



local · organic · fresh

Fresh Paleo Plus Menu for the week of May 13, 2024

Foodsmith Paleo Plus is our version of the world renowned Mediterranean Diet with elements of the equally lauded Japanese diet. Our Paleo Plus meals are always gluten free and dairy free, and are low glycemic just like our Paleo meals but with an extra serving of healthy low glycemic carbohydrates like yams, quinoa or brown rice, lentils, or legumes like black beans or edamame, and are made with lean clean poultry, sustainable seafood and hormone and antibiotic free responsibly raised meats, healthy fats, and the freshest organic produce direct from local farms.

Breakfast:

Breakfast 1: Santa Fe Scrambler- Slow cooked chicken breast and black beans with sweet and spicy chilies, onions and spices simmered in bone broth over spinach and roasted sweet potatoes with scrambled egg white blend (370 cal- Regular, 460 cal- Large) Allergens: Eggs

Breakfast 2: Spicy Sonora Cowboy Breakfast Bowl- Spiced ground Sonora turkey and chickpeas with asparagus, peppers, onion, kale and roasted sweet potatoes with scrambled egg/egg white blend and salsa fresca (360 cal- Regular, 450 cal- Large) Allergens: Eggs, Raw Onion

Breakfast 3: Grass Fed Beef Colorado- Slow cooked grass fed beef with Lakeside Organics kale, hatch chili peppers, roasted yams, topped with scrambled egg/egg white blend and salsa verde (370 cal- Regular, 450 cal- Large) Allergens: Beef, Cilantro, Eggs, Tree Nuts

Breakfast 4: Green Turkey Chili Verde and Eggs- Paleo green turkey chili with hatch green chilies, black beans, kale, spinach, onions and peppers, zucchini and leaf spinach, scrambled 50/50 egg egg white blend and scallion (360 cal- Regular, 460 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, roasted yams, and Aidell's chicken apple sausage links (380 cal- Regular, 470 cal- Large) Allergens: Eggs, Tree Nuts

Breakfast 6: 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, kidney beans, hard cooked egg and Foodsmith Balsamic dressing (370 cal- Regular, 480 cal- Large) Allergens: Eggs, Pork

Lunch 3- Xiao's Chinese Ground Turkey Noodle Bowl- Ginger chili ground Diestel Sonora raised turkey, zucchini and spaghetti squash "noodles", Asian braising greens, sliced onions, grated carrots, peppers, edamame, and sesame spinach in a sweet and spicy orange Paleo stir fry sauce (350 cal- Regular, 450 Cal- Large) Allergens: Cilantro, Raw Onion, Soy

Lunch 4- Lebanese Chicken Shawarma - Sweet spiced grilled chicken breast with romaine and spinach, roasted Spring onions, tomatoes, cucumbers, garbanzos, radishes, olives, and Meyer lemon garlic dressing (360 cal- Regular, 470 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 (360 cal- Regular, 460 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 fricassee, yam "fries", cauliflower rice and Aji Amarillo Sauce (370 cal- Regular, 460 Cal- Large) Allergens: Beef, Cilantro

Dinner 4- Shanghai 5 Spice Grilled Pork Tenderloin- with spaghetti squash "chow mein", edamame, ginger garlic broccoli and sweet peppers, and pineapple sweet and sour sauce (370 cal- Regular, 480 Cal- Large) Allergens: Cilantro, Raw Onion, Pork, Soy

Dinner 5- Spring Chicken "Hobo Pack"- lemon and herb baked chicken breast filets, with local asparagus, leeks, zucchini, turnips, sweet potatoes, spinach and parsley, topped with arugula pesto (360 cal- Regular, 470 cal- Large) Allergens: None

Dinner 6- Riley's Paleo Spring Zucchini Alfredo- Fresh zucchini "noodles", with sweet onions, smoked salmon, spinach, sweet peas, and pesto cauliflower alfredo (350 cal- Reg, 430 cal- Large) Allergens: Eggs, Seafood