



Fresh Paleo Plus Menu for the week of December 15, 2025

Foodsmith 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 carbohydrate like yams, or brown rice, lentils, or legumes, 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: Winter Breakfast Hash- Roasted Smart chicken, winter squash, kale, caramelized onions, mushrooms, eggs, and basil pesto (360 cal- Regular, 480 cal- Large, Allergens: Eggs)

Breakfast 2: Chipotle Chicken Breakfast Warrior Bowl- Chipotle shredded chicken with fajita peppers, sweet potatoes, cabbage, roasted zucchini, spinach, spiced black beans, scrambled egg/egg white blend and pico de gallo (380 cal- Regular, 460 cal- Large, Allergens: Eggs)

Breakfast 3: Welsh Steak and Eggs- Chipped grass fed beef, leaf spinach, yam home fries, scrambled egg/egg white blend, and paleo horseradish “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 scallions (360 cal- Regular, 470 cal- Large, Allergens: Eggs, Raw Onions)

Breakfast 5: Captain’s “Biscuits and Gravy”- Roasted sweet potato “biscuits”, with braised greens, Foodsmith turkey sausage and dairy free cauliflower-cashew gravy and grilled tomatoes (360 cal- Regular, 450 cal- Large, Allergens: Eggs, Tree Nuts)

Breakfast 6: Chanukah Salmon Latkes- Paleo sweet potato and spaghetti squash latkes, with house smoked King salmon, sliced tomato, spinach, fried egg, and dairy free lemon cauliflower “sour cream” (350 cal- Regular, 450 cal- Large, Allergens: Seafood, Eggs, Raw Onion)

Lunch:

Lunch 1- Blackened Chicken Spinach Salad- Cajun seasoned blackened chicken breast, Happy Boy spinach, cranberries, tomatoes, green apples, roasted butternut, black beans, creamy cajun tomato dressing (350 cal- Regular, 440 cal- Large, Allergens: None)

Lunch 2- Creole Conecuh and Peppers- Bayou style spicy grilled and split chicken sausages, filled with sautéed creole spiced rainbow peppers and caramelized onions, with garlic braised collards, creole sauce and cauliflower-brown rice pilaf (370 cal- Regular, 450 cal- Large, Allergens: None)

Lunch 3- Paleo Smoky White Chicken Chili- Smoked Smart chicken, kale, yams, green chilies, sweet onions, bell peppers, kidney beans, and spices in a Paleo cauliflower chili “cream” (360 cal- Regular, 450 cal- Large, Allergens: Cilantro, Raw Onion)

Lunch 4- Fountain of Youth Empanada Bowl- Paleo Grass fed beef and turkey simmered in sweet spices and tomatoes with olives and sultanas, over cauliflower Spanish “rice”, zucchini noodles, roasted plantains, leaf spinach and avocado lime crema with fresh parsley (360 cal- Regular, 440 cal- Large, Allergens: Beef)

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, edamame, and sesame ginger dressing (340 cal- Regular, 440 cal- Large, Allergens: Eggs, 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, black beans, mixed greens and creamy red wine dijon vinaigrette (350 cal- Regular, 440 cal- Large, Allergens: Shellfish, Seafood)

Dinner:

Dinner 1- Kale Pesto Crusted Chicken- Mary’s chicken breast seared and crusted with roasted garlic and kale pesto, Billy’s roasted brussels sprouts and winter squash, cauliflower and turnip mash, leaf spinach and parsley (370 cal- Regular, 480 cal- Large, Allergens: None)

Dinner 2- Swedish Grass Fed Beef Kalpudding- Sweet spice and herb range fed beef meatloaf, stuffed with caramelized cabbage, cranberries and veggies, with pan roasted Savoy cabbage, winter squash, and vinegar spiked sweet tomato glaze (370 cal- Regular, 460 Cal- Large, Allergens: Beef)

Dinner 3- Elizabeth’s Twice Baked Sweet Potato- Roasted organic sweet potatoes filled with kale, chard, chili spiced Diestel turkey, black beans, Paleo cauliflower carrot “cheese” sauce, and green onions (390 cal- Reg, 480 cal- Large, Allergens: Raw Onions)

Dinner 4- Jacque’s Roasted Chicken Breast “Grand Mère”- Jacques Pepin’s pan roasted Mary’s chicken breast with dairy free “creamed” kale, mashed sweet potatoes and mushroom and herb pan jus (370 cal- Regular, 480 cal- Large, Allergens: None)

Dinner 5- Natalie’s Pork Chop Casserole- Seared cider marinated pork chops, braised cabbage, sweet onions, green bells, bacon, Lundberg brown rice, and Dijon parsley cauliflower cream sauce (380 cal- Regular, 470 cal- Large, Allergens: Pork)

Dinner 6- Julia’s Classic Beef Bourignnon- Julia Child’s classic red wine beef stew with carrots, onions, mushrooms, and bacon, with cauliflower and parsnip mash, leaf spinach and garlic green beans (350 cal- Regular, 440 cal- Large, Allergens: Beef, Pork)