



local. organic. fresh

Fresh Paleo Menu for the week of January 07, 2019

Breakfast:

Breakfast 1: Winter Breakfast Hash- Roasted Smart chicken, winter squash, kale, caramelized onions, mushrooms, scrambled 50/50 eggs, and basil pesto (340 cal- Regular, 450 cal- Large, Allergens: Eggs)

Breakfast 2: Chipotle Chicken Breakfast Warrior Bowl- Chipotle shredded chicken with fajita peppers, sweet potatoes, cabbage, roasted zucchini, spinach, scrambled egg/egg white blend and pico de gallo (360 cal- Regular, 440 cal- Large, Allergens: Cilantro, Eggs, Raw Onions)

Breakfast 3: Welsh Steak and Eggs- Chipped grass fed beef, leaf spinach, yam home fries, scrambled egg/egg white blend, and paleo horseradish cauliflower “cream” sauce (370 cal- Regular, 450 cal- Large, Allergens: Beef, Eggs)

Breakfast 4: Paleo Quiche Florentine- Foodsmith eggs and egg whites blended with spinach and baked with Diestel smoked turkey, roasted tomatoes and red onions, butternut, leaf spinach, yams and parsley (340 cal- Regular, 450 cal- Large, Allergens: Eggs)

Breakfast 5: Paleo Low Carb Breakfast Sandwich- Grain free cauliflower and coconut biscuit, with Diestel Sonora turkey patty, creamy scrambled eggs, spinach and tomato (360 cal- Regular, 450 cal- Large, Allergens: Eggs, Tree Nuts)

Breakfast 6: Paleo Giant Cauliflower Blini- Grain free cauliflower and egg white pancake with smoked Mt. Cook salmon, creamy scrambled eggs, leaf spinach and dairy-free dill “creme fraiche” (350 cal- Regular, 430 cal- Large, Allergens: Eggs, Seafood)

Lunch:

Lunch 1- Blackened Chicken Spinach Salad- Cajun seasoned blackened chicken breast, Happy Boy spinach, cranberries, tomatoes, green apples, roasted butternut, creamy cajun tomato dressing (350 cal- Regular, 440 cal- Large, Allergens: Cilantro)

Lunch 2- Tuna-Cado Egg Salad- Line caught Albacore with celery, hard cooked egg, fresh dill, celery and fennel, spicy mustard and avocado lemon aioli with romaine and Happy Boy Farms mixed greens, tomatoes, cucumbers, shredded carrot, and balsamic vinaigrette (350 cal- Regular, 425 cal- Large, Allergens: Eggs, Seafood)

Lunch 3- Paleo Smoky White Chicken Chili- Smoked chili rubbed chicken, kale, yams, green chilies, sweet onions, bell peppers, and spices in a Paleo cauliflower chili “cream” (350 cal- Regular, 440 cal- Large, Allergens: Cilantro, Raw Onion)

Lunch 4- Steamer Lane Winter Salad- Happy Boy mixed greens, cabbage and kale, smoked Diestel turkey breast, roasted red beets, fennel, radishes, oranges, hard cooked egg, almonds and lemon-herb green goddess vinaigrette (330 cal- Regular, 420 cal- Large, Allergens: Eggs, Tree Nuts)

Lunch 5- Sesame Chicken Salad- Sesame crusted roasted chicken breast, hard cooked egg, Happy Boy baby spinach and winter greens, pickled cucumber and red onion, rainbow tomatoes, shredded carrot, radish, scallions, and sesame ginger dressing (340 cal- Regular, 440 cal- Large, Allergens: Raw Onion)

Dinner 6- Cajun Shrimp Remoulade- Creole spiced roasted white shrimp, with fennel, celery, scallions and creole grain mustard remoulade, cucumbers, sweet peppers, carrot, cherry tomatoes, mixed greens and creamy red wine dijon vinaigrette (330 cal- Regular, 420 cal- Large, Allergens: Seafood, Shellfish)

Dinner:

Dinner 1- Roasted Chicken Breast “Grand Mère”- Pan roasted Mary’s chicken breast with dairy free “creamed” kale, mashed sweet potatoes and mushroom and herb pan jus (350 cal- Regular, 460 cal- Large, Allergens: None)

Dinner 2- Swedish Bison Kalpudding- Sweet spice and herb range fed Bison meatloaf, stuffed with caramelized cabbage, cranberries and veggies, with pan roasted Savoy cabbage, winter squash, and vinegar spiked sweet tomato glaze (350 cal- Regular, 440 Cal- Large, Allergens: Beef)

Dinner 3- Twice Baked Sweet Potato- Roasted organic sweet potatoes filled with kale, chard, chili spiced Diestel turkey, Paleo cauliflower carrot “cheese” sauce, and green onions (380 cal- Reg, 470 cal- Large, Allergens: Raw Onion)

Dinner 4- Turkey Meatballs With Zoodles- Deistel Sonora turkey meatballs with ground veggies and fresh herbs, over leaf spinach and zucchini “zoodles”, and Paleo dairy free creamy caper-basil-tomato sauce (340 cal- Reg, 430 cal- Large, Allergens: None)

Dinner 5- Nat’s Pork Chop Casserole- Seared cider vinegar marinated pork chops, braised cabbage, sweet onions, green bells, bacon, cauliflower rice, and Dijon parsley cauliflower cream sauce (360 cal- Regular, 450 cal- Large, Allergens: Pork)

Dinner 6- Coconut Beef Satay- Ginger lime and coconut marinated beef satay over cauliflower ginger rice, and broccoli slaw, with almonds radishes and mint (340 cal- Reg, 430 cal- Large, Allergens: Beef, Tree Nuts)