



# March

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

## Mon, March 5th Time to Table = 30 mins

### SKINNY CHICKEN POT PIES 30

Crustless, individual pot pies are filled with chicken, carrots, celery, onions, peas, and green beans. Top with a simple whole-wheat drop biscuit made with greek yogurt. Green side salad.

### HARVEST CHICKEN SALAD 15

Organic herbed chicken, sliced on power greens and topped with sliced apple, red onion, feta, pecans, and handcrafted fresh balsamic dressing. Side of Dorothy Lane Market's fresh-baked sprouted grain bread.

### THAI PEANUT POWER BOWL 20

Veggies galore! Red peppers, cabbage, onions, carrots, organic edamame, and organic quinoa topped with our handcrafted Thai Peanut Sauce, chopped peanuts, and fresh cilantro.  
\*Medium spiciness\*.

### PORTOBELLO PIZZAS 20

Build your own low-carb pizzas using portobello caps as crusts. Filled with organic pizza sauce, mozzarella cheese, and uncured pepperoni. Served with a garlicky kale 'Caesar' salad made with fresh Creamy Cashew Caesar Dressing.

### STEAK & ROASTED BROCCOLI 30

Grass-fed strip steak served with a mound of oven-roasted garlic broccoli and oven-roasted redskin potatoes. Simple, delicious.

### BUFFALO CHICKEN SKEWERS 20

Skewers of organic chicken chunks, and red peppers brushed with our housemade Whipped Buffalo Sauce (medium). Served with Mom's Corn Salad and fresh pineapple.

### BUFFALO SHRIMP SKEWERS 15

A must try! Succulent shrimp are skewered with red peppers and drizzled with our house-made Whipped Buffalo Sauce (medium spiciness). Served over Mom's Corn salad & fresh pineapple.

### ZOODLES & MEAT SAUCE 10

Lighten up your 'pasta' night with zucchini noodles, also called 'zoodles.' Served with hearty no-sugar added, fresh marinara with organic grass-fed ground beef. Parmesan on the side for topping. Served with a green side salad with housemade Balsamic Dressing.



Family Fave available all month

Kate's Pick available all month

## MOROCCAN SWEET POTATO TACOS

Sweet potatoes, red onions, and chickpeas are roasted and tossed with a Peach-Harissa sauce (mild) and served on street taco size corn tortillas with cucumbers and yogurt-coriander drizzle. Served with cinnamon roasted pears.



## Mon, March 12th

### TURKEY NUGGETS 30

Fresh turkey cutlets are cut into 'nuggets' and coated in brown-rice panko and parmesan. Served with roasted sweet potato wedges and green beans.

### APPLE FENNEL SLAW & SKEWERS 15

Fresh fennel bulb with apples, cabbage, walnuts, and raisins in a light dressing make a fresh slaw. Paired with quick-cooking pork skewers with raw apple cider vinegar and garlic marinade. Dorothy Lane Market sprouted grain roll on the side.

### SUPERFOOD STIR FRY 20

Load up on veggies! Sugar snap peas, carrots, bok choy, red peppers, red onions, and broccoli sauteed and tossed in a fresh made garlic-ginger-honey stir fry sauce. Served over organic short grain brown rice, and with a side of edamame.

### MASHED CAULI SHEPARD'S PIE 35

Organic beef, carrots, peas and herbs topped with mashed cauliflower and baked for amazingly easy low-carb comfort food! Oh yes! Served with a green side salad and handcrafted Balsamic Dressing.

### GREEK SALAD & HUMMUS 5

Ready to eat, loaded with veggies, what could be better? Cucumbers, tomatoes, red onion, feta, kalamata olives tossed with handcrafted Greek Dressing. Served with whole wheat pita bread and housemade hummus.

### STEAK BURRITO BOWL 20

Grass-fed strip steak that is seasoned with a dry rub is combined with black beans, cilantro lime brown rice, lettuce, fresh salsa, sour cream and fresh cilantro. Dig in!

### VEGGIE BURRITO BOWL 20

Zucchini and red onions sauteed with house-made taco seasoning on top of all the burrito bowl fixings of cilantro-lime rice, black beans, fresh salsa, romaine lettuce, avocado, and sour cream on the side.

# Mon, March 19th

## SWEET POTATO SLOPPY JOE 40

Traditional beef sloppy-joe filling with our housemade sauce, served in a roasted sweet potato instead of a bun for a sweet and savory combo. Served with a green side salad and broccoli.

## CHERRY BALSAMIC CHOPS 30

Balsamic vinegar, caramelized shallots, tart cherry juice, and sweet cherries make a seriously delectable sauce over bone-in pork chops. Served with roasted sweet potatoes and Brussels.

## SESAME TURKEY BURGERS 30

Fresh turkey patties with toasted sesame oil, low-sodium tamari, scallions, water chestnuts, and ginger. Served on whole wheat brioche buns with lettuce and sesame 'mayo' (made with Greek Yogurt). Served with oven-roasted carrot fries with a honey-ginger glaze.

## AVOCADO BLT SALAD 10

Romaine lettuce, uncured bacon, avocado, tomatoes, red onion, sunflower seeds, parmesan crisps, and handcrafted Greek-yogurt ranch made with organic kefir.

## SPINACH ARTICHOKE PORTOBELLOS 30

Fresh spinach, artichoke hearts, fresh basil, walnuts, garlic, onion & feta make a hearty but healthy filling for these baked portobellos. Served with a roasted cherry tomato couscous.

## SALMON POWER BOWL 25

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

## VEGGIE POWER BOWL 30

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

Family Fave  
available all month

30

## MEDITERRANEAN CHICKEN & POLENTA

Organic chicken breast seasoned with Penzy's Greek seasoning, pan seared and served over roasted veggies and kalamata olives over creamy polenta. Topped with crumbled feta.



# Mon, March 26th

30

## LAMB BURGERS & CURRY CAULIFLOWER

Ground lamb burgers with fresh herbs and lemon zest make simple, flavorful bunless burger (lettuce included) topped with a Greek yogurt sauce. Served with oven-roasted curry cauliflower.

## COCONUT CURRY COD 30

Wild-caught cod is baked in a simple sauce made with coconut milk and red (mild) curry paste. Served with roasted broccoli and sweet potatoes for a simple, delightful dish.

## BAKED SWEET POTATO BAR 45

Oven-baked sweet potatoes with uncured bacon, black beans, green onions, tomatoes, sour cream and salsa for topping. Side of roasted broccoli.

## 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.

## PARMESAN PORK CHOPS 25

Brown rice panko and a little fresh grated parmesan cheese take pork chops turn the ordinary into the extraordinary. With green beans drizzled with a touch of balsamic, garlic, and almonds.

## CASHEW CHICKEN STIR FRY 25

Organic chicken, red and green peppers, water chestnuts, cashews, and green onions are stir fried with a sweet, savory sauce (not spicy). Served with coconut brown jasmine rice and broccoli. \*Contains peanuts, cashews, and sesame\*

## CASHEW VEGGIE STIR FRY 20

Organic edamame and baby corn with red and green peppers, water chestnuts, cashews, and green onions are stir-fried with a sweet, savory sauce (not spicy). Served with coconut brown jasmine rice and broccoli. \*Contains peanuts, cashews, and sesame\*

Stop stressing, start savoring.

How It Works

### 1. Choose Your Meals

Create an account on [katesplate.com](http://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.

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

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



[katesplate.com](http://katesplate.com)