

Menu week of October 22 2012

*Inspiration: Prosciutto Wrapped Shrimp, Real Simple*

[1] Prosciutto-wrapped Shrimp with Roasted Plums, Leeks, & Sweet Potatoes

\* paleo-friendly/low carb

\* naturally gf

[2] Prosciutto-wrapped Chicken with Roasted Plums, Leeks & Sweet Potatoes

\* paleo-friendly/low carb

\* naturally gf

Ingredients: Prosciutto, [chicken/shrimp], plums, sage, leeks, sweet potatoes, olive oil, sea salt, cracked black pepper, lemon, and onions.

*Inspiration: Thai Coconut Chicken, Wives With Knives*

[3] Thai Coconut & Curry Shrimp Linguini

[4] Thai Coconut & Curry Chicken Linguini

Ingredients: [chicken or shrimp] coconut milk, fish sauce, cilantro, scallions, Thai red curry paste, sea salt, linguini pasta, & sesame seeds.

\*GF available [Add \$2]

[5] Thai Coconut Shrimp with Ginger Broccoli \*Paleo-friendly/low carb \*naturally gf

Ingredients: [shrimp] Thai red curry paste, coconut milk, cilantro, broccoli, ginger & olive oil.

*Inspiration: Chopped Greek Salad, Everyday Food*

[6] OHPAH! Greek Chopped Salad with Lemon-Oregano Steak

[7] OHPAH! Greek Chopped Salad with Lemon-Oregano Chicken

[8] OHPAH! Greek Chopped Salad with Lemon-Oregano Shrimp

Ingredients: [shrimp/chicken/hanger steak] chickpeas, oregano, parsley, tomatoes, olive oil, red wine vinegar, feta, red onion, garlic, sea salt & cracked pepper.

\* naturally gf

*Inspiration: Apple, Parsnip & Potato Puree, Eating Well*

[9] Swedish Meatballs with Apple-Parsnip Smash & Blackberry Preserve.

Ingredients: ground beef, ground pork, rice flour, parsley, egg, caraway, salt, olive oil, chicken broth, parsnips, potatoes, apples, sour cream & blackberry Preserve.

\* low carb

[10] Swedish Meatballs with Apple-Parsnip Smash

Ingredients: ground beef, rice flour, ground pork, parsley, egg, caraway, salt, olive oil, chicken broth, parsnips, and apples.

\*paleo friendly/low carb

*Inspiration: Steak Taco Salad, Good Housekeeping*

[11] Chicken Taco Salad

[12] Fajita Taco Salad

Ingredients: [chicken, flank steak] iceberg & romaine lettuce, cheddar cheese, black beans, lime, tomato, taco seasoning, red onion, cilantro, tortilla strips

[13] Clean Farro and Butternut Squash Grain Salad

Ingredients: Farro, Butternut Squash, cayenne, Grade B Maple Syrup, sea salt, and sage.

[14] seasonal veg: seasonal vegetables with olive oil, sea salt & cracked black pepper.