

Couch Potatoes

It's Easy. It's Comfort. It's Ready.

Dinner Menu-Week of September 30th

Sirloin Steak (FF/LS)

MUSHROOMS AND SHALLOTS

Wild Rice Pilaf (FF/LS) or Parmesan Polenta (FF/LS)

Mustard Greens (FF/LS)

WITH WARM WALNUT VINAIGRETTE

Sausage Stuffed Pizza Peppers (FF/LS)

STUFFED WITH KALE, ITALIAN SAUSAGE, AND MOZZARELLA

Roasted Zucchini Spears (FF/LS)

WITH ITALIAN SEASONING

Tavern Green Beans (FF)

*SLOW COOKED WITH TOMATOES AND GARLIC. FODMAP SUBSTITUTES
ASEFETIDA FOR GARLIC*

Chicken Tikka Masala (FF/LS)

*CHICKEN OR TOFU, ONIONS, AND PEPPERS SIMMERED IN A SAVORY
BROWN CURRY SAUCE. FODMAP REPLACES ONIONS WITH OTHER
VEGGIES*

Jeera Aloo (FF/LS)

POTATOES SIMMERED WITH CUMIN

Parsley Carrots

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Spinach & Artichoke Chicken (FF/RS)

THINK SPINACH-ARTICHOKE DIP!

Arugula & Carrot Salad (FF/RS)

WITH WALNUTS, BLUE CHEESE OR PARMESAN CHEESE (FF), LEMON-SHERRY VINAIGRETTE

Roasted Brussels Sprouts (FF/RS)

Chilaquiles

CORN TORTILLA CHIPS SMOTHERED IN A RED BEAN AND VEGETABLE RAGOUT. WANT TO ADD SHREDDED BEEF OR CHICKEN? FODMAP OMITTS RED BEANS.

Baja Salad (FF/LS)

CHOPPED SALAD FEATURING TOMATO, AVOCADO, CORN, BLACK BEANS, AND BACON. FODMAP REPLACES AVOCADO AND BLACK BEANS WITH RED BELL.

Additional Sides

Spicy Zucchini Stir Fry (FF/LS)

KOREAN CHILI PASTE, GINGER, SESAME

Couch Potatoes Secret Menu

WANT TO CHANGE OUT FOR SOMETHING A LITTLE DIFFERENT? CHECK OUT THE MENU ONLINE.

Note of FODMAP friendly modifications. Many recipes can be modified for FODMAP. At a minimum, onion and garlic will be replaced with asafetida-especially in those dishes using garlic or onion in the name. Dairy substitutes will be used and gluten omitted. Please ask if you have any questions about the ingredients and we can work together to ensure the right items are used.