



# Honest Plate

HONESTLY GOOD, DELICIOUSLY LOCAL.

*Chef Nick Reisini*

**Week of February 3rd, 2025**

## *HONEST PLATE WEEKLY MENU CHOICES*

### *SALAD & SOUP*

#### **CAULIFLOWER CHOWDER PB/GF/V**

Roasted Cauliflower, Marble Potato, Carrot, Old Bay Seasoning, Almond Milk & Sea Salt  
*Cook Time: Place in medium saucepan over medium high flame for 8-10 minutes*  
Cal: 192 Protein: 7.1g Fat: 2.6g Carb: 37.8g

#### **SHAVED FENNEL & GRANNY SMITH APPLE SALAD PB/GF/V**

Organic Fennel, Arugula, Granny Smith Apple, Cucumber, Lemon Juice, Olive Oil & Sea Salt  
*Cook Time: Serve Chilled*  
Cal: 261 Protein: 2.3g Fat: 1.2g Carb: 67.4g

### *MAINS*

#### **SWEET AND SOUR TOFU PB/GF**

Organic Tofu, Cranberries, Turmeric, White Onion, Carrot, Orange Zest, Orange Juice, Garlic, Cumin, Corn Starch, Organic Sugar, Apple Cider Vinegar, Parsley, Olive Oil & Sea Salt  
*Cook Time: Remove lid and place container in 350 oven for 8-10 minutes*  
Cal: 369 Protein: 33.3g Fat: 16.3g Carb: 30.7g

#### **NAPA CABBAGE ROLLS PB/GF**

Napa Cabbage, Carrot, Mushroom, Crumbled Tofu, Scallion, Brown Rice, Tamari, Olive Oil, **SAUCE** (Tamari, Mirin, Sesame Oil, Crushed Red Pepper Flakes, Corn Starch) & Sea Salt  
*Cook Time: Remove lid, Place container in 350 oven for 8 - minutes*  
Cal: 368 Protein: 25.8g Fat: 19.3g Carb: 33g

#### **MONGOLIAN OYSTER MUSHROOMS GF**

Oyster Mushroom, Tamari, Sesame Oil, Light Brown Sugar, Mirin, Corn Starch, Ginger, Crushed Red Pepper, Scallion & Sea Salt  
*Cook Time: Remove lid, Place container in 350 oven for 8-10 minutes*  
Cal: 242 Protein: 14.8g Fat: 5.7g Carb: 38.3g

## PROTEINS

### PORK KAHLUA WITH FRESH HERB CHIMICHURRI GF

Roast Pork, S/P, Thyme, Rosemary With **"HONESTLY GOOD" CHIMICHURRI** (Basil, Parsley, Roasted Garlic, Red Pepper Flake, Lemon Juice, EVOO & Sea Salt)

*Cook Time: Remove lid, remove sauce, cover container in foil and place in 350 oven for 8-10 minutes*

Cal: 568 Protein: 47.6g Fat: 35.8g Carb: 17.9g

### BEEF CHILI GF

Ground Beef, White Onion, Dried Oregano, Cumin, Pinto Beans, Bell Pepper, Chili Powder, Cayenne Pepper & Sea Salt

*Cook Time: Place in medium saucepan over medium high flame for 8-10 minutes*

Cal: 439 Protein: 56.1g Fat: 12.1g Carb: 26.1g

### GRILLED SHRIMP GF

Cast-Iron Grilled Jumbo Shrimp with **BALSAMIC & VANILLA GLAZE** (Balsamic, Clover Honey, Vanilla)

*Cook Time: Remove lid, place glass container in 350 oven for 8-10 minutes*

Cal: 364 Protein: 40g Fat: 5.4g Carb: 40g

### ROASTED HAKE & TOMATO TAPENADE GF

Roasted Hake with Curry & Turmeric Topped with Tomato Tapenade (Baby Tomatoes, Balsamic Vinegar, Parsley, EVOO & Sea Salt)

*Cook Time: Remove lid, remove Tapenade, place container in 350 oven for 8-10 minutes*

Cal: 212 Protein: 39g Fat: 4.5g Carb: 1.9g

\*DUE TO THE VARIATION IN HOME OVENS, ALL OF OUR COOK TIMES ARE SUGGESTED TIMES & TEMPERATURE MAY VARY FROM OVEN TO OVEN

**\*\* We do not use seed oils in any of our meals. We only use Olive, Coconut or Avocado Oil. Consuming oils in their whole food form provides a broader array of nutrients, including vitamins, minerals, and antioxidants, which are essential for overall health. \*\***

