



# Honest Plate

HONESTLY GOOD, DELICIOUSLY LOCAL.

*Chef Nick Reisini*

**Week of May 20th, 2024**

## HONEST PLATE WEEKLY MENU CHOICES

### SALAD & SOUP

#### **CARROT & GINGER SOUP**

Organic Carrot, Ginger, Vidalia Onion, Spring Water, Organic Curry & Sea Salt

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

Cal:61 Protein:1.5g Fat:0.7g Carb:13.4g

#### **MIXED GREENS, RED CABBAGE & CARROT SALAD PB/GF**

Organic Mixed Greens, Red Cabbage, Carrots & **HONESTLY GOOD CITRUS VINAIGRETTE** (Orange, Lemon, Lime

Juice, Clover Honey, Dijon, E.V.O.O. & Sea Salt

*Cook Time: Serve Chilled*

Cal: 203 Protein: 8g Fat: 8.8g Carb: 26.9g

### MAINS

#### **ASIAN SEITAN**

Seitan, White Onion, Red & Green Bell Pepper, Brussel Sprouts, Sesame Oil, Sesame Seeds & Sea Salt

*Cook Time: Place in 350 oven for 8-10 minutes*

Cal: 398 Protein: 26.7g Fat: 20.3g Carb: 32.9g

#### **ROASTED MUSHROOM LARB PB/GF**

Oyster Mushroom, Light Brown Sugar, Tamari, Garlic Confit, Crushed Red Pepper, Red Onion, Scallion & Mint

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

Cal: 142 Protein: 7.8g Fat: 5.6g Carb: 20.4g

#### **HARISSA & WHITE BEAN CHILI PB/GF**

Organic White Beans, Sweet Harissa Chili Paste, Bell Pepper, Baby Tomato, Red Onion, Jalapeño, Roasted Garlic, Cilantro, Oregano, Tamari, E.V.O.O. & Sea Salt

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

Cal:139 Protein:3.7g Fat:6g Carb:21.1g

## PROTEINS

### CHICKEN FRANÇAISE GF

Organic Chicken Breast, GF Flour, Whole Eggs, Sea Salt, Pepper, White Wine, Red Onion, Chicken Jus

*Cook Time: Remove lid and place container in 350 oven for 10-12 minutes*

Cal: 462 Protein: 27.8g Fat: 28.7g Carb: 24.8g

### SAUSAGE & PEPPERS

Oven-Roasted Corn-fed Spicy, Sweet, & Sage Sausage, Red Onion, Thyme, Bell Pepper, Avocado Oil & Sea Salt

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

Cal: 541 Protein: 28.5g Fat: 40.5g Carb: 15g

### GRILLED CURRY SHRIMP

Gulf-Caught Cast-Iron Grilled Jumbo Shrimp, Brushed with Curry, Smoked Paprika, E.V.O.O & Sea Salt

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

Cal: 335 Protein: 39.3g Fat: 17.4g Carb: 4.9g

### MAPLE TERIYAKI SALMON

Salmon, Garlic, Maple Syrup, Tamari, Ginger, Light Brown Sugar & Olive Oil

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

Cal: 360 Protein: 29.8g Fat: 14.3g Carb: 30.6g

\*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

### RISOTTO & THYME SALAD PB/GF

Arborio Rice, Roasted Garlic, Thyme, Lime Juice & Sea Salt

*Cook Time: Serve Chilled*

Cal: 443 Protein: 8.4g Fat: 1g Carb: 98.8g

### MEDITERRANEAN COUSCOUS SALAD

Organic Couscous, Baby Tomato, Cucumber, Oregano, Rice Vinegar, E.V.O.O. & Sea Salt

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

Cal: 670 Protein: 21.6g Fat: 8.6g Carb: 130.2g

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## *Chef's Choice Selections!!*

### **PORRIDGE WITH CARAMELIZED PEAR**

Oats, Almond Milk, Pear, Maple Syrup, Cinnamon Powder

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

Cal: 546 Protein: 15.3g Fat: 17.6g Carb: 86.4g

### **EGG FRITTATA**

Whole Egg, Red Onion, Roasted Bell Pepper, Feta Cheese, E.V.O.O. & Sea Salt

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

Cal: 342 Protein: 15.9g Fat: 28.9g Carb: 6.7g

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



## **HONEST PLATE BLACK LABEL**

### *BLACK LABEL SIDE*

**\$12.00**

#### **ROMAINE LETTUCE, GOLDEN FIG & FETA CHEESE SALAD**

Romaine Lettuce, Golden Fig, Feta Cheese & **HONESTLY GOOD SMOKED BALSAMIC**

**VINAIGRETTE** © (Balsamic, Dijon, E.V.O.O, Hickory Smoke & Sea Salt)

*Cook Time: Serve Chilled*

Cal: 308 Protein: 8.6g Fat: 26.3g Carb: 10.4g

### *BLACK LABEL ENTRÉE*

**\$24.00**

#### **BRAISED PORK IN MUSHROOM SAUCE**

Pork Shoulder braised with Mushrooms, Red Wine, White Onion, Thyme, Butter, Sautéed Broccoli & Sea Salt

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

Cal: 309 Protein: 33.1g Fat: 14.7g Carb: 12g

## KIDS' MENU

### KIDS' MEAL 1

#### TURKEY CHEESE BURGER

Organic Turkey, Sautéed Onion, Cheddar Cheese & Sea Salt with Roasted Potato Wedges (Sea Salt & Avocado Oil)

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

Cal: 325 Protein: 42.9g Fat 9.1g Carb: 15.4g

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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

#### BBQ SAUCE PULLED PORK QUESADILLA GF

Pulled Pork Marinated With **HONESTLY GOOD BBQ SAUCE** (Tomato, Dijon, White Vinegar, Red Onion, Dates, Clover Honey & Sea Salt) Cheddar Cheese & Brown Rice Tortilla

*Cook Time: Remove lid, place glass container in 350 oven for 6-10 minutes*

Cal: 472 Protein: 33.5g Fat: 13.8g Carb: 53.9g

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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**