



local. organic. fresh

Fresh Paleo Menu for the week of September 14, 2020

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: Tico Style Gallo Pinto- Paleo Costa Rican breakfast with crockpot chicken and cauliflower rice with roasted peppers, onions, zucchini and Latin spices, with scrambled eggs and mock Salsa Lizano (340 cal- Reg, 430 cal- Large, Allergens: Eggs)

Breakfast 2: Huevos Rancheros- Spicy house made turkey sausage over spinach and cabbage slaw, sweet potato summer veggie hash, with scrambled egg/egg white blend and salsa roja (360 cal Regular, 450 cal, Large, Allergens: Eggs)

Breakfast 3: Italian Breakfast Strata- Layers of arugula, summer squash, tomatoes, basil, turkey Italian sausage in a baked egg/egg white blend casserole with leaf spinach and marinara (325 cal-Regular, 450 cal- Large, Allergens: Eggs)

Breakfast 4: Gaucho Chimichurri Breakfast Bowl- Coffee and paprika rubbed grass fed steak, grilled, sliced Gaucho style, over roasted hash of summer squash, tomatoes, peppers, and kale with scrambled 50/50 eggs and herb chimichurri (360 cal- Regular, 430 cal- Large, Allergens: Beef, Eggs)

Breakfast 5: Paleo Twice Baked Sweet Potatoes- Sweet potato skins stuffed with House made fennel sage turkey sausage, kale, sweet onions, scrambled eggs and dairy free green chili 'cream' sauce over leaf spinach (340 cal- Regular, 460 cal- Large, Allergens: Eggs)

Breakfast 6: Scandanavian Salmon Smorrebrod - House smoked salmon, spinach salad, roasted yam "muffins", hard cooked eggs, and dairy free cauliflower cream horseradish "hollandaise" (360 cal-Regular, 450 cal- Large, Allergens: Eggs, Seafood)

Lunch:

Lunch 1- Swedish Chicken Salad- Herb roasted Mary's chicken with grapes, apples, celery, Meyer lemon-avocado aioli, tarragon, and almonds on a bed of Happy Boy mixed greens, with cherry tomatoes, cucumbers, radishes, and parsley green goddess dressing (350 cal- Regular, 440 cal- Large, Allergens: Tree Nuts)

Lunch 2- Low Country Shrimp Scampi- Creole spiced white shrimp over zucchini and butternut "linguini" with sungold tomatoes, spinach, Spring onions, fennel and Paleo cauliflower and parsley "butter" sauce (345 cal- Regular, 430 cal- Large, Allergens: Shellfish, Seafood)

Lunch 3- Moroccan Chicken Tagine- Sweet spiced braised Deistel Sonora turkey tagine with apricots and mint, spring veggies, in a dairy free light and fragrant cauliflower tomato sauce, over spinach and turmeric cauliflower rice (350 cal- Regular, 450 cal- Large) Allergens: None

Lunch 4- Smoked BBQ Chicken Salad- House smoked BBQ chicken and fajita peppers over crunchy mixed greens, shredded carrots, chili-lime yams, cucumbers, cilantro and scallions with chipotle mock ranch aioli (370 cal- Regular, 480 cal- Large, Allergens: Cilantro, Raw Onions)

Lunch 5- Brazilian Galinhada- Iconic Brazilian cazuela of coconut stewed chicken, lemon, tomatoes, sweet rainbow bell peppers, celery, and local green beans, over turmeric and smoked paprika cauliflower rice with parsley and cilantro (380 cal- Regular, 470 cal- Large, Allergens: Cilantro, Tree Nuts)

Lunch 6- Grass Fed Beef and Veggie Chili- Grass fed lean beef, slow simmered in tomatoes and spiced with Hatch green chilis and smoky chipotles, roasted yams and summer squash, Bloomsdale spinach and scallions (350 cal- Regular, 440 cal- Large, Allergens: Beef, Raw Onions)

Dinner:

Dinner 1- Vietnamese Lemongrass Chicken Satay- grilled fragrant spiced lemongrass and Peruvian ginger chicken breast, with quick stir fried Coke Farm's Nappa Cabbage slaw, ginger-cilantro cauliflower "rice" and cashew coconut cauliflower satay sauce (370 cal- Regular, 450 cal- Large, Allergens: Cilantro, Raw Onions, Tree Nuts)

Dinner 2- Summer "Spaghetti" Bolognese- Pinnacle Ranch spaghetti squash with grass fed beef "Sunday Gravy", fresh tomatoes and basil, and roasted Happy Boy zucchini (340 cal- Regular, 450 cal- Large, Allergens: Beef)

Dinner 3- Pollo Fra' Diavolo- Grilled Mary's chicken breast over roasted summer squashes with local green beans, and spicy tomato sauce and fresh parsley (350 cal- Regular, 470 Cal- Large, Allergens: None)

Dinner 4- Pastured Lamb and Sonora Turkey Salisbury Steak- Terry's favorite pastured ground lamb and turkey Salisbury Steak over kale and roasted garlic broccoli, grilled tomato and Paleo dairy-free mushroom onion "gravy" (360 cal- Regular, 470 Cal- Large, Allergens: Beef)

Dinner 5- Peruvian Aji de Gallina- Peruvian style dairy free creamy and spicy crockpot chicken stew with roasted okra and tomatoes, and garlic braised Swiss chard (360 cal- Regular, 450 Cal- Large, Allergens: None)

Dinner 6- Fettucini Carbonara- House made Deistel turkey sausage, zucchini noodles, cherry tomatoes, roasted sweet onions, spinach and basil in a Paleo dairy free Carbonara sauce (350 cal- Regular, 430 cal- Large, Allergens: None)