

Couch Potatoes

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

Menu for the Week of January 20th

(FF) ~ FODMAP friendly/can be altered for FODMAP diet (At a minimum, onions and/or garlic replaced with asafetida and gluten ingredients are replaced with gluten free)

(SC) ~ can be prepped for slow cooker-just ask!

(GG/BR) ~ can be prepped for the grill or broiler-just ask

(LS) ~ Low sodium; less than 135 mg per serving

(RS) ~ Reduced sodium; less than 300 mg per serving

Cubed Sirloin (FF/LS)

MARINATED IN A LIME-SOY (OR GF TAMARI) SAUCE AND SAUTÉED

Street Corn Salad (FF/LS)

RED ONION, FETA, AND CREAMY DRESSING

Roasted Potatoes/Yams (FF/LS)

CHIMICHURRI SAUCE

Pulled Pork (FF/LS)

CHILI-PINEAPPLE

Sauteed Green Beans (FF/LS)

WITH PERSIMMONS. FODMAP REPLACES PERSIMMONS WITH TAMARIND

Red & Green Slaw (LS)

APPLE CIDER VINAIGRETTE

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Paprika Cream Chicken (FF/LS)

LIGHTLY SAUCED WITH SPANISH PAPRIKA AND HERBS. CHOOSE PORK TENDERLOIN OR SIRLOIN STEAK

Steam-Roasted Broccoli (FF/LS)

Balsamic Glazed Carrots (FF/LS)

Salmon (FF/LS)

ROASTED, WITH BROWN-BUTTER TOMATO RELISH. FODMAP REPLACES WITH MARGARINE.

Braised Endive (FF/LS)

Pureed Butternut Squash & Parsnips (FF/LS)

Szechuan Eggplant (FF/RS)

Noodle Salad (FF/LS)

SHIITAKE, RED BELL PEPPER, GINGER-CILANTRO DRESSING. SUBSTITUTE ZUCCHINI NOODLES FOR GF/FF

Cucumber Salad (FF/LS)

LIGHTLY PICKLED WITH RICE WINE VINEGAR AND COCONUT.

Additional Sides

White Beans with Anchovies

Couch Potatoes Secret Menu

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