



SAMPLE MENU

FOR PALEO PERSONAL CHEF CLIENTS

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🌐 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 some **sample Paleo Diet dishes** we've prepared recently.



SAMPLE PALEO MENU

This is a recent menu, with dishes we created and delivered for a client who eats a paleo diet.

MONDAY BREAKFAST

HOUSE MADE CHORIZO EGG BAKE

We make our own chorizo for this filling breakfast casserole which features sausage, eggs, and bell peppers

GREEN JUICE

A delicious and nutrient-dense blend of organic kale, celery, cucumber, lemon and fresh ginger root

MONDAY LUNCH

GRILLED SHRIMP WITH BASIL DRESSING

Key West Pink Shrimp marinated and grilled and served with an herbaceous sauce

CAULIFLOWER RICE WITH SAFFRON

Riced organic cauliflower seasoned with fresh herbs and saffron threads

MONDAY SNACK

TURKEY VEGGIE POPPERS

We mix grated zucchini with organic ground turkey for a healthy, protein-rich snack

MONDAY DINNER

GRILLED STEAK WITH BLISTERED TOMATOES

Grass-fed NY strip seasoned, grilled, and served with a compote of roasted cherry tomatoes

SHAVED BRUSSELS SPROUTS SALAD

Organic sprouts thinly shaved and dressed with olive oil, lemon juice, fresh herbs and topped with toasted almonds

MONDAY DESSERT

PALEO APPLE CRISP

Organic apples roasted with cinnamon, raisins, and nutmeg



SAMPLE PALEO MENU

TUESDAY BREAKFAST

FRENCH OMELET

Organic, pastured eggs combined with a medley of fresh herbs

ORGANIC BERRY MEDLEY

A low-glycemic, antioxidant-packed way to start your day

TUESDAY LUNCH

BAKED CHICKEN FAJITA ROLL UPS

Organic chicken breast pounded thin, seasoned and stuffed with onions and bell peppers

TANGY MEXICAN SLAW

We combine shredded cabbage with a spicy mayo-free dressing

TUESDAY SNACK

MEDITERRANEAN SNACK BOARD

A colorful, antioxidant-rich board with cucumber, tomato, bell pepper, black olives and toasted walnuts

TUESDAY DINNER

ROASTED CAULIFLOWER STEAKS WITH SAFFRON PUREE

The versatile vegetable stars in two ways in this dish

TOMATO BASIL SOUP

Silky organic tomatoes pureed and tossed with fresh herbs

TUESDAY DESSERT

MAPLE WALNUT COOKIES



SAMPLE PALEO MENU

WEDNESDAY BREAKFAST

GREEN CHIA PUDDING

We blend spinach with non-dairy milk and top it with organic blueberries and toasted almonds

GRASS-FED BEEF BREAKFAST SAUSAGE

Our house-made patty features ground beef, diced onions, & spices for a protein boost

WEDNESDAY LUNCH

SPICY STEAK SALAD

Grass-fed skirt steak atop lettuce, tomatoes, cucumbers, fresh herbs, and a creamy dairy-free dressing

GRILLED SUMMER VEGGIES

A mixture of zucchini, summer squash, and vine-ripened tomatoes marinated and grilled

WEDNESDAY SNACK

KETO PUMPKIN BARS

Almond butter combined with pumpkin puree & dried fruit

WEDNESDAY DINNER

TUSCAN PORK TENDERLOIN

Berkshire pork wrapped with prosciutto, garlic, and herbs and roasted

BUTTERNUT SQUASH PUREE

Creamy squash roasted and pureed, tossed with crispy apples

WEDNESDAY DESSERT

MATCHA COCONUT SNOWBALLS

Shredded coconut, almond flour, maple syrup, matcha and coconut extract form tasty bites

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THURSDAY

BREAKFAST

CRUSTLESS VEGGIE QUICHE

A mixture of organic, pastured eggs and seasonal veggies

CHOP CHOP JUICE

Broccoli, cucumber, green grapes, ginger, and fresh mint form a tasty juice

LUNCH

MEDITERRANEAN EGGPLANT

Organic eggplant roasted with tomatoes, olives, herbs, and topped with dairy-free cheese

ROASTED BROCCOLINI

Tender broccolini with shallots, tomatoes, olive oil, garlic, and lemon zest

SNACK

SLICED AVOCADO

Fresh, organic avocado with lemon juice, olive oil, sesame seeds, and Himalayan salt

DINNER & DESSERT

ALMOND CRUSTED GROUPEL WITH SAUCE VIERGE

Fresh, wild-caught grouper fillet coated with almonds, pan roasted and served with a bright sauce

STUFFED TOMATOES

We fill them with riced cauliflower, olives, fresh herbs, dairy free cheese and bake until soft

DESSERT - TAHINI CHOCOLATE CHIP COOKIES

These moist, creamy cookies are addictive



SAMPLE PALEO MENU

FRIDAY

BREAKFAST

SPINACH SHAKSHUKA

A North African poached egg dish, perfumed with warm spices and dotted with creamy dairy-free cheese

FRUIT AND YOGURT PARFAIT

Organic berries, dairy-free yogurt, and toasted nuts

LUNCH

GREEK TURKEY BURGER

Organic ground turkey stuffed with spinach, shallots, dairy free feta and served atop a mixed salad

SPICY SWEET POTATO FRIES

Oven-roasted fries seasoned with chili, garlic, and salt

SNACK

SALT AND VINEGAR KALE CHIPS

Crispy, oven-baked organic kale

DINNER & DESSERT

COCONUT BRAISED CHICKEN

Warming spices and kale are combined with organic boneless chicken thighs and slow cooked until fork tender

MUSHROOM GRATIN

A medley of wild organic mushrooms baked with dairy-free milk, dairy-free cheese, and fresh herbs

DESSERT - CHOCOLATE BROWNIES

Dates, nuts, and cocoa powder form the base for this gooey treat

CONTACT US TO GET STARTED

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