

# FodMAP Menu

## Entrees

### Slow-Roasted Chicken, Rainbow Carrots, Creamy Rice

*Slow-Roasted Pasture-Raised Chicken breast and thighs, chicken stock, bay, thyme*  
*Roasted Rainbow Carrots*  
*Creamy Short Grain Rice*

### Lemon Rosemary Broiled Chicken, Charred Summer Squash, Lemon Tahini Dressing

*Broiled chicken cutlets with Lemon Rosemary marinade*  
*Lemon Rosemary Sauce: Olive oil, rosemary, lemon, Dijon mustard*  
*Charred Summer Squash Salad: Zucchini, summer squash, sunflower seeds, baby spinach*  
*Lemon Tahini Dressing: Lemon, tahini, nutritional yeast*

### Braised Chicken Thighs, Creamy Risotto with Mushrooms

*Chicken Thigh braised with thyme, bay leaf, sage, rosemary*  
*Creamy Risotto: Short grain white rice, thyme, mushrooms, sage, white wine, vegetable broth, nutritional yeast*

### Grilled Chicken, Almond Chimichurri, Carrot Walnut Slaw

*Grilled Chicken Cutlets*  
*Chimichurri Sauce: Oregano, parsley, red wine vinegar, lemon, roasted almonds, red chili flake, pepper*  
*Orange Walnut Slaw: Shredded carrots, orange zest and juice, celery seed, toasted walnuts*

### Middle Eastern Broiled Chicken, Grilled Eggplant, Olive Tapenade

*Middle Eastern Spiced Chicken: Chicken Cutlets, turmeric, cumin, coriander*  
*Grilled Eggplant Slices*  
*Olive Tapenade: Black olives, green olives, sundried tomato, red chili, oregano, thyme*

### Chicken Marsala, Creamy Rice, Wilted Spinach

*Chicken cutlets braised in a Marsala wine sauce*  
*Creamy short-grain Arborio rice*  
*Spinach lightly sautéed with olive oil*

### Turkey Bolognese, Creamy Polenta, Green Beans

*Slow-cooked Bolognese sauce with Turkey breast, carrot, tomato paste, red wine, rosemary, thyme*

*Creamy Italian Polenta: Corn polenta, almond milk, thyme, vegetable broth, nutritional yeast*  
*Steamed Green Beans*

Ancho-Chipotle Crusted Turkey Breast, Roasted Acorn Squash, Pumpkin Seed Pesto

*Turkey Breast Roasted with an Ancho-Chipotle Rub*

*Roasted Acorn Squash*

*Pumpkin Seed Pesto: Roasted pepitas (shelled pumpkin seeds, cilantro, lime)*

Belgium Beef Stew, Smashed Potatoes, Spinach Avocado Salad

*Sustainably-raised Hangar Steak braised with Carrots and Belgium beer in a savory beef broth*

*Smashed Red Potatoes: Red potatoes, almond milk, nutritional yeast, parsley*

*Spinach Avocado Salad: Baby Spinach, Avocado lemon dressing*

Almond-Crusted Wild Salmon, Red Quinoa Pilaf, Arugula Pistou

*Wild Salmon, sliced almonds, almond meal, thyme, basil*

*Red Quinoa Pilaf with celery, carrots*

*Arugula Herb Pistou: Arugula, parsley, basil, nutritional yeast, olive oil, lemon zest*

Tarragon Lemon Baked Sole, Shave Zucchini and Fennel, Red Chard

*Sustainably-sourced Dover sole fillets baked with lemon, fennel, and white wine*

*Tarragon Lemon Sauce: white wine, olive oil, tarragon, seafood broth*

*Simmered Zucchini and Fennel*

*Braised Red Chard: Red chard, balsamic vinegar*

Smoky-Sweet Slow-Roasted Salmon, Southern Succotash, Balsamic Dijon

*Wild-caught salmon, with Honey Mustard Sauce: honey mustard, smoked paprika*

*Smoky Collard Succotash: Carrot, zucchini, turkey bacon, thyme, collard greens (stems and leaves)*

*Balsamic Sauce: Balsamic vinegar, olive oil, thyme, Dijon mustard*

Coconut-Crusted Shrimp, Butternut Squash Puree, Sweet Corn and Watercress

*Sustainably-sourced shrimp, baked with a coconut crust*

*Watercress lightly sautéed with sweet corn*

*Creamy butternut squash-coconut milk puree*

Broiled Trout, Lemon Caper Sauce, Hericot Verts, Toasted Almonds

*Broiled, Sustainably-Raised Fresh Trout from Wisconsin*

*Lemon Caper Sauce: Lemon, capers, coconut oil*

*Steamed Hericot Verts with Toasted Almonds*

Mexican Broiled Tilapia, Jicama Avocado Salad, Mexican Rice

*Sustainably-farmed fresh tilapia with Mexican spices (paprika, cumin, coriander)*

*Jicama Avocado Salad with lime, cilantro, and jalapeno*  
*Short grain rice (white or brown) toasted with Mexican Spices*

Coconut-Macadamia Bay Scallops, Carrot Turmeric Puree, Coconut Roasted Green Beans

*Sustainably-Sourced Bay Scallops*

*Carrot Ginger Turmeric Puree: Carrots, ginger, turmeric, scallop broth*  
*Coconut-Roasted Green Beans: Green Beans, coconut oil, shredded coconut*  
*Spiced Coconut Macadamia Mix: Coconut, macadamia nuts, ginger, turmeric*

Grilled Halibut, Smoky Walnut Butter, Beets

*Sustainably-Caught Wild Halibut*

*Walnut Butter: Roasted walnuts, turkey bacon, orange zest, salt, pepper*  
*Roasted Beets with Dill*

