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## Fresh Keto Menu for the Week of September 21, 2020

Foodsmith Keto meals are always gluten free and are free of soy, all grains (like rice, or quinoa), all legumes (like beans or lentils), and are extremely low carb and low glycemic with only Keto friendly vegetables, lean clean poultry, sustainable seafood and hormone and antibiotic free responsibly raised meats, and the freshest organic produce direct from local farms. Keto meals are similar to our Paleo meals but have no high carb vegetables at all (like yams or winter squash), and have restricted carb and protein content and high fat content (10-20-70 on average), using healthy fats like grass fed herb butters, our signature dairy free Keto “Cream” made from cauliflower and coconut fat, avocados, nuts and Virgin olive oil.

### **Breakfast:**

**Breakfast 1: Venezuelan Empanada Breakfast Bowl-** Organic grass fed ground beef with Mojo style spices, onions and parsley in a bowl of kale, cabbage, green chilies, and scrambled Keto eggs, Chimichurri sauce (350 cal- Regular, 460 cal- Large, Allergens: Beef, Eggs)

**Breakfast 2: Greek “Spanakoptia” Breakfast Bake-** Keto egg and spinach blend frittata filled with artichokes, tomatoes, Coke Farms zucchini, spinach, chicken breast and basil with roasted zucchini (340 cal- Regular, 430 cal- Large, Allergens: Eggs)

**Breakfast 3: Island Style Breakfast Hash-** Caribbean spiced crockpot Diestel turkey, spinach, roasted peppers, local summer squash, scrambled Keto eggs, Maddy’s spice butter and salsa verde (360 cal- Regular, 440 cal- Large, Allergens: Eggs)

**Breakfast 4: Tortilla Espagnola-** Keto baked Spanish omelette with roasted tomatoes, red peppers, zucchini, onions, spinach, smoked turkey, garlic paprika aioli (340 cal- Reg, 420 cal- Large, Allergens: Eggs)

**Breakfast 5: Welsh Chipped Beef and Eggs-** Creamed horseradish spiked grass fed chipped beef, with, scrambled Keto eggs, spinach, grilled tomato (360 cal- Regular, 430 cal- Large, Allergens: Beef, Eggs)

**Breakfast 6: Salmon Keto “Spa” Omelet-** Protein packed basil Keto egg omelet filled with roasted Mt. Cook salmon, local tomatoes, spinach, zucchini, pesto cauliflower “cream” (330 cal- Regular, 420 cal- Large, Allergens: Eggs, Seafood)

### **Lunch:**

**Lunch 1- Roman Style Chicken Caesar Salad-** Spice roasted chicken, crispy Romaine and kale, caramelized onions, pepperoncini, Spanish olives, heirloom tomatoes, hard boiled egg, and garlic and smoked paprika Caesar dressing (350 cal- Regular, 440 cal- Large, Allergens: Eggs)

**Lunch 2- Fiesta Fajita Chicken Power Bowl-** Tender taqueria style slow cooked chicken with chilies tomatoes and spices, with sweet peppers, shaved rainbow slaw, kale, roasted summer squash, and

cauliflower Spanish “rice” and avocado lime crema (340 cal- Regular, 430 cal- Large, Allergens: Cilantro)

**Lunch 3- Turkey Puttanesca Salad-** Diestel smoked turkey breast, kalamata olives, cherry tomatoes, capers, radish and cucumber salad marinated in olive oil and basil, with Happy Boy baby greens and romaine, roasted zucchini, and basil balsamic vinaigrette (340 cal- Regular, 450 cal- Large, Allergens: None)

**Lunch 4- Turkish Chopped Salad-** Lemon parsley and Turkish spice marinated salad of cucumber, sweet peppers, tomatoes, red onions, radishes, black olives, in a nest of mixed greens with garlic oregano and lemon grilled chicken and lemon herb dressing (330 cal-Regular, 420 cal- Large, Allergens: None)

**Lunch 5- Paleo “Cuban Sandwich” Bowl-** Smoked pulled Mojo marinated pork sirloin, with Sonoma Brinery pickles, Coke Farms cabbage, roasted summer squash hash, and creamy mustard BBQ sauce (370 cal- Regular, 460 cal- Large, Allergens: Pork)

**Lunch 6- Armenian Chicken Cucumber Salad-** Armenian cucumber and tomato salad, with sweet local peppers in avocado green goddess aioli, with rotisserie chopped chicken, parsley, and mint, over spinach and shredded cabbage slaw with sliced almonds and Keto lemon-olive oil dressing (370 cal-Regular, 460 cal- Large, Allergens: Tree Nuts)

#### **Dinner:**

**Dinner 1- Grilled Chicken Basquaise-** Basque style fire grilled chicken breast, with caramelized onions, peppers, tomatoes, greens and spices, roasted zucchini, garlic herb butter and parsley Basquaise sauce (350 cal- Regular, 460 Cal- Large, Allergens: None)

**Dinner 2- Paleo Turkey Shawarma-** Lebanese style roasted Diestel turkey shawarma, with kale, Coke Farms cauliflower “bulgur” pilaf, creamy cauliflower “tahini”, marinated heirloom cucumber and tomato salad, and spiced aioli (Heat turkey for 45-50 seconds until hot and place back on salad, top with aioli and enjoy!) (350 cal- Regular, 450 cal- Large, Allergens: None)

**Dinner 3- Abuelita’s Albondigas Cacciatore-** Spanish grandmother style pastured lamb and Deistel turkey meatballs, roasted and slow braised with roasted cremini mushrooms, tomatoes, peppers, onions, carrots, paprika, spinach, cauliflower “cream”, and fresh parsley over herb buttered zucchini noodles (360 cal- Regular, 470 cal- Large, Allergens: Lamb)

**Dinner 4- Michoacan Grilled Chicken Molé-** Michoacan style grilled chicken in Paleo almond butter Molé sauce, with spinach and roasted zucchini calabacitas (380 cal- Regular, 470 cal- Large Allergens: Cilantro, Raw Onions, Tree Nuts)

**Dinner 5- Korean Sesame Chicken Hot Pot-** Korean style Gojuchuang chicken thigh, with sesame wok glazed green bean and local sweet pepper sauté, Coke Farms ginger cauliflower rice and and sesame ginger 5 spice butter (330 cal. Regular, 400 cal. Large, Allergens: None)

**Dinner 6- Sicilian Lifeguard Style Snapper-** Local line caught Pacific red snapper from Real Good Fish, baked with in a creamy Navel orange and basil tomato ragout with capers, Coke Farm’s fennel, Happy Boy collard greens, garlic herb butter, and roasted summer squash (360 cal- Regular, 470 Cal- Large, Allergens: Seafood)