



# Honest Plate

HONESTLY GOOD, DELICIOUSLY LOCAL.

*Chef Nick Reisini*

**Week of October 28th, 2024**

## *HONEST PLATE WEEKLY MENU CHOICES*

### *SALAD & SOUP*

#### **CREAMY PARSNIP & CURRY SOUP PB/GF**

Oven Roasted Organic Parsnip, Russet Potato, White Onion, Almond Milk, Curry & Sea Salt

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

Cal:200 Protein:3.1g Fat:8.9g Carb:29.9g

#### **RED & GREEN LEAF LETTUCE SALAD GF/ W30**

Red & Green Leaf Lettuce, Goat Cheese, Heirloom Tomato, Cucumber & **HONESTLY GOOD SMOKED BALSAMIC**

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

*Cook Time: Serve Chilled*

Cal:161 Protein:6.8g Fat:12.1g Carb:8g

### *MAINS*

#### **QUINOA FILLED ACORN SQUASH PB/ GF/ W30**

Organic Oven-Roasted Acorn Squash filled with Red & White Quinoa, Parsley, Roasted Tomatoes, Rosemary & Sea Salt

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

Cal:335 Protein:9.6g Fat:10.4g Carb:55.4g

#### **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

#### **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

### OVEN-ROASTED BONE-IN CHICKEN BREAST W30/GF

Oven-Roasted Organic Chicken Breast Filled with Feta Cheese, Baby Tomato & Oregano & Sea Salt

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

Cal:399 Protein:54.4g Fat:16.5g Carb:7g

### 3 BEAN TURKEY CHILI W30/GF

Organic Free-Range Ground Turkey, Pinto, Red & Black Beans, White Onion, Sweet Bell Pepper, Ancho Pepper, Cumin, Chili Powder, Cayenne Pepper & Sea Salt

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

Cal: 315 Protein: 30.2g Fat:11.6g Carb:26.8g

### GRILLED CURRY SHRIMP GF

Gulf-Caught Jumbo Shrimp marinated in Curry, Smoked Paprika & Roasted Garlic Oil Cast-Iron Grilled & finished with Cilantro over Saffron Basmati

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

Cal: 222 Protein: 33g Fat: 7.7g Carb: 4.7g

### CURRY & GREEK YOGURT MARINATED COD W/30/GF

Oven-Roasted Line-Caught Atlantic Cod Marinated in Curry, Smoked Paprika, Greek Yogurt & Sea Salt

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

Cal:235 Protein:39.7g Fat:6.7g Carb:2.7g

\*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

### BULGUR & ZUCCHINI PB/GF

Organic Bulgur, Zucchini, Thyme, Parsley, Roasted Garlic Oil & Sea Salt

*Cook Time: Remove from Mason jar and place on oven safe tray in 350 oven for 8-10 minutes*

Cal: 446 Protein: 15g Fat: 6.5g Carb: 89.9g

### BARLEY & CRAISIN SALAD PB

Organic Barley, Rosemary, Craisins, Parsley, Garlic Oil & Sea Salt

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

Cal: 360 Protein: 7.4g Fat: 6.8g Carb: 68.3g

## *Chef's Choice Selections!!*

### **CHOCOLATE QUINOA CAKE W30/ PB/ GF**

Almond Milk, Quinoa, Whole Eggs, Vanilla Extract, Almond Butter, Coconut Oil, Sugar, Cocoa Powder, Baking Soda, Baking Powder & Sea Salt

*Cal: 363 Protein: 13.5 g Fat: 23.3 g Carb: 30g*

### **EGG MUFFIN**

Egg, Red Onion, Spinach, Feta Cheese, E.V.O.O. & Sea Salt

*Cook Time: Serve Chilled*

*Cal: 231 Protein: 18.9g Fat: 15.2g Carb: 5.8g*

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

## **HONEST PLATE BLACK LABEL**



### *BLACK LABEL SIDE*

**\$14.00**

#### **ROASTED RADICCHIO**

Oven-Roasted Farmstand Radicchio, Parsley Oil, Toasted Almonds & Sea Salt  
*Cook Time : Place in medium saucepan over medium high flame for 8-10 minutes*

*Cal:243 Protein:8.4g Fat:19.4g Carb:13.7g*

### *BLACK LABEL ENTRÉE*

**\$26.00**

#### **CAST-IRON GRILLED SIRLOIN**

Cast-Iron Grilled Sirloin, Red Onion, Rosemary Jam, Crispy Marble Potatoes & Wilted Greens  
*Cook Time: Remove lid and place container in 350 oven for 8-10 minutes*

*Cal: 434 Protein: 55.5g Fat: 15.7g Carb: 16.5g*

## *KIDS' MENU*

### *KIDS' MEAL 1*

#### **PENNE MARINARA GF**

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

**&**

#### **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*

**&**

#### **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**