



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

# Dinner Menu-Week of August 19th

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**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**

# Couch Potatoes

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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 OMITS 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.