



local · organic · fresh

## Fresh Paleo Plus Menu for the week of June 03, 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 Arepas Bowl-** Paleo cauliflower arepas, topped with house made Diestel Turkey chorizo sausage, black beans, spinach, zucchini, tomatoes scrambled egg/egg white blend, and salsa fresca (390 cal- Regular, 480 cal- Large, Allergens: Cilantro, Eggs, Raw Onions, Tree Nuts)

**Breakfast 2: Pesto Summer Scramble-** Basil roasted zucchini, sweet peppers, mushrooms, spinach, chicken apple sausage, yams, and pesto topped scrambled egg/egg white blend (360 cal- Regular, 450 cal- Large, Allergens: Eggs)

**Breakfast 3: The Best BLT Frittata Ever-** Bacon, smoked Diestel turkey, summer tomatoes, spinach and basil egg/egg white frittata with sweet potato home fries (350 cal- Regular, 440 cal- Large, Allergens: Eggs, Pork)

**Breakfast 4: Southwest Breakfast Bowl-** Chili braised chicken, yams, roasted peppers and summer squash, kale, scrambled egg/egg white blend, and salsa verde (350 cal- Regular, 430 cal- Large, Allergens: Eggs, Cilantro)

**Breakfast 5: Jamie's Slammin' Salmon Omelet-** Parsley egg/egg white omelet, with house smoked King salmon, baby broccoli, leaf spinach, roasted yams, red pepper coulis, and local Coke Farm strawberries (370 cal- Regular, 460 cal- Large, Allergens: Eggs, Seafood)

**Breakfast 6: Green Shakshuka-** Spinach, green sweet peppers, sweet onions, grass fed beef chili verde, scrambled egg/egg white blend, brown rice, and kale chimmichurri (360 cal- Regular, 440 cal- Large, Allergens: Beef, Cilantro, Eggs)

### **Lunch:**

**Lunch 1- Ethiopian Berbere Chicken-** Spicy Ethiopian style baked chicken with cauliflower "cous cous" and lentil pilaf, Coke Farms broccoli, and roasted tomato almond vinaigrette (360 cal- Regular, 460 cal- Large, Allergens: Tree Nuts)

**Lunch 2- Mediterranean Smoked Turkey Salad -** Romaine and mixed greens, smoked Diestel turkey breast, garbanzos, cukes, sweet peppers, tomatoes, radishes, olives, basil, and Foodsmith creamy Greek dressing (370 cal- Regular, 460 cal- Large, Allergens: None)

**Lunch 3- Chicken and Green Beans Almondine** - Roasted chicken breast, shallot basted local green beans, roasted sweet potatoes, spinach and creamy Almondine sauce (370 cal- Regular, 480 cal- Large, Allergens: Tree Nuts)

**Lunch 4- Paleo Turkey Souvlaki Salad**- Grilled chili cumin marinated Diestel turkey breast, over a salad of Coke Farm's romaine, Happy Boy baby greens, roasted yams, tomatoes, cucumbers, fennel and chimichurri aioli (390 cal- Regular, 480 cal- Large, Allergens: Cilantro,)

**Lunch 5- Sweet and Sour Chicken Adobo**- Filipino style ginger lime marinated chicken thighs, stir fried broccoli, summer peppers and onions, Lundberg brown rice, and Paleo adobo sauce (350 cal- Regular, 440 Cal- Large, Allergens: Cilantro, Raw Onions)

**Lunch 6- Spicy Shrimp Taco Bowl**- Chile garlic roasted white shrimp, over cauliflower cilantro-lime brown rice, roasted zucchini, cabbage, chile rojo, and avocado aioli (350 cal- Regular, 440 cal- Large, Allergens: Cilantro, Seafood, Shellfish)

#### **Dinner:**

**Dinner 1- Piri Piri Chicken**- African piri-piri chili and oregano grilled chicken thighs, crispy roasted sweet potato fries, spinach and summer tomato mint salad (360 cal- Regular, 480 cal- Large, Allergens: None)

**Dinner 2- Polpettone Della Nonna**- Roasted and slow braised grass fed beef and Diestel turkey meatballs with grated zucchini and herbs, on cauliflower "polenta" and garlic sautéed spinach, yams, rich balsamic tomato sugo and fresh basil (380 cal- Regular, 470 cal- Large, Allergens: Beef)

**Dinner 3- Nat's Tuscan Creamy Chicken Skillet**- Roasted herbed chicken breast, in a dairy free creamy garlic spinach and sun dried tomato sauce, over zucchini noodles, roasted butternut, spinach and fresh basil (360 cal-Regular, 450 cal- Large, Allergens: None)

**Dinner 4- Belize Style Baked Local Snapper**- Sweet spiced Real Good Fish locally caught snapper with Coke Farm green beans, peppers and tomatoes, roasted summer squash, Lundberg brown rice, and mango-nopales salsa (370 cal- Regular, 470 cal- Large, Allergens: Cilantro, Raw Onions, Seafood)

**Dinner 5- Grilled Alabama BBQ Chicken**- Grilled BBQ spiced chicken breast, with Southern style tomato braised collard greens, cauliflower "grits", mashed yams and Paleo Alabama white BBQ sauce (380 cal- Regular, 490 cal- Large, Allergens: None)

**Dinner 6- Cubano Mojo Pork Tenderloin**- with dairy free coconut creamed kale, roasted summer veggie and yam hash, Lundberg brown rice and lemon tomato olive salsa (380 cal- Regular, 480 Cal- Large, Allergens: Pork, Raw Onions, Tree Nuts)