

# SAMPLE MENU

HIGH PROTEIN, LOW CARB, SEAFOOD & POULTRY

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**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 eating a **high protein (with seafood and poultry), low carb diet.**



# HIGH PROTEIN, LOW CARB, SEAFOOD & POULTRY

We designed this menu to help a client maintain weight and adhere to personalized macros.

Gluten-free, dairy-free, high protein, low carb, and the client only wanted seafood and poultry.

## MONDAY DINNER & SNACK

### **SNAPPER KEY LARGO**

A fresh, wild-caught filet topped with shallots, tomatoes and white wine.

### **HERBED RICE PILAF**

An aromatic, flavorful rice dish.

### **•SNACK• TRIPLE BERRY PROTEIN SMOOTHIE**

Strawberries, blackberries, raspberries, bananas.

## TUESDAY LUNCH

### **TUNA STEAKS GLAZED WITH GINGER, LIME, AND "SOY"**

Fresh tuna steak marinated and glazed with Asian flavors.

### **TOASTED SESAME ASPARAGUS**

Roasted spears with a dressing that adds a nutty flavor.

## TUESDAY DINNER & SNACK

### **SALMON WITH HERB BUTTER**

Roasted salmon with a house-made butter.

### **BROCCOLI SALAD WITH SHERRY VINAIGRETTE**

Steamed broccoli tossed in a house made vinaigrette and topped with shaved Parmesan and toasted pecans.

### **•SNACK• DARK CHOCOLATE BARK WITH ROASTED ALMONDS AND SEEDS**

Gluten-free, dairy-free, low carb, and full of healthy fats and antioxidants.



## WEDNESDAY

### LUNCH

#### **NO-JOKE SPINACH-ARTICHOKE BURGERS** **DF**

We stuff ground chicken with spinach and top the patties with sautéed artichoke slices for an updated take on the classic.

#### **CUCUMBER AND CARROT SALAD**

Light and refreshing, this salad is a great break from lettuce.

### DINNER

#### **GF, DF CHICKEN PARMIGIANO**

Breaded Chicken Breasts covered with an Italian Tomato Sauce, and dairy-free cheese.

#### **ROASTED SWEET POTATOES**

#### **•SNACK• FLOURLESS APPLE ALMOND MUFFINS**

## THURSDAY

### LUNCH

#### **SALMON AND BROWN RICE SALAD WITH CUCUMBER-FETA DRESSING**

Faroe Island salmon is combined with fresh herbs, tangy feta, crunchy cucumbers and brown rice. Served with a creamy, herbaceous dressing.

#### **CREAMY CORN SOUP WITH ROASTED RED-PEPPER SAUCE**

Fresh corn soup seasoned with roasted red peppers.

### DINNER

#### **AIP CHICKEN PICATTA**

Tender Chicken Cutlets With Capers and Lemon.

#### **GRILLED ZUCCHINI WITH GARLIC AND LEMON BUTTER BASTE**

A butter baste makes the zucchini so amazingly full-flavored that you can even omit the cheese — although it's a delicious accent to the lemony zing.

#### **•SNACK• DRINK YOUR GREENS JUICE**

Green veggies: kale, celery, cucumber with lemon and ginger root.

## FRIDAY

### LUNCH

#### **AIP SHRIMP AND BOK CHOY STIR FRY**

#### **SESAME GINGER GARLIC RICE NOODLES**

Stir fried noodles with crispy bok choy, fresh ginger, garlic and toasted sesame seeds.

### DINNER

#### **LOW FODMAP CHICKEN FAJITAS**

Marinated chicken breasts served with a mixture of bell and poblano peppers and onions for a fresh take on the classic. Served with corn tortillas and cheese.

#### **MEXICAN CAESAR SALAD**

We combine kale and romaine with tortilla strips, toasted pepitas, cotija cheese and top it all with our creamy avocado-yogurt Caesar dressing.

#### **•SNACK• CREAMY WHITE BEANS W/ HERB OIL**

Cannellini beans are transformed into a hearty, elegant main swirled with an herb oil.

# SATURDAY

## LUNCH

### THAI CHICKEN SALAD AIP LOW FODMAP

Tender chicken breast is seasoned with Asian spices and served on a bed of mixed greens and herbs.

### COCONUT CURRY CAULIFLOWER SOUP

Creamy, comforting, and delicious.

## DINNER

### ROASTED CHICKEN BREASTS WITH JAMMY TOMATOES

Organic chicken breasts are seasoned with a savory spice mix and roasted with sweet cherry tomatoes, which turn soft and sweet in the oven's heat.

### MUSHROOM MILLET

Full of nutrients and flavor this nutritious side is delish.

### •SNACK• PUMPKIN CHOCOLATE CHIP ZUCCHINI BREAD

# SUNDAY

## LUNCH ONLY

### HEART HEALTHY TURKEY CHILI

This chili won the People's Choice Award for Best Chili In Miami at the Pinecrest Gardens Chili Cook-off.

### CUMIN-SCENTED QUINOA AND BLACK RICE

Two powerful grains combined with fresh lemon juice, olive oil, herbs and avocado.



## CONTACT US TO GET STARTED



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