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Fresh Keto Menu for the Week of November 24, 2025

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: Roasted Chicken Breakfast Scramble- Cage free Keto egg scramble with roasted chicken breast, roasted peppers, spinach, zucchini noodles, Happy Boy cherry tomatoes, basil and pesto aioli (390 cal- Regular, 480 cal- Large, Allergens: Eggs)

Breakfast 2: Greek Style Breakfast Bowl- Primal spiced turkey sausage and flax meatloaf stuffed with herbs, spinach and veggies, topped with Keto egg scramble with creamy cauliflower grits and roasted tomato aioli (380 cal Regular, 470 cal, Large, Allergens: Eggs)

Breakfast 3: Keto Broccoli Bacon Frittata - Broccoli, bacon, more bacon, summer squash, tomatoes, and kale pesto swirled into a cage free egg and breakfast bake with leaf spinach, and herb grass fed butter (375 cal-Regular, 480 cal- Large, Allergens: Eggs, Pork)

Breakfast 4: Keto Green Chile Breakfast Enchilada Bowl- Keto scrambled eggs, with creamy green chile chicken, kale, and spinach, with creamy green chile cauliflower sauce on top (390 cal. Regular, 485 cal. Large, Allergens: Eggs)

Breakfast 5: Island Style Breakfast Hash- Caribbean spiced crockpot Diestel turkey, spinach, roasted peppers, local summer squash, scrambled egg and butter blend, cajun spiced butter and salsa verde (390 cal- Regular, 470 cal- Large, Allergens: Eggs)

Breakfast 6: North Shore Loco Moco- Paleo Hawaiian power breakfast of turkey breakfast patty, scrambled Keto eggs, cauliflower rice, leaf spinach and Keto dairy free onion “gravy” (360 cal- Reg, 440 cal- Large, Allergens: Eggs)

Lunch:

Lunch 1- Southern Carolina BBQ Chicken- Slow roasted tender chicken breast with Carolina style Keto mustard BBQ sauce, Sweet and sour buttered broccoli, and Benne style cauliflower rice pilaf (340 cal- Regular, 450 cal- Large, Allergens: None)

Lunch 2- Foodsmith Greek Salad- Organic cucumber, Happy Boy tomatoes, sweet peppers, olives, artichokes, hard cooked egg, basil, arugula and mixed greens with smoked turkey breast and roasted tomato vinaigrette (380 cal- Regular, 460 cal- Large, Allergens: Eggs)

Lunch 3- Keto Chicken “Tortilla Soup”- Latin spiced chicken breast simmered in spiced tomato broth, with kale, roasted zucchini, spinach, peppers and onions with radishes, Southwest butter, cilantro, avocado aioli and lime (370 cal- Regular, 480 cal- Large, Allergens: Cilantro)

Lunch 4- Atun Encebollado- Roasted garlic aioli smothered line caught tuna salad, with arugula, mint and mixed greens, tomatoes, roasted red peppers, hard boiled egg, and Spanish green olive Keto vinaigrette (380 cal- Regular, 490 cal- Large, Allergens: Eggs, Seafood)

Lunch 5- Thai Style Kua Gai- Classic Thai street dish of stir fried zucchini “Chow Fun” noodles, spicy ginger garlic Diestel ground turkey, chopped tomatoes, green chilies, 5 spice buttered Nappa cabbage, scallions, cilantro, basil and cashews (340 cal-Regular, 430 cal- Large, Allergens: Cilantro, Tree Nuts)

Lunch 6- Turkey BLT Salad- Organic Romaine and spinach, mixed heirloom tomatoes, smoked Diestel turkey breast, chopped uncured bacon, sliced red onion, basil and Balsamic (350 cal- Regular, 440 cal- Large, Allergens: Pork, Raw Onion)

Dinner:

Dinner 1- Classic Turkey Tetrizzini- Throwback style Keto Diestel turkey casserole with spaghetti and zucchini squash “noodles”, celery, onions, herb butter, and cauliflower green chili “cream” sauce (340 cal- Regular, 430 Cal- Large, Allergens: None)

Dinner 2- Hungarian Chicken Paprikash- Roasted chicken breast with Coke Farm’s cabbage, cauliflower, spicy paprika infused heirloom pepper and fire roasted creamy tomato ragu, with spinach, paprika butter and parsley (380 cal- Regular, 490 cal- Large, Allergens: Tree Nuts)

Dinner 3- Corsican Grilled Pork Tenderloin- Corsican style garlic, orange zest and fennel Mojo grilled pork tenderloin, with garlicky caramelized onion and herb butter braised Swiss chard, sweet potato mash, and fennel apple slaw (340 cal- Regular, 450 Cal- Large, Allergens: Pork)

Dinner 4- New England Turkey Pot Roast- Diestel turkey breast pot roast, slow cooked with garlic, onions, tomatoes, celery, Savoy cabbage, garlic herb butter and parsley in a creamy dairy free herb gravy (370 cal- Regular, 460 Cal- Large, Allergens: Tree Nuts)

Dinner 5- Sayulita Grilled Chicken Molé- Coastal Mexican 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 6- Emeril's N'awlins Gumbo- Creole chicken and pork gumbo, with fresh okra, collards, zucchini, spinach, and creamy Filé spiced gumbo sauce with grass fed Cajun butter (360 cal Regular, 480 cal Large, Allergens: Pork)