



local. organic. fresh

## Fresh Paleo Menu for the week of November 19, 2018

### **Breakfast:**

**Breakfast 1: Santa Fe Turkey Chili and Eggs-** Paleo Diestel turkey chili with hatch green chilies, onions and peppers, zucchini and leaf spinach, scrambled 50/50 egg-egg white blend and scallion (340 cal- Regular, 450 cal- Large, Allergens: Eggs, Raw Onion)

**Breakfast 2: Fran's Kim Chee Thang-** House made kale and cabbage Kim Chee, with cauliflower "rice", roasted sweet potatoes, shredded spiced chicken, peppers and onions and Sriracha scrambled egg/ egg white blend (340 cal- Regular, 440 cal- Large, Allergens: Eggs)

**Breakfast 3: Turkey Chorizo Torta-** Foodsmith egg/egg white blend baked with Alberto's house made Diestel turkey chorizo, Coke Farms kale, roasted yams, spinach, roasted peppers and scallions (340 cal- Regular, 450 cal- Large, Allergens: Eggs, Raw Onions)

### **Breakfast 4:**

### **Breakfast 5:**

### **Breakfast 6:**

### **Lunch:**

**Lunch 1- Roasted Chicken Waldorf Salad-** Herb roasted Mary's chicken breast with celery, Granny Smith apples, red grapes, Coke Farms celery, fennel, and basil garlic aioli, over crunchy Foodsmith organic lettuce blend, cucumbers, sweet peppers, almonds and Foodsmith balsamic (360 cal- Regular, 470 cal- Large, Allergens: Tree Nuts)

**Lunch 2- Caribbean Shrimp Salad-** Cajun roasted white shrimp, mango-pineapple chutney, sweet bells, grated carrots, cukes, cherry tomatoes, Foodsmith organic lettuce blend, and pineapple mint dressing (330 cal- Regular, 420 cal- Large, Allergens: Seafood, Shellfish)

**Lunch 3- Chipotle Chicken Enchilada Bowl-** Slow cooked pulled Mary's chicken and grated zucchini in chipotle enchilada sauce with Coke Farm's cabbage slaw, winter squash, kale, grated carrot "cheese" and cilantro (350 cal- Regular, 440 cal- Large, Allergens: Cilantro)

### **Lunch 4-**

### **Lunch 5-**

### **Dinner 6-**

### **Dinner:**

**Dinner 1- Indian “Butter” Chicken-** Mary’s chicken simmered in a dairy free Paleo Indian curry with coconut and cauliflower “cream”, tomatoes, sweet peppers, Coke Farm’s green chard, and cauliflower biryani “rice” (350 cal- Regular, 470 cal- Large, Allergens: Cilantro, Tree Nuts)

**Dinner 2- Paleo Turkey Tetrazzini-** Roasted Diestel turkey breast, with braised greens, zucchini “noodles” and dairy free creamy Southern style mushroom and garlic cauliflower “gravy” (360 cal- Regular, 470 cal- Large, Allergens: None)

**Dinner 3- Lemon-Herb Roasted Cod Romesco-** Lemon and herb baked Pacific cod filet, with herb roasted zucchini and tomatoes, butternut and Hannah sweet potatoes, spinach and Spanish roasted pepper almond sauce (350 cal- Regular, 440 Cal- Large, Allergens: Seafood, Tree Nuts)

**Dinner 4-**

**Dinner 5-**

**Dinner 6-**