



December

Choose from meals listed under their service dates
PLUS three *favorites* available all month long

Dec. 4th

Time to Table = mins

BLACK BEANS & FORBIDDEN RICE 20

A KP Classic - must try! Organic black beans & forbidden (black) rice with sauteed red onions, zucchini, kale and fresh tomatoes with a smokey Roasted Red Pepper Sauce (cashew-based).

BUTTERNUT 'GNOCCHI' 30

A creative take on traditional. This special cut of butternut squash gets roasted and looks like 'gnocchi'. With a sage butter white wine sauce, and sliced portobello mushrooms. Side salad with White Balsamic and cranberries, roasted asparagus.

BACON, BRUSSEL & KALE SALAD 10

Crispy uncured bacon, caramelized shallots, sliced almonds, dried cherries, and parmesan tossed with slivered Brussel sprouts and shredded lacinato kale. Topped with Maple Mustard Vinaigrette and served with sprouted grain bread.

GINGER STEAK & WASABI POTATOES 30

Tender flank steak marinated with fresh ginger, low-sodium tamari, garlic, and a touch of coconut sugar. Served with broccoli and smashed potatoes swirled with Wasabi Cream (optional).

CRAN PESTO TURKEY BURGER 25

Fresh turkey burgers with (DF, NF) pesto and cranberries, topped with melted brie and red onions on a sprouted grain bun slathered with Basil Mayo. Served with sweet potato rounds and dressed greens with White Balsamic Dressing.

PECAN CRUSTED COD 30

Wild cod baked with a topping of crunchy crushed pecans, lemon, and gluten-free brown rice panko. Served with roasted Brussels sprouts and redskin potatoes.

PECAN CRUSTED CHICKEN 30

Chicken filets coated with gluten-free brown rice panko, crushed pecans, and lemon. Served with roasted redskin potatoes and Brussel sprouts.

HERB ROASTED CHICKEN DRUMSTICKS 40

Roasted carrots, onions, and yukon gold potatoes with organic chicken drumsticks coated in olive oil, garlic, and fresh herbs. Green side salad with Balsamic Dressing and apples..



Family Fave available all month

Kate's Pick available all month

30 WINTER BEET SALAD

Roasted fresh red beets, pink grapefruit sections, pecans, pomegranate seeds, and blue cheese over greens. Topped with our fresh signature Balsamic Dressing. Side of sprouted grain bread.



Dec. 11th

CAULIFLOWER PICCATA 30

Cauliflower 'steaks' (an intact slab of cauliflower) are roasted and topped with a delightful lemon-butter-caper sauce and served over organic whole wheat noodles. Side of green beans.

CHICKEN SALAD SALAD 5

Ready-to-eat, protein-packed chicken salad with organic chicken, greek yogurt, grapes, celery, and pecans over greens. Served with parmesan crisps.

MEATLOAF & MASHED CAULIFLOWER 35

Mini gluten-free meatloaves with organic grass-fed beef. Served with mashed cauliflower loaded with chives, a touch of sour cream, and horseradish (on the side).

SHRIMP FRA DIAVOLO 15

Succulent shrimp get cooked to perfection in minutes in tomato and bell pepper spicy marinara sauce spiked with red pepper flakes and white wine. Served with sprouted grain bread and a green side salad. *Spicy*

SAUSAGE FRA DIAVOLO 20

Nitrate-free Italian sausage gets simmered in tomato and bell pepper spicy marinara spiked with red pepper flakes and white wine. Served with sprouted grain bread and a green side salad. *Spicy*

ITALIAN LENTIL BAKE 40

A savory and comforting dish full of protein! Lentils, brown rice, fresh Italian herbs, chopped red and green peppers, and onions are baked with a sprinkle of parmesan on top. Served with oven-roasted spiced carrots.

STEAK & GREEN BEAN STIR FRY 20

Thin-sliced NY strip, fresh green beans, green onions, minced ginger and garlic in a light sauce over organic short grain brown rice.

Dec. 18th

KALE QUINOA BOWL & PEPPER EGGS 25

Eggs baked in red pepper rings. Served with a ready-to-eat cold salad of kale, tri-color quinoa, slivered almonds, toasted sesame oil, and green onions. Topped with sriracha (optional).

