



local · organic · fresh

Fresh Paleo Plus Menu for the week of April 03, 2023

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: Good Morning Monterey Breakfast Bake- Happy Boy butternut, kale, chicken apple sausage, zucchini, spinach and herb casserole with yams and leaf spinach (360 cal- Regular, 450 cal- Large) Allergens: Eggs

Breakfast 2: Tangiers Breakfast Hash- Moroccan spiced Diestel Sonoma turkey, green chilies, tomatoes, spinach, apricots and raisins, roasted yams, scrambled egg/egg white blend, and exotic spice aioli (370 cal- Regular, 450 cal- Large) Allergens: Eggs

Breakfast 3: Stuffed Breakfast Chiles Rellènos- Spinach, mushroom, spring onion, asparagus, fresh herbs and egg/egg white blend baked in sweet peppers with leaf spinach and roasted yams (345 cal- Regular, 425 cal- Large) Allergens: Eggs

Breakfast 4- Malawach Yemeni- Delicious flaky gluten and grain free griddle flatbread, house smoked whitefish with capers and pickled onions, scrambled egg/egg white blend, spinach, tomato, and dairy free zhoug labneh (340 cal- Regular, 420 cal- Large) Allergens: Eggs, Seafood, Tree Nuts

Breakfast 5- Creamy Chia Seed Scramble- Creamy dairy free chia seed egg/egg white scramble, tomatoes, mushrooms, kale, asparagus, quinoa, and chimmichurri aioli (350 cal- Regular, 440 cal- Large) Allergens: Eggs

Breakfast 6- Paleo Chilaquiles- Roasted sweet potatoes on a bed of fresh spinach, smothered with crockpot chicken, black beans, roasted peppers, scrambled eggs, chile rojo sauce, and topped with fresh tomatoes, cilantro and dairy free avocado lime “crema” (340 cal- Regular, 440 cal- Large, Allergens: Cilantro)

Lunch:

Lunch 1- Grilled Chicken Banh Mi Salad- Mary's chicken breast, marinated in lime. ginger and chilies and grilled, served over a crunchy salad of mixed greens and veggies, pickled carrots and daikon, sliced cucumbers, edamame and sriracha aioli with cilantro and mint (360 cal- Regular, 450 cal- Large) Allergens: Cilantro, Soy

Lunch 2- Chicken Chow Fun- Stir fried ginger garlic spaghetti squash and zucchini “chow fun” with ginger garlic chicken, slivered cabbage, carrots, celery, onions, broccoli, and cilantro with Paleo

pineapple Chow Fun sauce and sliced almonds (340 cal- Regular, 450 cal- Large, Allergens: Tree Nuts, Cilantro, Raw Onion)

Lunch 3- Little Havana Beef Picadillo Plate- Cuban style Grass fed beef, with cinnamon, nutmeg, olives, raisins and parsley with Happy Boy Dino kale, and chili-cumin roasted butternut, zucchini, tomatoes and mint (350 cal- Regular, 470 cal- Large, Allergens: Beef)

Lunch 4- Baked Chicken Reuben- Katz's deli pastrami spiced chicken breast, baked with house made sauerkraut, caraway sweet potato fries, spinach, tomato and Paleo "Russian dressing" sauce (340 cal- Regular, 430 cal- Large, Allergens: None)

Lunch 5- Laotian "Lettuce Wrap" Salad- Chilled salad of ground Diestel turkey cooked with ginger, thai peppers, green onions, lime juice, cilantro and mint over shredded cabbage and Romaine, cucumbers, sweet peppers, shredded carrots, snap peas, roasted yams and red onions with carrot ginger lime vinaigrette (340 cal- Regular, 430 cal- Large) Allergens: Raw Onion, Soy

Lunch 6- Montego Bay Jerk Beef Plate Lunch- Jamaican style grilled jerk spiced grass fed beef fajita bowl, over Island style cauliflower and brown rice pilaf, okra, roasted plantains, and mango mint salsa (340 cal- Regular, 430 cal- Large, Allergens: Beef)

Dinner:

Dinner 1- Syrian Kibbeh Hamda- Moroccan spiced Diestel turkey with ground zucchini, cranberries, almonds, herbs and spices pressed and baked, with creamy roasted garlic tomato sauce, roasted yams and braised greens (340 cal- Regular, 470 cal- Large, Allergens: None)

Dinner 2- Chicken Pot au Feu- Classic French slow poached chicken breast, local green beans and asparagus, carrots and celery, and garlic braised Swiss Chard in a light lemon and cauliflower "cream" (370 cal- Regular, 460 cal- Large, Allergens: Tree Nuts)

Dinner 3- Beef Birria Taco Bowl- Slow cooked grass fed beef in house made Adobo sauce, over Spanish brown rice, roasted La Bandera tri-color sweet peppers, fresh tomatoes and guacamole aioli (350 cal- Regular, 460 Cal- Large, Allergens: Beef)

Dinner 4- Chicken Breast "Katsu"- Mary's air chilled chicken breast baked with a 5-spice cashew almond crust, over chili-garlic veggies, ginger brown rice and topped with pineapple sweetened Tonkatsu sauce (390 cal- Regular, 480 Cal- Large) Allergens: Tree Nuts

Dinner 5- Lamb and Turkey Kofta- Sweet spiced ground pastured lamb and turkey patties with grated zucchini and herbs with turmeric brown rice, curry roasted zucchini and tomato confit, creamy Paleo garlic sauce and mint (360 cal- Regular, 470 cal- Large) Allergens: Lamb

Dinner 6- King Salmon and Shrimp Creole- Roasted New Zealand King salmon and white shrimp with Farmers Market spring veggies, zucchini fettuccini, basil, roasted winter squash and dairy free Creole cauliflower "Alfredo" sauce (360 cal- Regular, 430 Cal- Large) Allergens: Seafood, Shellfish