



local. organic. fresh

## Fresh Paleo Menu Week of March 23, 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: Country Breakfast Skillet-** House made lean Diestel turkey sausage crumbles, sweet onions, bell peppers, spinach, smoked paprika, and grated cauliflower grits, with scrambled egg/egg white blend and mild enchilada sauce (340 cal- Regular, 430 cal- Large) Allergens: Eggs

**Breakfast 2: Spring Chicken Zucchini Strata-** Fresh zucchini noodles, slow simmered crockpot chicken, in an egg/egg white strata with roasted peppers and spring onions, local asparagus, fresh herbs, and roasted yams (360 cal- Regular, 450 cal- Large) Allergens: Eggs

**Breakfast 3: Beefy Breakfast Burrito Bowl-** Grass fed chili beef with fajita peppers, sweet potatoes, cabbage, roasted zucchini, scrambled egg/egg white blend and pico de gallo (360 cal- Regular, 440 cal- Large) Allergens: Eggs, Beef, Cilantro

**Breakfast 4- Foodsmith B.L.A.S.T. Omelet-** Pastured nitrate free bacon, leek, asparagus, spinach and tomato egg/egg white omelet, with a side of roasted yams (340 cal Regular, 420 cal- Large) Allergens: Eggs, Pork

**Breakfast 5- Paleo Breakfast Pigs in a Blanket-** Aidell's chicken apple sausage links, baked in a Paleo grain free maple kissed breakfast dough with spinach, caramelized onions, roasted tomatoes, and spinach (360 cal- Regular, 450 cal- Large) Allergens: Eggs, Tree Nuts

**Breakfast 6- Erika's Smoked Salmon "Fritters"-** Foodsmith house smoked Mt. Cook King Salmon, on Paleo baked plantain "fritters", with Bloomsdale spinach, fresh tomato, and cucumber and avocado aioli on the side (340 cal- Regular, 430 cal- Large) Allergens: Eggs, Seafood

### **Lunch:**

**Lunch 1- Taj Mahal Madras Chicken-** Tandoori roasted chicken in a dairy free creamy Madras curry, with spring sugar snaps, sweet peppers, roasted winter squash, cauliflower rice, scallions and cilantro (360 cal- Regular, 450 cal- Large) Allergens: Tree Nuts, Raw Onions, Cilantro

**Lunch 2- Nashville Hot Chicken Chili-** Nashville style spiced red chicken and veggie chili, with spinach and dairy free lime-avocado crema (340 cal- Regular, 430 cal- Large) Allergens: Raw Onions

**Lunch 3- Super Duper Spaghetti Squash Casserole-** Diestel Sonora turkey in taco spiced tomato sauce with zucchini, sweet bell peppers, cabbage and tossed with spaghetti squash "noodles" topped

with dairy free butternut “cheese” sauce and baked until Crazy Delicious! (350 cal- Regular, 430 cal- Large) Allergens: None

**Lunch 4- Crazy Joe’s Nasi Goreng-** Smart Chicken and turkey sausage stir fried with broccoli, cabbage, pineapples, carrots, tamari, snow peas, and cauliflower rice with scallion and cilantro (350 cal- Regular, 440 cal- Large) Allergens: Raw Onions, Cilantro

**Lunch 5- Chicken Breast “Milanese”-** grain free almond and herb crusted chicken breast, baked until crispy, with lemony caramelized onion and garlic kale, zucchini fettucini, classic marinara and sweet basil (360 cal- Regular, 460 cal- Large) Allergens: Tree Nuts, Eggs

**Lunch 6- Omar’s Shrimp Tostada Bowl-** Sweet shrimp broiled with Latin spices, over cauliflower rice, a Paleo grain free cauliflower “tostada”, with roasted zucchini, cabbage, chile rojo, and avocado aioli (350 cal- Regular, 440 cal- Large) Allergens: Shellfish, Seafood

#### **Dinner:**

**Dinner 1- Kung Pao Chicken-** Ginger garlic stir fried Mary's chicken thighs with organic broccoli, carrots, peppers, onions, celery and snap peas with spicy Paleo Kung Pao sauce, cashews, scallions and cilantro (340 cal- Regular, 450 cal- Large) Allergens: Raw Onions, Cilantro, Tree Nuts

**Dinner 2- Moroccan Chicken Tagine-** Sweet spiced chicken 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

**Dinner 3- Tandoori Snapper Vindaloo-** Tandoori spiced local line caught snapper, sweet spiced zucchini, cauliflower Biryani “rice”, creamy cauliflower vindaloo sauce and fresh mint (340 cal- Regular, 430 Cal- Large) Allergens: Seafood, Tree Nuts

**Dinner 4- Puerto Rican Pastelon-** Boricua style lasagna with layers of plantain and cauliflower “bread”, picadillo style ground grass fed beef and asparagus, with butternut and tomato, and topped with cilantro and lime (370 cal- Reg, 450 cal- Large) Allergens: Beef, Eggs, Tree Nuts, Cilantro

**Dinner 5- Tom Kha Gai-** traditional yellow Spring coconut and cauliflower curry with snap peas, sweet peppers and carrots, zucchini and butternut in a Paleo cinnamon ginger spiced creamy coconut curry sauce (370 cal- Reg, 460 cal-Large) Allergens: Tree Nuts, Raw Onions, Cilantro

**Dinner 6- Brunswick Stew-** Dairy free creamy South Georgia style slow braised stew with grass fed beef, pastured pork and chicken sausage with Happy Boy Farm’s winter squash, greens and Coke Farm’s brussels sprouts and fresh parsley (380 cal- Reg, 470 cal- Large) Allergens: Beef, Pork