



# SAMPLE MENU

LOW FODMAP DIET

---



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 eats a LOW FODMAP diet.





## LOW FODMAP DIET

We designed this menu for a client who eats a Low FODMAP diet to manage their digestive issues.

### MONDAY BREAKFAST

#### HOUSEMADE CHORIZO EGG BAKE

We make our own chorizo for this filling breakfast casserole, featuring 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

#### LOW FODMAP GREEK ROASTED CHICKEN BREAST

We season organic chicken breasts with traditional gyro flavors and roast them

#### SAUTEED ZUCCHINI

Organic zucchini pan sauteed with basil

### MONDAY DINNER

#### GRILLED SHRIMP WITH BASIL DRESSING

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

#### GREEN RICE

Organic jasmine rice cooked and blended with fresh herbs



# LOW FODMAP CONT.

## 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

### **GRILLED STEAK WITH BLISTERED TOMATOES**

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

### **ROASTED LEMON POTATOES**

Organic yukon gold potatoes seasoned with fresh lemon juice and rosemary

## TUESDAY DINNER

### **ROASTED CAULIFLOWER STEAKS WITH SAFFRON PUREE**

The versatile vegetable stars in two ways in this dish

### **BROCCOLI SOUP**

A creamy soup made with organic broccoli and dairy-free milk







## LOW FODMAP CONT.

### WEDNESDAY BREAKFAST

#### **SOFT POACHED EGGS**

Organic eggs, gently cooked

#### **SWEET POTATO HASH BROWNS**

Organic sweet potatoes, shredded and pan roasted

### WEDNESDAY LUNCH

#### **THAI BASIL STEAK SALAD**

Organic spinach and arugula topped with marinated and grilled grass-fed NY strip, rice noodles and crunchy veggies

#### **SESAME SUGAR SNAP PEAS**

Crunchy, organic snap peas seasoned with sesame oil

### WEDNESDAY DINNER

#### **TUSCAN PORK TENDERLOIN**

Berkshire pork wrapped with prosciutto and herbs, then roasted

#### **GRILLED SUMMER VEGGIES**

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

# THURSDAY

## BREAKFAST

### OVERNIGHT OATS WITH BLUEBERRY COMPOTE

A breakfast worth waking up for

### GREEN SMOOTHIE

Organic grapes, kiwi, cucumber and spinach

## LUNCH

### MEDITERRANEAN EGGPLANT

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

### BROCCOLINI STALKS

Sauteed organic broccolini

## DINNER

### ALMOND CRUSTED GROUPEL W/ SAUCE VIERGE

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

### GREEN BEAN ALMONDINE

Organic green beans sauteed and served with toasted almonds

# FRIDAY

## BREAKFAST

### CHICKPEA SCRAMBLE

We combine chickpeas, spinach and avocado for a protein-rich meal

### BANANA PANCAKES

Mini pancakes topped with a blueberry sauce

## LUNCH

### GREEK TURKEY BURGER

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

### SPICY SWEET POTATO FRIES

Oven-roasted fries seasoned with chili and salt

## DINNER

### COCONUT BRAISED CHICKEN

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

### CREAMY POLENTA

We slow cook our polenta and fold in fresh herbs

# CONTACT US TO GET STARTED



305-388-3536



CUSTOMERSERVICE@THEPICKLEDBEET.COM



THEPICKLEDBEET.COM