



## PLAYING WITH KNIVES & FIRE PALEO STYLE

### Ten Meal Plan \$130

1. Pan Roasted Chicken with Chard Salad
2. Honey-Soy Salmon with Fire Roasted Garlic Cauliflower Mash
3. BBQ Pork with Paleo Cole Slaw
4. Citrus Marinated Grilled Cod Loin With Key Largo Veggies
5. Almond Crusted Chicken With Apple & Zucchini
6. Shrimp Stuffed Avocado
7. Beef Burgundy with Mushrooms & Provençal Veggies
8. Smothered Paleo Burger Roasted Green Beans & Red Bell peppers
9. Cajun Sampler and Creole Veggies
10. Grilled marinated Flank with Arugula

Reheating instructions:

All menu items can be reheated in the microwave. **ALL MICROWAVES ARE NOT CREATED EQUAL.** Please heat your meal carefully. 2-3 minutes at a minute stirring and turn the container to heat your meal thoroughly.

All meals can also be reheated on the stove top. Place your meal in a sauce pan or small skillet add any liquid that came with the meal then slowly heat your meal over a medium heat.

**Some items may be substituted for various reasons.**

If you have any questions feel free to call Chef Bill any time 330-338-3175

**A CHANGE IN ORDER AND DELIVERY DAYS**

~Place Orders Monday March 8

for Thursday March 11 @ 4:00pm delivery~



## PLAYING WITH KNIVES & FIRE PALEO STYLE

### Five Meal Plan \$75

1. Pan Roasted Chicken with Chard Salad
2. Honey-Soy Salmon with Fire Roasted Garlic Cauliflower Mash
3. BBQ Pork with Paleo Cole Slaw
4. Citrus Marinated Grilled Cod Loin With Key Largo Veggies
5. Almond Crusted Chicken With Apple & Zucchini

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