PORK CHOPS & SAUERKRAUT 15

Pan seared boneless pork chops served with Bubbies brand crispy sauerkraut. SO yummy, if you're not typically a sauerkraut fan, this will convert you! Side of organic cinnamon fuji apples.

STEAK BURRITO BOWL 15

Grass-fed strip steak seasoned with a housemade dry taco rub is combined with black beans, cilantro-lime brown rice, chopped lettuce, mild salsa, and sour cream (on the side).

VEGGIE BURRITO BOWL 20

Zucchini and red onions sautéed with house-made dry taco seasoning on top of black beans, cilantro-lime brown rice, chopped lettuce, mild salsa and sour cream (on the side).

BUFFALO CHICKEN CAULI NACHOS 30

Not your traditional nachos. Roasted cauliflower tossed in our Greek Yogurt Ranch, topped with our Buffalo chicken, corn, tomatoes, scallions, and an extra drizzle of our Ranch.

THAI CHICKEN SOUP 10

A flavorful but mild red curry soup with coconut milk, pulled organic chicken, and lots of veggies. Topped with cilantro and fresh lime. Side of sprouted grain bread and green salad.

FRESH SALMON BURGER 30

Fresh salmon is chopped and mixed with low-sodium tamari (soy sauce), scallions, and gluten-free panko. Yum! Burger topped with red cabbage slaw with yogurt-cilantro dressing and avocado. Served with roasted sweet potatoes.

How It Works

1. Choose Your Meals

Create an account on katesplate.com. Order 2 or 4 portions of any meal. Skip anytime, no subscriptions!

2. Receive on Mondays

Choose delivery or pickup (8am-6:30pm on Mondays). Meals are cold packed to stay fresh all day.

3. Dinner, Out of the Box

We've done the prep. Now you finish your fresh, healthy meals in minutes.

Family Fave
available all month

PORK TENDERLOIN & SMASHED REDSKINS 30

Lean pork tenderloin is lightly marinated and pan seared (finished in oven as needed), served with steamed and smashed redskin potatoes and roasted green beans.



Wed., Dec. 27th

TUSCAN KALE & WHITE BEAN SOUP 10

This ready-to-heat soup has cannellini beans, redskin potatoes, chicken broth, and plenty of tender kale. Side of tomato bruschetta with sprouted grain toast.

ZUCCHINI LASAGNA 40

Thinly sliced zucchini replaces the pasta in this ready to pop in the oven dish that has layers of ground beef and our marinara, ricotta and parmesan. Topped with a bit of fennel, oregano, and mozzarella cheese. Served with a green side salad.

VEGGIE ENCHILADAS VERDE 35

Hearty but healthy enchiladas filled with sauteed onions, mild green chilies, spinach, and vegetarian refried beans rolled in fresh flour tortillas topped with Verde sauce, sour cream, and cilantro. Side of oven-roasted peppers.

STEAK & THAI STUFFED SWEET POTATO 45

Grass-fed steaks with the coolest sweet potatoes you've ever had. Toppings include a delectable mild red Thai curry sauce (with peanut butter), red onion, scallions, peanuts, and cilantro.

SALMON POWER BOWL 30

Roasted salmon over spinach, chickpeas, red onions, wheatberries, red peppers, pumpkin seeds, and roasted sweet potato rounds all topped with Avocado Green Goddess Dressing.

HONEY SRIRACHA CHICKEN 15

Organic chicken breast with a spicy-sweet sauce of local honey, sriracha, and toasted sesame oil. Served with forbidden rice and a side of cold sugar snap pea and asparagus salad.

HONEY SRIRACHA CAULIFLOWER 30

Roasted cauliflower chunks with a spicy-sweet sauce of local honey, sriracha, and toasted sesame oil. Served with forbidden rice and a side of cold sugar snap pea and asparagus salad.

Stop stressing, start savoring.

Handcrafted dressings, no artificial anything
Grass-fed meats & organic produce
Fresh from our local kitchen to your door

Please see meal pages online for more details. All meals are made on shared equipment.



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