



Honest Plate

HONESTLY GOOD, DELICIOUSLY LOCAL.

Chef Nick Reisini

Week of August 25th, 2025

HONEST PLATE WEEKLY MENU CHOICES

SALAD & SOUP

SIMPLE TOMATO SOUP PB/GF

Organic Tomato, Onion, Garlic, Vegetable Broth, Fresh Basil & Sea Salt

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

Cal: 130 Protein: 4g Fat: 5g Carb: 18g

SEASONAL GARDEN SALAD PB/GF

Cucumber, Heirloom Tomato, Zucchini, Bell Pepper, Fresh Basil, Romaine Lettuce,

HONESTLY GOOD CITRUS DRESSING (Lemon, Orange, Lime Juice, Dijon, EVOO & Sea Salt)

Cook Time: Serve Chilled

Cal: 160 Protein: 4g Fat: 7g Carb: 22g

MAINS

TOFU & MUSHROOM STIR-FRY PB/GF

Organic Tofu, Mixed Mushrooms, Garlic, Soy Sauce, Sesame Oil, Fresh Ginger

Cook Time: Remove lid, place glass container in 350 oven for 10-12 minutes

Cal: 230 Protein: 18g Fat: 114g Carb: 12g

GRILLED TEMPEH WITH LEMON HERB SAUCE PB/GF

Tempeh, Lemon Juice, Garlic, Fresh Thyme, Rosemary, EVOO & Sea Salt

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

Cal: 290 Protein: 20g Fat: 16g Carb: 18g

VEGGIE STIR-FRY & RICE PB/GF

Jasmine Rice, Bell Pepper, Mixed Mushrooms, Onion, Garlic, Tamari Sauce, Sesame Oil & Sea Salt

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

Cal: 180 Protein: 5g Fat: 8g Carb: 20g

PROTEINS

GRILLED LEMON GARLIC CHICKEN GF

Chicken Breast, Lemon, Garlic, Oregano, Black Pepper, EVOO & Sea Salt

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

Cal: 250 Protein: 30g Fat: 12g Carb: 5g

QUICK BEEF TACOS GF

Ground Beef, Onion, Corn Tortillas, Fresh Cilantro, Lime, EVOO & Sea Salt

Cook Time: Remove Lid, Place in 350 oven for 8-10 minutes

Cal: 350 Protein: 26g Fat: 22g Carb: 20g

GARLIC BUTTER SHRIMP GF

Shrimp, Butter, Garlic, Lemon Juice, Fresh Parsley, Black Pepper, EVOO & Sea Salt

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

Cal: 220 Protein: 25g Fat: 12g Carb: 2g

COD CAKES GF

Cod, Turmeric, Potato, EVOO, **REMOULADE** (Sweet Gherkin, Parsley, Mayonnaise, Lemon Juice) & Sea Salt

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

Cal: 388 Protein: 78g Fat: 4g Carb: 5.2g

*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

QUINOA WITH FRESH CORN & BASIL PB/GF

Quinoa, Corn, Fresh Basil, Lemon Juice & Sea Salt

Cook Time: Serve Chilled

Cal: 150 Protein: 6g Fat: 4g Carb: 25g

STEAMED GREEN BEANS WITH GARLIC PB/GF

Green Beans, Garlic, EVOO, Lemon Zest & Sea Salt

Cook Time: Serve Chilled

Cal: 90 Protein: 3g Fat: 4g Carb: 12g

Chef's Choice Selections

BERRY CHIA PUDDING GF/V

Chia Seeds, Almond Milk, Fresh Berries, Maple Syrup

Cook Time: Serve Chilled

Cal: 140 Protein: 4g Fat: 7g Carb: 18g

SPINACH & FETA OMELETTE GF

Fresh Eggs, Spinach, Feta Cheese, Onion, EVOO & Sea Salt

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

Cal: 265 Protein: 17g Fat: 19.7g Carb: 6.6g

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



HONEST PLATE BLACK LABEL

BLACK LABEL SIDE

\$15.00

FRESH FIG & ARUGULA SALAD GF

Fresh Figs, Arugula, Goat Cheese, **GRAPEFRUIT VINAIGRETTE**

(Grapefruit, EVOO, Dijon Mustard, Maple syrup)

Cook Time: Serve Chilled

Cal: 220 Protein: 6g Fat: 18g Carb: 18g

BLACK LABEL ENTRÉE

\$35.00

SOUS VIDE RIBEYE GF

Ribeye Steak, EVOO, Garlic, Fresh Thyme, Sea Salt, Black Pepper, Steamed Broccolini, **HONESTLY GOOD**

CHIMICHURRI (Basil, Parsley, Roasted Garlic, Red Pepper Flakes, Lemon Juice, EVOO & Sea Salt)

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

Cal: 500 Protein: 42g Fat: 38g Carb: 2g

KIDS' MENU

KIDS' MEAL 1

CHICKEN NUGGETS GF

Oven-Roasted Organic Chicken, Seasoned GF Bread Crumbs with Honey Mustard Dipping Sauce

Cook Time: Remove lid, place glass container in 350 oven for 10-15 minutes

Cal: 420 Protein: 36g Fat: 6g Carb: 49g

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GRAPE SALAD

Grapes, Greek Yogurt, Organic Local Honey

Cook Time: Serve Chilled

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

KIDS' MEAL 2

TURKEY BURGER GF

Corn-fed Turkey, Potato Bun, 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 & Organic Local Honey

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

DETOX GREEN JUICE

Organic Parsley, Celery, Ginger, Green Apple, Pineapple & Coconut Water

Cook Time: Serve Chilled

Cal: 203 Protein: 5.2g Fat: 2g Carb: 47.2g

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

PEANUT POWER

Organic Banana, Peanut Butter, Almond Milk, Dates

Cook Time: Serve Chilled

Cal:392 Protein: 10.2g Fat:28.4g Carb: 31.9g

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 AND THE HONEST PLATE TEAM!