



SAMPLE MENUS

HIGH PROTEIN • LOW CARB • SEAFOOD & POULTRY



305-388-3536



CHEFLIZ@THEPICKLEDBEET.COM



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**All menus are 100%
customized for each client.**

You receive a new menu to review and approve every week. These are some sample menus we've prepared recently.



HIGH PROTEIN, LOW CARB, SEAFOOD & POULTRY

We designed this menu to help a client maintain weight and adhere to personal macronutrient goals.

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

We stuff organic 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

CHICKEN PARMIGIANO

Breaded organic chicken breasts covered with an Italian tomato sauce, vegan mozzarella and parmesan 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 vegan 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 organic 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.

CONTACT US TO GET STARTED



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FRIDAY

LUNCH

AIP SHRIMP AND BOK CHOY STIR FRY

Wild-caught shrimp and crispy Chinese cabbage in a ginger sauce.

SESAME GINGER GARLIC RICE NOODLES

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

DINNER

CHICKEN FAJITAS

Marinated organic 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, vegan cheese and top it all with our creamy avocado-yogurt Caesar dressing.

•SNACK• CREAMY WHITE BEANS WITH HERB OIL

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

SATURDAY

LUNCH

THAI CHICKEN SALAD AIP LOW FODMAP

Tender organic 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

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.