



local. organic. fresh

## Fresh Paleo Menu for the week of May 13, 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: Santa Fe Chicken Scrambler-** Slow cooked chicken breast with sweet and spicy chilies, onions and spices simmered in bone broth over spinach and roasted sweet potatoes with scrambled egg/egg white blend (360 cal- Regular, 450 cal- Large, Allergens: Eggs)

**Breakfast 2: Spicy Sonora Cowboy Breakfast Bowl-** Spiced ground Sonora turkey with local asparagus, peppers, onion, kale and roasted sweet potatoes with scrambled egg/egg white blend and salsa fresca (340 cal- Regular, 430 cal- Large, Allergens: Eggs, Raw Onions)

**Breakfast 3: Grass Fed Beef Colorado-** Slow cooked grass fed beef in Ancho red chile sauce, with Coke Farm's Dino kale, roasted yams, leaf spinach, topped with scrambled egg/egg white blend and cilantro (360 cal- Regular, 440 cal- Large, Allergens: Beef, Cilantro, Eggs)

**Breakfast 4: Green Turkey Chile Verde and Eggs-** Paleo green turkey chili with hatch green chilies, kale, spinach, onions and peppers, zucchini and leaf spinach, scrambled 50/50 egg/egg white blend and scallion (340 cal- Regular, 450 cal- Large, Allergens: Eggs, Raw Onion)

**Breakfast 5: Foodsmith Gluten Free Protein Pancakes-** Gluten free pancakes made with banana, sweet potato, coconut flour, egg whites, flax, and whey protein, with fresh berry compote on the side, and Aidell's chicken apple sausage links (360 cal- Regular, 450 cal- Large, Allergens: Eggs, Tree Nuts)

**Breakfast 6: Northeast Style Scrapple and Eggs-** Classic New England style Deistel turkey scrapple patties, pan seared and served with Paleo scrambled eggs, sweet potato home fry and veggie hash, leaf spinach and Paleo ketchup (325 cal- Regular, 410 cal- Large, Allergens: Eggs)

### **Lunch:**

**Lunch 1- Lockhart BBQ Smoked Turkey Plate-** Texas style smoked BBQ Diestel turkey breast, with Paleo mustard BBQ sauce, cauliflower "mac", and slow braised sweet and sour collards (350 cal- Regular, 460 cal- Large, Allergens: Raw Onions)

**Lunch 2- Mimi's Chicken Club Salad-** Chopped Romaine, mixed greens, cabbage and Bloomsdale spinach, sliced tomatoes, shaved fennel, carrots, cucumbers, bacon, hard cooked egg and Foodsmith Balsamic dressing (360 cal- Regular, 470 cal- Large, Allergens: Eggs, Pork)

**Lunch 3- Xiao 's Chinese Ground Turkey Noodle Bowl-** Ginger chili ground Diestel Sonora range raised turkey, zucchini and spaghetti squash “noodles”, Coke Farm’s Asian braising greens, sliced onions, grated carrots, peppers, and sesame spinach in a sweet and spicy orange Paleo stir fry sauce (340 cal- Regular, 430 Cal- Large, Allergens: Cilantro, Raw Onions)

**Lunch 4- Lebanese Chicken Shawarma -** Sweet spiced harissa grilled chicken breast with romaine and spinach, roasted Baharat spiced Spring onions and tomatoes, sweet Lebanese cucumbers, radishes, green olives, and creamy Meyer lemon garlic tahini dressing (350 cal- Regular, 460 cal- Large, Allergens: None)

**Lunch 5- Hatch Style Beef and Veggie Chili-** New Mexico style grass fed beef chili with Hatch green chilis, fire roasted tomatoes, cumin roasted zucchini, rainbow peppers, roasted butternut, Bloomsdale spinach, avocado lime crema and chopped scallions (340 cal-Regular, 430 cal- Large, Allergens: Beef)

**Lunch 6- Chipotle Chicken Sausage Skillet-** Crowd pleaser alert! Grilled chipotle chicken sausages, over a colorful skillet of seared spice dusted sweet onions, tri-color peppers, asparagus batons, fresh parsley and oregano, and creole mustard sauce (330 cal- Regular, 420 cal- Large, Allergens: None)

#### **Dinner:**

**Dinner 1- Montego Bay Mango Jerk Chicken-** Grilled jerk spiced chicken thighs with mashed yams and plantains, coconut braised collard greens and mango mint chutney- Ya Mon! (340 cal- Regular, 450 cal- Large, Allergens: Tree Nuts)

**Dinner 2- Navarin Printanière-** French inspired pastured Deistel turkey in a dairy free cauliflower “cream” gravy with onions, carrots, Spring peas, asparagus, spinach and herbs with cauliflower and white sweet potato purée and fresh mint- Très Bon! (350 cal- Regular, 470 cal- Large, Allergens: None)

**Dinner 3- Pisco Lomo Saltado-** Peruvian cumin garlic and parsley beef stir fry with spring onion, asparagus, sweet pepper fricasee, yam “fries”, cauliflower rice and Aji Amarillo Sauce (360 cal- Regular, 450 Cal- Large, Allergens: Beef, Cilantro)

**Dinner 4- Shanghai 5-Spice Grilled Pork Tenderloin-** with spaghetti squash “chow mein”, ginger garlic broccoli and sweet peppers, and pineapple sweet and sour sauce (360 cal- Regular, 470 Cal- Large, Allergens: Cilantro, Raw Onion, Pork)

**Dinner 5- Spring Chicken “Hobo Pack”-** lemon and herb baked chicken breast filets, with local asparagus, leeks, zucchini, turnips, spinach and parsley, topped with arugula pesto (340 cal- Regular, 450 cal- Large, Allergens: None)

**Dinner 6- Riley’s Paleo Spring Zucchini Alfredo-** Fresh zucchini “noodles”, with sweet onions, house smoked Mt. Cook salmon, spinach, snap peas, leeks, and pesto cauliflower Alfredo (350 cal- Reg, 430 cal- Large, Allergens: Eggs, Seafood)