cal- Regular, 420 cal- Large, Allergens: Cilantro, Seafood, Shellfish)

Dinner:

Dinner 1- Piri Piri Chicken- African piri-piri chili and oregano grilled chicken thighs, crispy roasted sweet potato fries, spinach and summer tomato mint salad (340 cal- Regular, 440 cal- Large, Allergens: None)

Dinner 2- Polpettone Della Nonna- Roasted and slow braised grass fed beef and Diestel turkey meatballs with grated zucchini and herbs, on cauliflower "polenta" and garlic sautéed spinach, rich balsamic tomato sugo and fresh basil (360 cal- Regular, 450 cal- Large, Allergens: Beef)

Dinner 3- Nat's Tuscan Creamy Chicken Skillet- Roasted herbed chicken breast, in a dairy free creamy garlic spinach and sun dried tomato sauce, over zucchini noodles, spinach and fresh basil (330 cal-Regular, 410 cal- Large, Allergens: None)

Dinner 4- Belize Style Baked Local Snapper- Sweet spiced Real Good Fish locally caught snapper with Coke Farm green beans, peppers and tomatoes, roasted summer squash, and mango-nopales salsa (340 cal- Regular, 450 cal- Large, Allergens: Cilantro, Raw Onions, Seafood)

Dinner 5- Grilled Alabama BBQ Chicken- Grilled BBQ spiced chicken breast, with Southern style tomato braised collard greens, cauliflower "grits" and Paleo Alabama white BBQ sauce (360 cal- Regular, 470 cal- Large, Allergens: None)

Dinner 6- Cubano Mojo Pork Tenderloin- with dairy free coconut creamed kale, roasted summer veggie and yam hash, and lemon tomato olive salsa (360 cal- Regular, 460 Cal- Large, Allergens: Pork, Raw Onions, Tree Nuts)