



# Honest Plate

HONESTLY GOOD, DELICIOUSLY LOCAL.

*Chef Nick Reisini*

**Week of July 8th, 2024**

## *HONEST PLATE WEEKLY MENU CHOICES*

### *SALAD & SOUP*

#### **CHILLED SWEET PEA GAZPACHO W30/PB/GF**

Sweet Pea, Cucumber, White Onion, Pickled Habanero & Sea Salt

*Cook Time: Serve Chilled*

Cal:100 Protein: 5.6g Fat: 0.5g Carb: 19.7g

#### **SUMMER SALAD W30/PB/GF**

Baby Tomato, Endive, Red Onion, Arugula, Radicchio & Sea Salt, **HONESTLY GOOD BALSAMIC VINAIGRETTE** ©

(Balsamic, Dijon, E.V.O.O. & Sea Salt)

*Cook Time: Serve Chilled*

Cal: 187 Protein: 3.9g Fat: 15.2g Carb:11.2g

### *MAINS*

#### **RED LENTIL DAL & BASMATI RICE PB**

Organic Red Lentils, Cumin, Curry, Red Onion, **HONESTLY GOOD HOT SAUCE** (White Vinegar, Ancho & Habanero Pepper, Roasted Garlic, Red Onion) & Sea Salt

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

Cal: 676 Protein: 30.6g Fat: 3.6g Carb: 130.1g

#### **ASIAN SEITAN PB/GF**

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`

#### **CHINESE BOK CHOY TOFU STIR-FRY PB/GF**

Tofu, Bok Choy, Ginger, Sesame Seeds, **SAUCE** (Corn Starch, Sesame Oil, Tamari)

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

Cal: 313 Protein: 17.1g Fat: 23.4g Carb: 14.2g

## PROTEINS

### GLAZED APRICOT CHICKEN THIGHS GF

Organic Free-Range Chicken Thighs, Dried Apricots, Fresh Herb (Parsley & Mint) & Sea Salt

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

Cal: 347 Protein: 42.6g Fat: 15.8g Carb: 8g

### LEMON GARLIC PORK LOIN ROAST GF

Pork Loin, Roasted Garlic, Dried Oregano, Thyme, Paprika, Lemon Juice, Olive Oil & Sea Salt

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

Cal: 470 Protein: 48.3g Fat: 23g Carb: 24g

### MAPLE TERIYAKI SALMON GF

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

### GRILLED CURRY SHRIMP GF

Shrimp marinated in Curry, Smoked Paprika, Roasted Garlic Oil & Sea Salt

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

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

\*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

### MEDITERRANEAN COUSCOUS SALAD PB/GF

Organic Couscous, Baby Tomato, Cucumber, Dried 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

### STUFFED BAKED POTATO GF

Russet Potato stuffed with Bacon, Scallions, Cheddar Cheese

*Cook Time: Place on oven safe Pan and place in 350 oven for 8-10 minutes*

Cal:237 Protein:17.6g Fat:11g Carb:17.3g

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## *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

*Cook Time: Serve Chilled*

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

### **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

*\*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*

**\$26.00**

#### **RIB-EYE STEAK**

Sous-Vide Rib-Eye Steak cooked with Rosemary, Garlic, Cultured Butter, Garlic Whipped Potatoes, Roasted Broccoli & Sea Salt

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

Cal: 496 Protein: 54.1g Fat: 23.2g Carb: 16.1g

## 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

#### CHICKEN NUGGETS GF

Organic Chicken, Rice Cracker Breading, Whole Egg & Sea Salt Fried in Canola Oil, 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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#### 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**