

SAMPLE MENU

FOR ANTI-INFLAMMATORY, LOW CHOLESTEROL,
AND WEIGHT LOSS



305-388-3536



CUSTOMERSERVICE@THEPICKLEDBEET.COM



THEPICKLEDBEET.COM

**Every weekly menu is 100%
customized for each client.**

You receive a new, personalized menu to review and approve every week. These are sample dishes prepared for a client who wanted to **reduce inflammation, lower cholesterol, & lose weight.**



ANTI-INFLAMMATORY, LOW CHOLESTEROL, WEIGHT LOSS

We designed this menu for a client working with a functional nutritionist to reduce inflammation, lower cholesterol, and lose weight.

- ➔ Gluten & dairy-free
- ➔ Limited vegetable starches
- ➔ Limited grains
- ➔ Only low-glycemic vegetables and fruits
- ➔ No white flours
- ➔ No sweeteners (including honey, maple syrup, or agave)
- ➔ No legumes
- ➔ No soy or corn

MONDAY BREAKFAST

KETO EGG SCRAMBLE

We mix thin ribbons of spinach into farm-fresh, pasture-raised eggs for a delicious and nutritious start to your day. Served with fresh avocado.

MONDAY LUNCH

INDIAN BUTTER CHICKEN

We slow-cook organic boneless chicken thighs in a rich, Indian-inspired sauce.

SPAGHETTI SQUASH

A low-carb alternative to pasta, this squash looks like strands of spaghetti.

SAUTÉED ARTICHOKE HEARTS

MONDAY DINNER

SNAPPER MEUNIERE JESSICA'S WAY

It's a classic French preparation. We pan-roast wild-caught snapper fillets and serve them with a dusting of herbs.

MUSHROOM MILLET

Full of nutrients and flavor, this nutritious side is delish.

ORGANIC SWISS CHARD W/ CARAMELIZED ONIONS

We slow-cook the onions and add the greens at the end to wilt them.

TUESDAY

BREAKFAST

MINI CRUST-LESS BROCCOLI QUICHE

These small veggie quiches are great for a light meal or breakfast on the go.

LUNCH

BEEF TENDERLOIN LETTUCE WRAP WITH SUMMER VEGETABLE SALSA AND AVOCADO AIOLI

We marinate and roast grass-fed beef tenderloin, slice it thinly and serve it with lettuce wraps, roasted veggies, cucumber, carrots, and an avocado aioli.

MARINATED VEGETABLE SALAD

A healthy, delicious salad highlighting cauliflower, cucumber, carrots, and cherry tomatoes.

GARLIC HERB MUSHROOMS

DINNER

CHEF'S NIGHT OFF

This client chooses to serve leftovers or prepare and serve delicious, healthy meals of their own on Tuesday, Thursday and Friday night.

WEDNESDAY

BREAKFAST

GREEN CHIA PUDDING

We make a green milk base by blending coconut and almond milk with spinach. Topped with blueberries and toasted almonds.

LUNCH

GRILLED LEMON CHICKEN

Marinated organic boneless grilled chicken breasts.

ROASTED RED PEPPER SOUP

A flavorful soup chock full of Vitamin A.

AIP CHOPPED SALAD

Crunchy lettuce, green beans, cucumber, and olives with a red wine vinaigrette.

DINNER

AIP FISH GLAZED WITH GINGER, LIME, AND "SOY"

Wild-caught Mahi marinated and glazed with Asian flavors (coconut aminos replace soy).

STIR-FRIED CARROTS

BOK CHOY CAULIFLOWER RICE



THURSDAY

BREAKFAST

MEXICAN SCRAMBLED EGGS

Scrambled pasture-raised organic eggs with diced onions, peppers, and vegan cheese.

LUNCH

TURKEY AND POBLANO BOWL

It's like a turkey taco in a bowl. Complete with lettuce, tomato, cauliflower rice, cheese (dairy-free), avocado, and sour cream (dairy-free).

CRISPY KALE LEAVES

SAUTÉED SPINACH WITH SHALLOTS

DINNER

CHEF'S NIGHT OFF

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FRIDAY

BREAKFAST

BREAKFAST BURRITO BOWL

We top cauliflower rice with sautéed grass-fed ground beef and organic scrambled eggs for all the flavors you love in a burrito in a low carb bowl.

LUNCH

ASIAN LAMB BURGERS WITH PICKLED RED CABBAGE

These Asian-inspired lamb burgers are juicy and delicious. Pickled red cabbage on the side adds an extra kick. Served on lettuce leaves with a spicy aioli.

ROASTED VEGGIES

Roasted carrots, parsnips, and red onions with sautéed kale.

CUCUMBER DILL SALAD

Sliced cucumber with a lemon-dill vinaigrette.

DINNER

CHEF'S NIGHT OFF

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CONTACT US TO GET STARTED



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