



Honest Plate

HONESTLY GOOD, DELICIOUSLY LOCAL.

Chef Nick Reisini

Week of September 2nd, 2024

HONEST PLATE WEEKLY MENU CHOICES

SALAD & SOUP

CREAM OF BROCCOLI SOUP PB

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

BEET SALAD PB/GF

Beets, Arugula, Chickpeas With **CORIANDER-YOGURT DRESSING** (Ground Coriander, Avocado Oil, Greek Yogurt, Rice Vinegar & Sea Salt)

Cook Time: Serve Chilled

Cal: 328 Protein: 28.7g Fat: 8g Carb: 36.6g

MAINS

WHOLE ROASTED CAULIFLOWER WITH WALNUT PESTO PB

Fresh Cauliflower, Yellow Onion, Avocado Oil, Black Pepper, Sea Salt &

WALNUT PESTO (Walnuts, Basil, Roasted Garlic, Parsley, Avocado Oil & Sea Salt)

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

Cal: 402 Protein: 25.2g Fat: 14g Carb: 58.7g

GLAZED SHIITAKE WITH BOK CHOY PB/GF

Organic Mixed Mushroom, Baby Bok Choy, Olive Oil, Red Hot Pepper, Ginger, Organic Sugar, Sesame Oil, Tamari, Scallions, Sesame Seeds & Sea Salt

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

Cal: 318 Protein: 31.5g Fat: 3.6g Carb: 54.5g

ORGANIC BROWN RICE STUFFED BELL PEPPER

Organic Brown Rice, Bell Pepper, Parsley, Dried Apricots, Garlic Confit & Sea Salt

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

Cal: 378 Protein: 5.7g Fat: 15.9g Carb: 56.1g

PROTEINS

ROASTED SMOKED PAPRIKA CHICKEN BREAST

Organic Boneless 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

GRILLED PORK LOIN WITH HERBS GF

Pork Loin, Lemon Juice, Garlic Confit, Parsley, Cilantro, Thyme, Olive Oil & Sea Salt

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

Cal: 411 Protein: 29.2g Fat: 28g Carb: 12.7g

SHRIMP IN PURGATORY GF

Shrimp, Red Onion, Dried Oregano, Red Pepper Flakes, Calabrian Chiles, Red Pepper, Scallion, Crushed Tomato, Capers, Parmesan Cheese & Sea Salt

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

Cal: 394 Protein: 35.9g Fat: 9.9g Carb: 47.8g

ROASTED FLOUNDER & TOMATO TAPENADE GF

Roasted Flounder Dusted with Curry & Turmeric

Topped with Tomato Tapenade (Baby Heirloom 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

BROCCOLI SALAD WITH GARLIC & SESAME

Organic Broccoli, Sesame Oil, Crushed Red Pepper, Red Wine Vinegar, Olive Oil, Garlic, Sesame Seeds & Sea Salt

Cook Time: Serve Chilled

Cal: 403 Protein: 15.6g Fat: 24.6g Carb: 36.2g

*

Chef's Choice Selections!!

OMELETTE GF

Fresh Eggs, Bell Pepper, Feta Cheese, Red Onion, E.V.O.O. & 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

APPLE CRISP GF

Fresh Apple, Cinnamon Powder, Organic Sugar, Unsalted Butter, Oats & Walnuts
Cook Time: Place in 350 oven for 8-10 minutes
Cal: 677 Protein: 8.7g Fat: 12.2g Carb: 147.9g

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



HONEST PLATE BLACK LABEL

BLACK LABEL SIDE

\$14.00

RISOTTO CAKES GF

Organic Risotto, Zucchini, Lemon Zest, Thyme, White Onion, Whole Butter, Parmesan Cheese & Sea Salt
Cook Time: Remove lid and place container in 350 oven for 8-10 minutes
Cal: 790 Protein: 26.7g Fat: 35.4g Carb: 96.5g

BLACK LABEL ENTRÉE

\$31.00

PAN ROASTED FILET MIGNON RED WINE REDUCTION GF

Filet Mignon, Red Wine, Local Honey, Shallot, Thyme, over Pommes Anna (potato cake), Sautéed spinach
Cook Time: Remove lid, place glass container in 350 oven for 10-12 minutes
Cal: 548 Protein: 52.9g Fat: 24.5g Carb: 28.8g

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

GRILLED CHICKEN FINGERS W30

Organic Chicken, BBQ Sauce (Tomato, Dates, Red Onion, Dijon, White Vinegar, & Sea Salt)
with Honey Mustard Dipping Sauce

Cook Time: Remove lid, place glass container in 350 oven for 5-10 minutes

Cal: 238 Protein: 34.4g Fat: 4.6g Carb: 11.4g

&

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**