



~ Keto Menu ~

❖ Southwestern-Style
Beef Bowl

❖ Zucchini Sausage
Bake

❖ Coconut Chicken
Thighs

❖ Chicken Cordon Bleu

❖ Smoked Gouda
Chicken

❖ Zoodles w/Meatballs

❖ Southwestern-Style
Pulled Pork

❖ Lasagna

❖ Brisket

❖ Cheesy Chicken &
Broccoli

❖ Moo Shu Pork

❖ Mushroom & Swiss
Burger

❖ Barbeque Chicken

❖ Pulled Chicken Bowl

❖ Italian Sausage
Risotto