



local. organic. fresh

Fresh Paleo Menu for the week of March 11, 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: Tortilla Espagnola-** traditional Catalanian frittata with cage free egg/egg white blend, smoked Diestel turkey, roasted sweet potatoes, local asparagus, roasted peppers, spinach, parsley, and green Romesco Verde (340 cal- Regular, 430 cal- Large, Allergens: Eggs, Tree Nuts)

**Breakfast 2: Classic American Breakfast-** House made Diestel Sonora turkey and zucchini sausage patty, scrambled 50/50 eggs, leaf spinach, spaghetti squash “hash browns”, grilled tomato (340 cal- Regular, 440 cal- Large, Allergens: Eggs)

**Breakfast 3: Foodsmith Chorizo Scramble-** Scrambled egg/egg white blend with Alberto's house made Diestel turkey chorizo, Coke Farms kale, Bloomsdale spinach, roasted yams, fajita peppers and scallions (340 cal- Regular, 450 cal- Large, Allergens: Eggs)

**Breakfast 4: Salmon and Local Asparagus Omelette-** Delightful spring omelette with Mt. Cook King salmon, fresh local asparagus, spinach, tomatoes, basil, and roasted sweet potatoes (330 cal- Regular, 420 cal- Large, Allergens: Eggs, Seafood)

**Breakfast 5: Low Carb Croques Madame-** Roasted sweet potato “biscuits”, topped with dairy-free creamy cauliflower and turkey sausage “gravy”, spinach, sliced tomato, and scrambled Paleo egg (360 cal- Regular, 450 cal- Large, Allergens: Eggs)

**Breakfast 6- Spring Veggie Scramble-** Roasted zucchini, mushroom, sweet pepper and asparagus egg scramble, with basil pesto and grilled chicken apple sausage (320 cal- Reg, 430 cal- Large, Allergens: Eggs)

### **Lunch:**

**Lunch 1- Saigon Chicken Cabbage “Rice” Bowl-** Stir fried ginger lime chicken with Nappa cabbage “quick kim chee”, caramelized baby bok choy, sweet peppers, Paleo ginger lime and basil Ga Kho sauce, cauliflower “rice”, cilantro and raw cashews (340 cal- Regular, 430 cal- Large, Allergens: Cilantro, Tree Nuts)

**Lunch 2- Creamy Buffalo Chicken “Wing” Bake-** Paleo dairy free chicken casserole with creamy buffalo hot “wing” sauce, spinach, mushrooms, asparagus, broccoli and cauliflower rice smothered in rich cauliflower ranch cream sauce and baked (340 cal- Regular, 440 cal- Large, Allergens: None)

**Lunch 3- You Can't Beet Our Fennel Chicken Salad-** Roasted Happy Boy beets, fennel apple chicken salad, Foodsmith organic mixed greens and Romaine, grated carrots, cucumbers, cherry tomatoes, and creamy red wine vinaigrette (340 cal- Regular, 430 cal- Large, Allergens: None)

**Lunch 4- St. Augustine Empanada Bowl-** Sweet spiced grass fed beef, sultanas, roasted organic sweet potatoes, green kale, peppers, zucchini, butternut squash, and chimmichurri aioli (350 cal- Regular, 460 cal- Large, Allergens: Beef)

**Lunch 5- Athena Style Spinach Salad-** Organic spinach, herb roasted Mary's chicken, cherry tomatoes, cucumbers, Kalamata olives, sweet peppers, shaved fennel, artichokes, and basil-balsamic dressing (340 cal- Regular, 420 cal- Large, Allergens: None)

**Lunch 6- Southern Belle Egg Salad-** Cage free egg salad with spicy mustard, celery, Lala's stir fried bacon curls, parsley and Sonoma Brinery pickles, with chopped Romaine, pickled Bermuda onions and fennel, cherry tomatoes, and Foodsmith creamy dijon vinaigrette (340 cal- Regular, 460 cal- Large, Allergens: Eggs, Pork)

#### **Dinner:**

**Dinner 1- Paleo Chicken Biryani-** Dairy free creamy Kerala style sweet spiced chicken and veggie stew with turmeric roasted cauliflower and zucchini, braised Coke Farm's greens, and mint (330 cal - Reg, 420 cal- Large, Allergens: Tree Nuts)

**Dinner 2- Turkey and Sweet Potato Meatloaf Florentine-** Diestel turkey and sweet potato meatloaf stuffed with carrots, celery, onions, spinach and parsley, with Coke Farm's garlic braised Swiss chard and a roasted mushroom, onion tomato ragout with fresh basil (360 cal- Regular, 470 Cal- Large, Allergens: None)

**Dinner 3- Beef Kalbi Djinn-** Korean Kalbi marinated grass fed grilled tri tip, quick kale and cabbage kim chee, sesame spinach, and ginger cauliflower rice (350 cal- Regular, 450 cal- Large, Allergens: Beef, Raw Onion)

**Dinner 4- Thai Turkey Meatballs-** Thai ginger and lime leaf infused turkey and veggie meatballs, with ginger, garlic and scallions, over zucchini noodles, with pineapple sriracha tomato sauce and garlic peppers and broccoli (350 cal- Regular, 470 cal- Large, Allergens: Cilantro)

**Dinner 5- Spring Cleaning!-** Grilled marinated all natural chicken breast with spring vegetable fricassee, winter squash mash, and lemon caper tomato relish (360 cal- Regular, 450 Cal- Large, Allergens: None)

**Dinner 6- North Beach Fish Camp Shrimp and "Grits"-** Cracker style lemon-garlic white shrimp sautéed and served over cauliflower "grits", sautéed asparagus and carrots with fennel onion tomato relish (330 cal- Regular, 450 cal- Large, Allergens: Shellfish, Seafood)