



local · organic · fresh

Fresh Paleo Plus Menu for the week of March 23, 2020

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: Country Breakfast Skillet- House made lean Diestel turkey sausage crumbles, sweet onions, bell peppers, spinach, smoked paprika, and grated cauliflower grits, roasted yams with scrambled egg/egg white blend and mild enchilada sauce (360 cal- Regular, 450 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 roasted yams and a side of roasted yams (360 cal Regular, 450 cal- Large) Allergens: Eggs, Pork

Breakfast 5- Paleo Breakfast Pigs in a Blanket- No kidding! Aidell's chicken apple sausage links, baked in a Paleo grain free maple kissed breakfast dough with spinach, caramelized onions, roasted tomatoes, winter squash 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, Lundberg brown 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, black bean 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 organic brown 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 brown 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, Lundberg brown rice, cashews, scallions and cilantro (360 cal- Regular, 470 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 brown rice (360 cal- Regular, 470 cal- Large) Allergens: None

Dinner 3- Tandoori Snapper Vindaloo- Tandoori spiced local line caught snapper, sweet spiced zucchini, cauliflower and Lundberg brown Biryani rice, creamy coconut cauliflower vindaloo sauce and fresh mint (360 cal- Regular, 450 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, black beans, and asparagus, with butternut and tomato, and topped with cilantro and lime (370 cal- Reg, 460 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 with Lundberg brown rice (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