



Honest Plate

HONESTLY GOOD, DELICIOUSLY LOCAL.

Chef Nick Reisini

Week of April 22th, 2024

HONEST PLATE WEEKLY MENU CHOICES

SALAD & SOUP

ZUCCHINI, SPINACH & ARUGULA SOUP W30/PB

Organic Zucchini, Spinach & Arugula, White Onion, Vegetable Stock & Sea Salt

Cook Time: Place in saucepan over medium high flame for 10-12 minutes

Cal: 70 Protein: 5.2g Fat: .9g Carb: 13.3g

ARUGULA & CANDIED PECAN SALAD GF

Arugula, Candy Pecans, **HONESTLY GOOD CITRUS DRESSING** (Lemon, Orange,

Lime Juice, Dijon, E.V.O.O & Sea Salt)

Cook Time: Serve Chilled

Cal: 469 Protein: 11.6g Fat: 30.7g Carb: 48.4g

MAINS

GRILLED PORTOBELLO, SWEET PEA PURÉE PB

Farmstand Portobello, Sweet Pea, White Onion, E.V.O.O & Sea Salt

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

Cal: 202 Protein: 3.2g Fat: 16g Carb: 13.2g

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

BEAN CHILI PB

Organic Pinto & Black Beans, Red Onion, Tomato, Sweet Bell Pepper, Cayenne Pepper,

Chili Powder & Sea Salt

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

Cal: 472 Protein: 26.1g Fat: 4.2g Carb: 88.3g

PROTEINS

COWBOY RUB PORK RIBS

Pork Ribs in our famous **HONESTLY GOOD DRY COWBOY RUB** © (Coffee, Cocoa, Crushed Red Pepper & Sea Salt)

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

Cal:283 Protein:29.7g Fat:17.6g Carb: 9.2g

MOROCCAN CHICKEN THIGHS GF

Chicken Thighs, GF Flour, Olives, Vegetable Stock, E.V.O.O. & Sea Salt

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

Cal: 352 Protein: 41.6g Fat: 18.3g Carb: 3.9g

SHRIMP SCAMPI GF

Shrimp, Roasted Garlic, Ghee, White Wine, Lemon, Parsley & Sea Salt

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

Cal: 372 Protein: 41.1g Fat: 13.4g Carb: 21.6g

HONEY & GRAIN MUSTARD SALMON GF

Salmon, Honey, Grain Mustard, E.V.O.O. & Sea Salt

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

Cal: 419 Protein: 35.8g Fat: 27.7g Carb: 9.7g

*DUE TO THE VARIATION IN HOME OVENS, ALL OF OUR COOK TIMES ARE SUGGESTED TIMES & TEMPERATURE MAY VARY FROM OVEN TO OVEN

****ALL LAND PROTEINS ARE GRASS-FED, HORMONE AND ANTIBIOTIC-FREE / OUR SEAFOOD IS ORGANIC AND WILD-CAUGHT****

SIDES

GREEN GODDESS POTATO SALAD PB/GF/V

Marble Potato, Garlic Clove, Parsley, Basil, Chives, Tahini, Olive Oil, Apple Cider Vinegar, Tamari & Sea Salt

Cook Time: Serve Chilled

Cal: 429 Protein: 113g Fat: 23.3g Carb: 45.7g

GRILLED ASPARAGUS PB/GF

Fresh Asparagus, Asparagus purée: Asparagus, Vidalia Onion, Avocado Oil & Sea Salt

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

Cal: 364 Protein: 16.2g Fat: 20.3g Carb: 41.2g

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Chef's Choice Selections!!

VEGAN CHOCOLATE CHIPS COOKIES GF/V

GF Flour, Baking Soda, Vegan Butter, Organic Sugar, Coconut Sugar, Flaxseed Meal, Vanilla, Vegan Chocolate & Sea Salt
Cook Time: Serve Chilled
Cal: 345 Protein: 7.6g Fat: 3.8g Carb: 66g

FRIED EGGS AND POTATOES GF

Organic Egg, Yellow Onion, Turmeric, Tomato Paste, Yukon Potatoes, Parsley, Olive Oil & Sea Salt
Cook Time: Remove lid and place glass container in 350 oven for 4-6 minutes
Cal: 343 Protein: 12.3g Fat: 21.8g Carb: 27.1g

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



HONEST PLATE BLACK LABEL

BLACK LABEL SIDE

\$14.00

VEGETARIAN LASAGNA

Eggplant, Fresh Mozzarella & Sea Salt

SAUCE: Peeled Tomato, Garlic & Basil **PASTA:** Flour or GF Flour, Egg, EVOO.

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

Cal: 367 Protein: 22.3g Fat: 7.1g Carb: 62.9g

BLACK LABEL ENTRÉE

\$24.00

ROASTED BRANZINO GF

Oven-Roasted Whole Branzino, Lemon, Thyme, Red Onion over Wilted Swiss Chard

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

Cal: 228 Protein: 34.6g Fat: 5.1g Carb: 14.2g

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