## SIDES

### RED LENTIL & CUCUMBER SALAD PB/GF

Red Lentil, Roasted Vidalia Onion, Cucumber, Scallion, Rice Vinegar & Sea Salt

*Cook Time: Serve Chilled*

Cal: 332 Protein: 23.1g Fat: 1g Carb: 57.9g

### MISO GLAZED CARROTS PB/GF

Fresh Carrot, Miso, Maple Syrup, Olive Oil, Garlic, Parsley & Sea Salt

*Cook Time: Remove lid and place container in 350 oven for 8-10 minutes*

Cal: 365 Protein: 8.6g Fat: 16g Carb: 52.3g

## *Chef's Choice Selections*

### **ALMOND BUTTER STUFFED DATE "SNICKERS" GF/V**

Dates, Almond Butter, Melted Vegan Chocolate Chips & a Sprinkle of Maldon Salt

*Cook Time: Serve Chilled*

Cal: 427 Protein: 7.6g Fat: 22.2g Carb: 54.1g

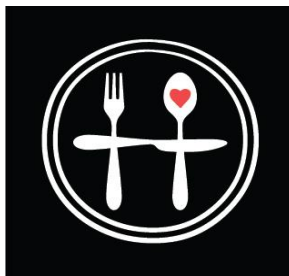
### **SHAKSHUKA GF**

Organic Eggs, White Onion, Garlic, Smoked Paprika, Cumin, Chili Powder, Tomato, Parsley, Olive Oil, Red Bell Pepper & Sea Salt

*Cook Time: Remove lid and place container in 350 oven for 8-10 minutes*

Cal: 349 Protein: 27.4g Fat: 20.8g Carb: 14.9g

*\*ADD THESE DELICIOUS OPTIONS TO YOUR MEAL PLAN TODAY!*



## **HONEST PLATE BLACK LABEL**

### *BLACK LABEL SIDE*

**\$14.00**

### **BABY SPINACH, POMEGRANATE & FETA CHEESE SALAD GF**

Baby Spinach, Pomegranate, Toasted Walnut, Feta Cheese & **POMEGRANATE DRESSING** © (Pomegranate Juice, Maple Syrup, White Balsamic Vinegar, Dijon)

*Cook Time: Serve Chilled*

Cal: 264 Protein: 6.4g Fat: 21.2g Carb: 14.9g

### *BLACK LABEL ENTRÉE*

**\$30.00**

### **SOUS-VIDE SEARED NY STRIP GF**

NY Strip, Rosemary, Garlic, **WHIPPED POTATO** (Potato, Truffle, Unsalted Butter, Almond Milk, Salt) & Wilted Greens

*Cook Time: Remove lid and place container in 350 oven for 8-10 minutes*

Cal: 402 Protein: 28.2g Fat: 19.2g Carb: 35.9g

## *KIDS' MENU*

### *KIDS' MEAL 1*

#### **GRILLED CHEESE AND TOMATO SOUP GF**

GF Bread, Cheddar Cheese, **TOMATO SOUP** (Tomatoes, Basil, White Onion, Garlic, EVOO)

*Cook Time: Remove lid, place glass container in 350 oven for 8-10 minutes*

Cal: 380 Protein: 14g Fat 25g Carb: 28.9g

### *KIDS' MEAL 2*

#### **TURKEY BURGER**

Corn-fed Turkey, Potato, Mushroom, Cheddar Cheese & Roasted Potato Wedges

*Cook Time: Remove lid and place container in 350 oven for 8-10 minutes*

Cal: 335 Protein: 39.5g Fat: 14.5g Carb: 15.4g

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#### **GREEK YOGURT & BERRY SAUCE**

Greek Yogurt, Blueberry, Blackberry, Strawberry, Raspberry & Brown Sugar

*Cook Time: Serve Chilled*

Cal: 103 Protein: 6.3g Fat: 1.4g Carb: 15.6g

## *SMOOTHIES*

#### **HONEST SMOOTHIE**

Organic Greens, Avocado, Mixed Berries, Dates, Almond Milk & Banana

*Cook Time: Serve Chilled*

Cal: 267 Protein: 6g Fat: 5g Carb: 53g

#### **SUPER HONEST SMOOTHIE**

Organic Greens, Avocado, Mixed Berries, Dates, Almond Milk & Banana With  
Maca Powder, Flaxseeds & Collagen Peptides

*Cook Time: Serve Chilled*

Cal: 283 Protein: 8g Fat: 6g Carb: 53g

#### **HONEST IMMUNE BOOSTER**

Garlic, Ginger, Apple Cider Vinegar, Cayenne Pepper, Black Pepper, Turmeric & Fresh Orange Juice

*Cook Time: Serve Chilled*

Cal: 6 Protein: 0g Fat: 0g Carb: 0g

#### **STRAWBERRY SMOOTHIE**

Organic Strawberries, Raw Honey & Almond Milk

*Cook Time: Serve Chilled*

Cal: 163 Protein: 1g Fat: 1g Carb: 40g

**FRESH BERRY SMOOTHIE**

Blueberries, Raspberries, Strawberries, Raw Honey & Almond Milk  
*Cook Time: Serve Chilled*  
*Cal:183 Protein: 2g Fat:1g Carb: 43g*

**MANGO SMOOTHIE**

Almond Milk, Mango & Raw Honey  
*Cook Time: Serve Chilled*  
*Cal: 185 Protein:1g Fat:1g Carb: 47g*

*PRO TIP: If you want to make your smoothie less thick, just add a little oat milk or water and mix it in. This also helps your smoothie go further.*

**PLEASE NOTE: DUE TO THE FACT THAT WE USE AND COOK WITH FRESH INGREDIENTS  
AND NON-PROCESSED FOODS, WE RECOMMEND A 3-5 DAY SHELF LIFE MAXIMUM  
FOR ALL OUR MEALS  
THANK YOU  
CHEF NICK**