



local · organic · fresh

Fresh Paleo Plus Menu for the week of July 29, 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: Paleo Loco Moco- Paleo Hawaiian breakfast of turkey breakfast patty, scrambled egg/egg white blend, brown rice, leaf spinach and Paleo onion “gravy” (380 cal- Reg, 460 cal- Large, Allergens: Eggs)

Breakfast 2: Mediterranean Summer Scramble- Chicken, spinach, tomatoes, artichokes, sweet peppers and onions with roasted yams and pesto scrambled eggs (370 cal Regular, 450 cal, Large, Allergens: Eggs)

Breakfast 3: Sausage and Grits- Southern style Paleo cauliflower grits casserole, with house made turkey sausage, roasted zucchini, spinach, yams, and egg/egg white blend (370 cal- Regular, 450 cal- Large, Allergens: Eggs)

Breakfast 4: Lola’s Turkey Scrapple and Eggs- Foodsmith style Diestel turkey scrapple with sweet potato home fries, grilled tomato, and scrambled egg/egg white blend and paleo house made peach catsup (375 cal-Regular, 460 cal- Large, Allergens: Eggs)

Breakfast 5: Good Ol’ Eggs and Hash Browns- Paleo sweet potato and zucchini cakes, spinach, scrambled egg/egg white blend, and summer salsa fresca (370 cal- Regular, 480 cal- Large, Allergens: Cilantro, Eggs, Raw Onion, Tree Nuts)

Breakfast 6: Sir Holmes’ Scotch Egg Hash- House made Diestel turkey and fennel apple sausage, chopped cage free eggs, heirloom summer squash, onions and green chilies, spinach and parsley (330 cal- Regular, 410 cal- Large, Allergens: Eggs)

Lunch:

Lunch 1- Turkey BLT Salad- Organic Romaine and spinach, mixed heirloom tomatoes, smoked Diestel turkey breast, chopped uncured bacon, sliced red onion, kidney beans, basil and garlic aioli (350 cal- Regular, 440 cal- Large, Allergens: Pork, Raw Onion)

Lunch 2- Santa Fe Chipotle Chicken- Santa Fe style grilled chipotle rubbed chicken thighs, sliced over cauli-broc Spanish “rice”, cabbage, summer squash calabacitas, black beans, and creamy dairy free southwest sauce (360 cal- Regular, 440 cal- Large, Allergens: Cilantro, Raw Onion)

Lunch 3- Vietnamese Ground Chicken “Vermicelli”- Bangkok street food dish of Thai chili and ginger wok stir fried ground natural chicken, over butternut and summer squash “vermicelli”, ginger garlic mustard greens and baby bok choy, topped with cashews and cilantro (350 cal- Regular, 460 cal- Large, Allergens: Cilantro, Tree Nuts)

Lunch 4- Salmon Yakitori Salad- Grilled ginger-tamari Mt. Cook salmon, heirloom tomatoes, cucumbers, snap peas, spinach, sesame seeds, grilled scallions, edamame and ginger-sesame dressing (350 cal- Regular, 430 cal- Large, Allergens: Seafood)

Lunch 5- Cali Turkey Cobb Bake- Herb and dijon roasted turkey, hand carved and baked with Coke Farms kale, green beans, butternut, creamy dairy-free dijon ranch sauce, topped with chopped bacon and heirloom tomatoes (365 cal- Regular, 450 cal- Large, Allergens: Pork)

Lunch 6- Chicken Pancit Canton- Filipino style chicken thighs with garlic, coconut aminos, ginger, black pepper and scallions, with Paleo spaghetti squash Pancit Canton “noodles”, brown rice and ginger garlic broccoli (370 cal- Regular, 490 cal- Large, Allergens: Raw Onion)

Dinner:

Dinner 1- Taco Truck Buffalo Chicken Cazuela- Slow cooked Buffalo spiced chicken and black beans with cauliflower “dirty rice”, celery, summer peppers and onions, garlicky greens, dairy free avocado lime crema, scallions and cilantro (390 cal- Regular, 480 cal- Large, Cilantro, Scallions)

Dinner 2- Oaxacan Turkey Colorado- Chili-sage spiced turkey tenderloins in traditional red chile sauce, with Oaxacan style mashed yams, chile roasted local summer squashes and leaf spinach (370 cal- Regular, 480 cal- Large, Allergens: Cilantro, Raw Onion)

Dinner 3- South African Shepherd’s Pie- Traditional South African spiced grass fed beef and Diestel turkey meatloaf with raisins and almonds and egg and cauliflower custard topping, sweet and sour Coke Farms collard greens and summer squash yam hash (360 cal- Regular, 470 Cal- Large, Allergens: Beef, Eggs, Tree Nuts)

Dinner 4- La Bandera de Santo Domingo- Dominican style stewed chicken with garlic, cilantro, oregano, turmeric, tomatoes, onions and lime, with cauliflower-plantain mofongo, brown rice and coconut-garlic stewed greens (380 cal- Regular, 490 Cal- Large, Allergens: Cilantro, Tree Nuts)

Dinner 5- Bella’s Pork and Peaches- Grilled Caribbean spiced pork tenderloin, roasted Coke Farm’s okra, yam and green bean succotash, leaf spinach, and sweet roasted local peach chutney (390 cal- Regular, 460 cal- Large, Allergens: Pork)

Dinner 6- Kansas City “Burnt Ends” BBQ Tri Tip- Grass fed beef Tri-Tip, rubbed with KC’s secret smoky rub and slow cooked, hand carved, and served with Coke Farms Paleo sweet potato pie (no marshmallows!) and KC style collards, Paleo BBQ sauce (350 cal- Regular, 430 cal- Large, Allergens: Beef)