



local. organic. fresh

Fresh Paleo Menu for the week of July 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: Paleo Loco Moco-** Paleo Hawaiian breakfast of turkey breakfast patty, scrambled egg/egg white blend, cauliflower rice, leaf spinach and Paleo dairy free onion “gravy” (360 cal- Reg, 440 cal- Large, Allergens: Eggs)

**Breakfast 2: Mediterranean Summer Scramble-** Chicken, spinach, tomatoes, artichokes, sweet peppers and onions with roasted yams and pesto scrambled eggs (350 cal Regular, 430 cal, Large, Allergens: Eggs)

**Breakfast 3: Sausage and “Grits”-** Southern style Paleo cauliflower grits casserole, with house made turkey sausage, roasted zucchini, spinach, and egg/egg white blend (350 cal- Regular, 420 cal- Large, Allergens: Eggs)

**Breakfast 4: Lola’s Turkey Scrapple and Eggs-** Foodsmith style Diestel turkey scrapple with sweet potato home fries, grilled tomato, scrambled egg/egg white blend and paleo house made peach catsup (365 cal-Regular, 450 cal- Large, Allergens: Eggs)

**Breakfast 5: Good Ol’ Eggs and Hash Browns-** Paleo sweet potato and heirloom zucchini hash brown patties, spinach, scrambled egg/egg white blend, turkey sausage and summer salsa fresca (340 cal- Regular, 460 cal- Large, Allergens: Cilantro, Eggs, Raw Onion, Tree Nuts)

**Breakfast 6: Sir Holmes’ Scotch Egg Hash-** House made Diestel turkey and fennel apple sausage, chopped cage free eggs, heirloom summer squash, onions and green chilies, spinach and parsley (330 cal- Regular, 410 cal- Large, Allergens: Eggs)

### **Lunch:**

**Lunch 1- Turkey BLT Salad-** Organic Romaine and spinach, mixed heirloom tomatoes, smoked Diestel turkey breast, chopped uncured bacon, sliced red onion, basil and garlic aioli (350 cal- Regular, 440 cal- Large, Allergens: Pork, Raw Onion)

**Lunch 2- Santa Fe Chipotle Chicken-** Santa Fe style grilled chipotle rubbed chicken thighs, sliced over cauli-broc Spanish “rice”, cabbage, summer squash calabacitas, and creamy dairy free southwest sauce (360 cal- Regular, 440 cal- Large, Allergens: Cilantro, Raw Onion)

**Lunch 3- Vietnamese Ground Chicken “Vermicelli”-** Bangkok street food dish of Thai chili and ginger wok stir fried ground natural chicken, over butternut and summer squash “vermicelli”, ginger garlic mustard greens and baby bok choy, topped with cashews and cilantro (350 cal- Regular, 460 cal- Large, Allergens: Cilantro, Tree Nuts)

**Lunch 4- Salmon Yakitori Salad-** Hawaiian style grilled ginger-tamari Southern Hemi Arctic King salmon, heirloom tomatoes, cucumbers, snap peas, spinach, sesame seeds, grilled spring onions, and ginger-sesame dressing (350 cal- Regular, 430 cal- Large, Allergens: Seafood)

**Lunch 5- Cali Turkey Cobb Bake-** Herb and dijon roasted turkey, hand carved and baked with Coke Farms kale, green beans, creamy dairy-free dijon ranch sauce, topped with chopped bacon and heirloom tomatoes (365 cal- Regular, 450 cal- Large, Allergens: Pork)

**Lunch 6- Chicken Pancit Canton-** Filipino style chicken thighs with garlic, ginger, black pepper and scallions, with Paleo spaghetti and summer squash Pancit Canton “noodles” and ginger garlic local broccoli (350 cal- Regular, 470 cal- Large, Allergens: Raw Onion)

#### **Dinner:**

**Dinner 1- Taco Truck Buffalo Chicken Cazuela-** Slow cooked Buffalo spiced chicken with cauliflower “dirty rice”, celery, summer peppers and onions, garlicky greens, dairy free avocado lime crema, scallions and cilantro (370 cal- Regular, 450 cal- Large, Allergens: Cilantro, Raw Onions)

**Dinner 2- Oaxacan Turkey Colorado-** Chili-sage spiced turkey tenderloins in traditional red chile sauce, with smashed Oaxacan style yams, chilé roasted local summer squashes and leaf spinach (350 cal- Regular, 470 cal- Large, Allergens: Cilantro, Raw Onions)

**Dinner 3- South African Shepherd’s Pie-** Traditional South African spiced grass fed beef meatloaf with raisins and almonds and egg and cauliflower custard topping, sweet and sour Coke Farms collard green and summer squash hash (340 cal- Regular, 450 Cal- Large, Allergens: Beef, Eggs, Tree Nuts)

**Dinner 4- La Bandera de Santo Domingo-** Dominican style stewed chicken with garlic, cilantro, oregano, turmeric, summer tomatoes, onions and lime, with cauliflower-plantain mofongo and coconut-garlic stewed greens (350 cal- Regular, 460 Cal- Large, Allergens: Cilantro, Tree Nuts)

**Dinner 5- Bella’s Pork and Peaches-** Grilled Caribbean spiced pork tenderloin, roasted Coke Farm’s okra and green bean succotash, leaf spinach, and sweet roasted local peach chutney (360 cal- Regular, 430 cal- Large, Allergens: Pork)

**Dinner 6- Kansas City “Burnt Ends” BBQ Tri Tip-** Grass fed beef Tri-Tip, rubbed with KC’s secret smoky rub and slow cooked, hand carved, and served with Coke Farms Paleo sweet potato pie (no marshmallows!) and KC style collards, Paleo BBQ sauce (350 cal- Regular, 430 cal- Large, Allergens: Beef)