



local · organic · fresh

## Fresh Paleo Plus Menu for the week of March 11, 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: 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 (350 cal- Regular, 450 cal- Large, Allergens: Eggs, Tree Nuts)

**Breakfast 2: Classic American Diner Breakfast-** House made Diestel Sonora turkey and zucchini sausage patty, scrambled 50/50 eggs, leaf spinach, spaghetti squash “hash browns”, grilled tomato (350 cal- Regular, 460 cal- Large, Allergens: Eggs)

**Breakfast 3: Foodsmith Chorizo Scramble-** Scrambled egg/egg white blend with Alberto's house made Diestel turkey and black bean chorizo, Coke Farms kale, Bloomsdale spinach, roasted yams, fajita peppers and scallions (350 cal- Regular, 460 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 (350 cal- Regular, 440 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 roasted yams, basil pesto and grilled chicken apple sausage (350 cal- Reg, 450 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 brown 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, lentils, Foodsmith organic mixed greens and Romaine, grated carrots, cucumbers, cherry tomatoes, and creamy red wine vinaigrette (360 cal- Regular, 450 cal- Large, Allergens: None)

**Lunch 4- St. Augustine Bison Empanada Bowl-** Sweet spiced pasture raised bison, black beans, sultanas, roasted organic sweet potatoes, green kale, peppers, zucchini, butternut squash, and chimichurri aioli (350 cal- Regular, 460 cal- Large, Allergens: Beef)

**Lunch 5- Greek Spinach Salad-** Organic spinach, herb roasted Mary’s chicken, garbanzos, cherry tomatoes, cucumbers, Kalamata olives, sweet peppers, shaved fennel, artichokes, and basil-oregano balsamic dressing (360 cal- Regular, 440 cal- Large, Allergens: None)

**Lunch 6- My Mom’s Famous Egg Salad-** a big scoop of cage free egg salad with spicy mustard, celery, chopped bacon, parsley and Sonoma Brinery pickles, with chopped Romaine, pickled Bermuda onions and fennel, cherry tomatoes, roasted yams, and Foodsmith creamy dijon vinaigrette (350 cal- Regular, 470 cal- Large, Allergens: Eggs, Pork)

#### **Dinner:**

**Dinner 1- Paleo Chicken Biryani-** Dairy free creamy Kerala style sweet spiced chicken and veggie stew with garbanzos, turmeric roasted cauliflower and zucchini, braised Coke Farm’s greens, and mint (350 cal - Reg, 440 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- Kalbi Djinn-** Korean Kalbi marinated grass fed grilled tri tip, quick kale and cabbage kim chee, sesame spinach, and ginger brown 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, Lundberg brown rice, with pineapple sriracha tomato sauce and garlic peppers and broccoli (360 cal- Regular, 470 cal- Large, Allergens: Cilantro)

**Dinner 5- Lemon Herb Grilled Chicken-** grilled marinated Mary’s chicken breast with spring vegetable fricassee, winter squash mash, and lemon caper tomato relish (360 cal- Regular, 450 Cal- Large, Allergens: None)

**Dinner 6- Nat’s Southern Shrimp and “Grits”-** Cracker style lemon-garlic white shrimp sautéed and served over cauliflower “grits”, sautéed asparagus, winter squash and carrots with fennel onion tomato relish (350 cal- Regular, 460 cal- Large, Allergens: Shellfish, Seafood)