



Honest Plate

HONESTLY GOOD, DELICIOUSLY LOCAL.

Chef Nick Reisini

Week of December 2nd, 2024

HONEST PLATE WEEKLY MENU CHOICES

SALAD & SOUP

CREAM OF BROCCOLI SOUP PB/GF

Broccoli, Celery, Spanish Onion & Sea Salt

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

Cal: 158 Protein: 8.9g Fat: 2.1g Carb: 30.6g

ARUGULA & CANDIED PECAN SALAD GF

Arugula, Candied Pecans, **BALSAMIC VINAIGRETTE** (Balsamic Vinegar, Dijon, E.V.O.O. & Sea Salt)

Cook Time : Serve Chilled

Cal: 469 Protein: 11.6g Fat: 30.7g Carb: 48.4g

MAINS

PORTOBELLO PEPPER "STEAK " PB/GF

Organic Portobello, Red Onion, Bell Pepper, Broccoli, Ginger & Tamari

Cook Time: Remove lid, remove lettuce, tomato, onion, and place in 350 oven for 8-10 minutes

Cal:303 Protein: 6.9g Fat: 16.5g Carb: 36.5g

CARROTS & LENTILS IN OLIVE OIL PB/GF

Carrots, Lentils, Coriander Seeds, Garlic, Tomato Paste, White Onion, Mint & Olive Oil

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

Cal: 514 Protein: 33g Fat: 1.7g Carb: 98.4g

GRILLED BBQ TOFU PB/GF

Cast-Iron Grilled Extra Firm Tofu in our **HONESTLY GOOD BBQ SAUCE** (Tomato, Dijon, White Vinegar, Red Onion, Dates, Clover Honey & Sea Salt)

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

Cal: 273 Protein: 13g Fat: 21g Carb: 13.1g

PROTEINS

ROASTED SMOKED PAPRIKA CHICKEN BREAST GF

Free-Range Chicken Dusted with Smoked Paprika, **HONEST PLATE** Chicken Jus

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

Cal: 349 Protein: 41g Fat: 18g Carb: 2g

PORK RIBS IN ADOBO GF

Pork Ribs, Apple Cider Vinegar, Tamari, Bay Leaves, Garlic Confit & Sea Salt

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

Cal: 554 Protein: 33.1g Fat: 28g Carb: 41.9g

MISO COD GF

Line-Caught Pan-Roasted Cod, Miso, Sake-Mirin Marinade

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

Cal: 232 Protein: 33g Fat: 6.2g Carb: 1.5g

FLOUNDER SICILIANO W30/GF

Oven-Roasted Line-Caught Gulf Flounder in Caper, Olive, and Tomato, White Wine Sauce

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

Cal: 214 Protein: 37.9g Fat: 9.5g Carb: 3g

*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

DILL & JASMINE RICE PILAF PB/GF

Jasmine Rice, Dill, Lemon Zest, Olive Oil & Sea Salt

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

Cal: 334 Protein: 9.7g Fat: 6.3g Carb: 64.9g

QUINOA, CRAISIN & SWEET POTATO PB/GF

Organic Quinoa, Craisins, Roasted Sweet Potatoes, Parsley

Cook Time: Place in medium saucepan over low heat stirring gently for 8-10 minutes

Cal: 143 Protein: 4g Fat: 1g Carb: 31g

Chef's Choice Selections!!

VEGAN GF CINNAMON ROLLS GF/V

Almond Milk, Organic Coconut Sugar, Vegan Butter, Active Dry Yeast, GF Flour, Cane Sugar,
Baking Powder & Ground Cinnamon

Cook Time: Serve Chilled

Cal: 538 Protein: 13.3g Fat: 8.6g Carb: 100.2g

SILKY SCRAMBLED EGGS GF

Whole Egg, Unsalted Butter, Chives, Toasted GF Bread & Sea Salt

Cook Time: Remove lid and place glass container in 350 oven for 4-6 minutes

Cal: 342 Protein: 23.8g Fat: 20.1g Carb: 18.1g

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



HONEST PLATE BLACK LABEL

BLACK LABEL SIDE

\$14.00

ROASTED CHICKEN & RICE SOUP GF

Organic Chicken Breast, Red Onion, Carrots, Celery, Chicken Stock, Basmati Rice & Sea Salt

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

Cal: 343 Protein: 22.2g Fat 2.7g Carb: 55.4g

BLACK LABEL ENTRÉE

\$26.00

OVEN-BAKED MEDITERRANEAN BRANZINO GF

Branzino Fillet, Dry Oregano, Paprika, Lemon Juice, Red Onion, Sake, Baby Potatoes, Bell Pepper, Parsley & Sea Salt

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

Cal: 276 Protein: 23.5g Fat: 16.8g Carb: 9.7g

KIDS' MENU

KIDS' MEAL 1

PENNE MARINARA GF

GF Penne Pasta & Classic Marinara Tomato Sauce
(Beefsteak Tomato, Onion, Garlic, Oregano, Basil, Olive Oil, & Sea Salt) Parmesan Cheese
Cal: 463 Protein: 13.4g Fat: 16.2g Carb: 65.5g

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GREEK YOGURT & BERRY SAUCE

Greek Yogurt, Blueberry, Blackberry, Strawberry, Raspberry & Honey
Cook Time: Serve Chilled
Cal: 103 Protein: 6.3g Fat: 1.4g Carb: 15.6g

KIDS' MEAL 2

CHICKEN & CHEESE QUESADILLA GF

Organic Chicken, Cheddar & Mozzarella Cheese, Brown Rice Tortilla
Cook Time: Remove lid, wrap container in foil, place in 350 oven for 5-10 minutes
Cal: 463 Protein: 13.4g Fat: 16.2g Carb: 65.5g

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STRAWBERRY SMOOTHIE

Organic Strawberries, Raw Honey & Almond Milk
Cook Time: Serve Chilled
Cal: 163 Protein: 1g Fat: 1g Carb: 40g

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

With Adaptogens, 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**