



Honest Plate

HONESTLY GOOD, DELICIOUSLY LOCAL.

Chef Nick Reisini

Week of March 10th, 2025

HONEST PLATE WEEKLY MENU CHOICES

SALAD & SOUP

CREAMY BROCCOLI SOUP PB/GF

Roasted Broccoli & Vegetable Stock, EVOO & Sea Salt

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

Cal: 211 Protein: 12g Fat: 3.5g Carb: 38.6g

RADICCHIO & MIXED GREENS SALAD PB/W30/GF

Fresh Radicchio, Mesclun Greens, Baby Heirloom Tomato & **HONESTLY GOOD CITRUS DRESSING**

(Lemon, Orange, Lime Juice, Dijon, EVOO & Sea Salt)

Cook Time: Serve Chilled

Cal: 113 Protein: 4.5g Fat: 6.5g Carb: 11.8g

MAINS

VEGAN BEAN & CHEESE ENCHILADAS GF/V

Black Beans, Onion, Red Bell Pepper, Cilantro, Garlic, Cumin, Fire-Roasted Tomato, Chili Powder, Vegan Cheddar Cheese, Corn Tortilla & Sea Salt

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

Cal: 439 Protein: 19.6g Fat: 11.1g Carb: 70.7g

"BEEF" SEITAN & ASIAN NOODLES PB/GF/V

Beef Style Seitan (Wheat Meat), Cellophane Asian Noodles, Sesame Oil, Tamari, Tahini, Scallion, Gochujang Sauce & Sea Salt

Cook Time: Serve Chilled

Cal: 491 Protein: 2g Fat: 8.8g Carb: 101g

BLACK BEANS STUFFED SWEET POTATOES PB/GF

Sweet Potatoes, Black Beans, Baby Tomato, Red Onion, Parsley, EVOO, Sea Salt, **TOFU SOUR CREAM** (Organic Tofu, Lemon Juice, Red Wine Vinegar)

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

Cal:294 Protein:16.1g Fat:6g Carb:45.3g

PROTEINS

BEEF & MUSHROOM MEATLOAF W30/GF

Ground Beef, Button Mushroom, Sage, Whole Egg, Tomato paste, Ketchup & Sea Salt, **BEEF BROTH GRAVY** (Beef Broth Reduction, Worcestershire Sauce, Corn Starch & Sea Salt)

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

Cal:234 Protein:11.9g Fat:14.4g Carb:21.9g

TAMARI & GINGER MARINATED BONELESS CHICKEN BREAST GF

Organic Chicken Breast, Tamari, Ginger, Crushed Red Pepper

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

Cal: 263 Protein: 35g Fat: 8.6g Carb: 11.3g

COD PAKORA GF

Cod Fish, Ginger, Garlic, Lemon Juice, Turmeric, Garam Masala, Mint, Rice Flour, Coriander, Chutney & Sea Salt

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

Cal: 411 Protein: 43.7g Fat: 17.4g Carb: 20g

LEMON SHRIMP GF

Shrimp, Garlic, Salted Butter, Lemon Juice, Parsley

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

Cal: 270 Protein: 34.9g Fat: 7.8g Carb: 13.4g

*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

SAUTÉED GREEN BEAN PB/GF/V

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

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

Cal: 303 Protein: 10.1g Fat: 17g Carb: 36.7g

CAST-IRON GRILLED POLENTA & PICKLED SHALLOTS PB/GF

Organic Polenta, Rosemary, EVOO & Pickled Shallots (Rice Wine Vinegar, Thyme & Sea Salt)

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

Cal: 222 Protein: 4.6g Fat: 0.5g Carb: 48.9g

Chef's Choice Selections

TOFU CHOCOLATE MOUSSE GF/V

Organic Tofu, Maple Syrup, Dark Chocolate, Vanilla

Cook Time: Serve Chilled

Cal: 312 Protein: 25.1g Fat: 14.6g Carb: 23.2g

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

\$15.00

ROASTED GOLDEN BEETS WITH LABNEH GF

Organic Golden Beets, EVOO, Maldon Salt, Dill & Labneh

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

Cal: 391 Protein: 12.4g Fat: 15.8g Carb: 61g

BLACK LABEL ENTRÉE

\$35.00

GRILLED SWORDFISH WITH TOMATOES AND OREGANO GF

Fresh Swordfish, Fresh Oregano, Beefsteak Tomato, Red Wine Vinegar, Capers, EVOO & Sea Salt

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

Cal: 205 Protein: 23.3g Fat: 9.7g Carb: 6.1g

KIDS' MENU

KIDS' MEAL 1

GRILLED CHEESE AND TOMATO SOUP GF

GF Bread, Cheddar Cheese, **TOMATO SOUP** (Tomatoes, Basil, White Onion, Garlic, EVOO)

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

Cal: 380 Protein: 14g Fat 25g Carb: 28.9g

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**