



local · organic · fresh

Fresh Paleo Plus Menu for the week of September 14, 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: Tico Style Gallo Pinto- Paleo Costa Rican breakfast with crockpot chicken, pinto beans and brown rice with roasted peppers, onions, zucchini and Latin spices, with scrambled eggs and mock Salsa Lizano (380 cal- Reg, 470 cal- Large, Allergens: Eggs)

Breakfast 2: Huevos Rancheros- Spicy house made turkey sausage and black beans over spinach and cabbage slaw, sweet potato summer veggie hash, with scrambled egg/egg white blend and salsa roja (380 cal Regular, 480 cal, Large, Allergens: Eggs)

Breakfast 3: Italian Breakfast Strata- Layers of arugula, summer squash, tomatoes, basil, turkey Italian sausage in a baked egg/egg white blend casserole with leaf spinach, roasted yams and marinara (360 cal-Regular, 480 cal- Large, Allergens: Eggs)

Breakfast 4: Gaucho Chimichurri Breakfast Bowl- Coffee and paprika rubbed grass fed steak, grilled, sliced Gaucho style, over roasted hash of summer squash, yams, tomatoes, peppers, and kale with scrambled 50/50 eggs and herb chimichurri (360 cal- Regular, 430 cal- Large, Allergens: Beef, Eggs)

Breakfast 5: Paleo Twice Baked Sweet Potatoes- Sweet potato skins stuffed with House made fennel sage turkey sausage, kale, yams, sweet onions, scrambled eggs and dairy free green chili 'cream' sauce over leaf spinach (360 cal- Regular, 480 cal- Large, Allergens: Eggs)

Breakfast 6: Scandanavian Salmon Smorrebrod- House smoked salmon, spinach salad, roasted yam "muffins", hard cooked eggs, grilled tomatoes and dairy free cauliflower cream horseradish "hollandaise" (380 cal- Regular, 470 cal- Large, Allergens: Eggs, Seafood)

Lunch:

Lunch 1- Swedish Chicken Salad- Herb roasted Mary's chicken with garbanzos, grapes, apples, celery, Meyer lemon-avocado aioli, tarragon, and almonds on a bed of Happy Boy mixed greens, with cherry tomatoes, cucumbers, radishes, and parsley green goddess dressing (350 cal- Regular, 440 cal- Large, Allergens: Tree Nuts)

Lunch 2- Low Country Shrimp Scampi- Creole spiced white shrimp over zucchini and butternut "linguini" with sungold tomatoes, spinach, Spring onions, fennel and Paleo cauliflower and parsley "butter" sauce (345 cal- Regular, 430 cal- Large, Allergens: Shellfish, Seafood)

Lunch 3- Moroccan Chicken Tagine- Sweet spiced braised Deistel Sonora turkey tagine with apricots and mint, spring veggies, in a dairy free light and fragrant cauliflower tomato sauce, over spinach and turmeric brown rice (350 cal- Regular, 450 cal- Large) Allergens: None

Lunch 4- Smoked BBQ Chicken Salad- House smoked BBQ chicken and fajita peppers over crunchy mixed greens, kidney beans, shredded carrots, chili-lime yams, cucumbers, cilantro and scallions with chipotle mock ranch aioli (370 cal- Regular, 480 cal- Large, Allergens: Cilantro, Raw Onions)

Lunch 5- Brazilian Galinhada- Iconic Brazilian cazuela of coconut stewed chicken, lemon, tomatoes, sweet rainbow bell peppers, celery, and local green beans, over turmeric and smoked paprika brown rice with parsley and cilantro (380 cal- Regular, 470 cal- Large, Allergens: Cilantro, Tree Nuts)

Lunch 6- Grass Fed Beef and Veggie Chili- Grass fed lean beef, slow simmered in tomatoes and spiced with Hatch green chilis and smoky chipotles, roasted yams and summer squash, Bloomsdale spinach and scallions (370 cal- Regular, 460 cal- Large, Allergens: Beef, Raw Onions)

Dinner:

Dinner 1- Vietnamese Lemongrass Chicken Satay- grilled fragrant spiced lemongrass and Peruvian ginger chicken breast, with quick stir fried Coke Farm's Nappa Cabbage slaw, ginger-cilantro brown rice and cashew coconut cauliflower satay sauce (390 cal- Regular, 480 cal- Large, Allergens: Cilantro, Raw Onions, Tree Nuts)

Dinner 2- Summer "Spaghetti" Bolognese- Pinnacle Ranch spaghetti squash with grass fed beef "Sunday Gravy", fresh tomatoes and basil, yams and roasted Happy Boy zucchini (360 cal- Regular, 480 cal- Large, Allergens: Beef)

Dinner 3- Pollo Fra' Diavolo- Grilled Mary's chicken breast over roasted summer squashes with local green beans and sweet potatoes, spicy tomato sauce and fresh parsley (370 cal- Regular, 480 Cal- Large, Allergens: None)

Dinner 4- Pastured Lamb and Sonora Turkey Salisbury Steak- Terry's favorite pastured ground lamb and turkey Salisbury Steak over kale and roasted garlic broccoli, grilled tomato and Paleo dairy-free mushroom onion "gravy" with brown rice (380 cal- Regular, 490 Cal- Large, Allergens: Beef)

Dinner 5- Peruvian Aji de Gallina- Peruvian style dairy free creamy and spicy crockpot chicken stew with roasted okra and tomatoes, brown rice and garlic braised Swiss chard (375 cal- Regular, 480 Cal- Large, Allergens: None)

Dinner 6- Fettucini Carbonara- House made Deistel turkey sausage, zucchini noodles, garbanzos, cherry tomatoes, roasted sweet onions, spinach and basil in a Paleo dairy free Carbonara sauce (370 cal- Regular, 460 cal- Large, Allergens: None)