Asian Ginger Broiled Cod, Black Rice, Sweet Potato Puree, Sauteed Bok Choy

*Sustainably-sourced Atlantic Cod Broiled with an Asian Miso-Ginger Glaze*  
*Steamed Sprouted Black Forbidden Rice*  
*Smooth Sweet Potato Puree and Spicy Sauteed Bok Choy*

Lemony Tarragon Quinoa Risotto, Roasted Shrimp, Green Beans with Olives

*Creamy, quinoa "risotto", cooked with white wine, vegetable broth, tarragon, lemon*  
*Slow-Roasted sustainably-sourced shrimp\*\* vegan option available*  
*Steamed Green Beans with Kalamata Olives*

Southwestern Summer Squash-Beet Burgers, Baked Parsnip Fries, Salad Style

*Southwestern Beet Burgers: Shredded summer squash and beets, almond meal, flax, cilantro, smoked salt, cumin*  
*Baked Parsnip Fries*  
*With Bibb Lettuce, Avocado, and Sliced Tomato*

Vietnamese Peanut Pad Thai, Peppers, Baby Bok Choy, Cucumber Salad

*Asian Peanut Sauce: Orange juice, peanut butter, ginger, red chili, rice vinegar, tamari*  
*Steam stir-fried Bell peppers and baby bok choy*  
*Soba Noodles*  
*Choice of: Chicken, beef, shrimp, tofu, or sweet potato*  
*Thai Cucumber Salad: Cucumber, rice vinegar, Stevia*

Simple Swaps:

- Not Doing Grains? Here are some simple swaps we can make:
  - For rice, quinoa, and pasta: Spaghetti Squash, Zucchini "Noodles"

- For polenta, grits, or oatmeal: Mashed Sweet Potato, Butternut Squash Puree, Pumpkin Puree, Parsnip Puree, Celery Root “Mash”
- Other Ideas: Roasted (peeled) potatoes, Mashed Potatoes, Mashed Celery Root
- Totally Avoid Seeds or Nuts?
  - Swap out with oil, coconut cream, almond milk, or hemp milk
  - Please let me know, and I’ll modify as needed

## Breakfast and Breads

### Wild Blueberry Quinoa Bowl

*Creamy quinoa, cinnamon, wild blueberries, and a touch of brown sugar*

### Oatmeal Pecan Berry Bowl

*Creamy oatmeal with Strawberries, Blueberries, vanilla, maple syrup, and toasted pecans*

### Almond Meal Pancakes with Blueberry Acai Compote

*Almond Meal Pancakes: Almond flour, tapioca flour, coconut flour, baking soda, flax meal, coconut milk, vanilla*

*Blueberry Compote: Blueberries, Acai powder, vanilla extract*

### Pumpkin Pancakes with Ginger Peach Compote

*Pumpkin Pancakes: Almond flour, tapioca flour, coconut flour, baking soda, flax meal, almond milk, pumpkin puree, cinnamon, nutmeg, cloves*

*Ginger Peach Compote: Peaches, ginger*

### Almond Bread

*Almond flour, pumpkin puree, almond butter, coconut milk, salt, baking powder*

### Chicken Fennel Sausage Patties

*Ground chicken breast, shredded fennel, fennel seed, celery seed, red chili flake*

### Turkey Zucchini Patties

*Ground turkey breast, shredded zucchini, thyme*

### Breakfast Collard Wraps

*Steamed Collard Wraps with your Choice of Fillings*

*One Protein: Chicken breast, salmon, eggs, or sweet potato*

*Two Fillings: Tomato, cucumber, bean sprouts, shredded carrot, sautéed peppers, sautéed mushrooms*

*One Sauce: Honey Mustard Sauce or Avocado*

## Salads

### Creamy Kale Avocado Salad

*Kale, avocado, red bell pepper, lemon*

### Kale Waldorf Salad

*Kale, celery, walnuts, raisins, Dijon mustard, champagne vinegar*

### Green Bean Dijon Red Potato Salad

*Roasted Red Potatoes, green beans, celery, Dijon dressing, toasted almond*

## Soups and Stews

### Traditional Flavors

### Chipotle Butternut Squash Bisque (GF)

*Butternut squash, apple, chipotle*

### Batali's Hearty Italian Vegetable Soup

*Parsnip, celery root, zucchini, carrots, tomato, basil*

### Creamy Vegetable Zucchini

*Zucchini, carrot, celery, parsley, chicken broth*

### Detoxifying Napa Cabbage Soup

*Napa cabbage, carrot, Daikon radish, ginger, turmeric, cilantro*

### Ginger Spiced Carrot Fennel Soup (GF)

*Carrot, fennel, ginger, turmeric, coriander, vegetable stock*

### Curry Parsnip Peanut Soup (GF, V)

*Parsnip, almond milk, roasted peanuts, Curry spices (turmeric, coriander, mustard seed, cumin, fenugreek, cardamom, clove, cinnamon)*

### Mexican Tortilla Soup with Chicken

*Fire-roasted tomatoes, jalapeno, lime, roasted chicken, cilantro; With: Baked tortilla strips, lime, avocado*

### African Sweet Potato Peanut Butter Curry Soup

*Sweet potato, bell pepper, ginger, curry powder, peanut butter*

*Shitake Miso Soup with Chicken*

*Shitake Dashi (kombu, ginger, dried shiitakes, red chili, miso, broth), fresh shiitake mushrooms, chicken, spinach, tamari*

**Add Protein to any soup:**

- Chunks of: roasted chicken, turkey, beef, pork, shrimp, or tofu
- Pureed into a creamy soup: ground chicken breast, ground turkey breast