



local · organic · fresh

Fresh Keto Menu for the Week of May 13, 2024

Foodsmith Keto meals are the healthiest Ketogenic meals you can buy. We worked for months with our Dietitians to develop a dairy free and healthy fat rich menu. Our 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: Santa Fe Chicken Scrambler- Slow cooked chicken breast with sweet and spicy chilies, onions and spices simmered in bone broth over spinach and kale with scrambled Keto eggs and Southwest butter (360 cal- Regular, 450 cal- Large, Allergens: Eggs)

Breakfast 2: Spicy Sonora Cowboy Breakfast Bowl- Spiced ground Sonora turkey with local asparagus, peppers, onions and spinach with scrambled Keto eggs and paprika aioli (340 cal- Regular, 430 cal- Large, Allergens: Eggs, Raw Onions)

Breakfast 3: Grass Fed Beef Colorado- Slow cooked grass fed beef in creamy Ancho red chile sauce, with Coke Farm’s Dino kale, leaf spinach, topped with Keto eggs, spicy grass fed butter and cilantro (360 cal- Regular, 440 cal- Large, Allergens: Beef, Cilantro, Eggs)

Breakfast 4: Green Turkey Chile Verde and Eggs- Paleo creamy green turkey chili with hatch green chilies, kale, onions and peppers, zucchini and leaf spinach, scrambled Keto eggs, and scallion (340 cal- Regular, 450 cal- Large, Allergens: Eggs, Raw Onion)

Breakfast 5: Foodsmith Keto Protein Pancakes- Gluten free pancakes made with coconut and almond flour, eggs, flax, and whey protein, with grass fed sweet spiced butter and fresh berries on the side, and Aidell’s chicken apple sausage links (360 cal- Regular, 450 cal- Large, Allergens: Eggs, Tree Nuts)

Breakfast 6: Northeast Style Scrapple and Eggs- Classic New England style Deistel turkey scrapple patties, pan seared and served with Paleo scrambled eggs, sweet potato home fry and veggie hash, leaf spinach and Keto ketchup aioli (325 cal- Regular, 410 cal- Large, Allergens: Eggs)

Lunch:

Lunch 1- Lockhart BBQ Smoked Turkey Plate- Texas style smoked BBQ Diestel turkey breast, with Keto mustard BBQ sauce, buttered cauliflower “mac”, and slow braised sweet and sour collards (350 cal- Regular, 460 cal- Large, Allergens: Raw Onions)

Lunch 2- Mimi's Chicken Club Salad- Chopped Romaine, mixed greens, cabbage and Bloomsdale spinach, sliced tomatoes, shaved fennel, cucumbers, bacon, hard cooked egg and Foodsmith Balsamic dressing (360 cal- Regular, 470 cal- Large, Allergens: Eggs, Pork)

Lunch 3- Xiao's Chinese Ground Turkey Noodle Bowl- Ginger chili ground Diestel Sonora range raised turkey, zucchini and spaghetti squash "noodles", Coke Farm's Asian braising greens, sliced onions, peppers, and sesame spinach and Asian 5 Spice butter (340 cal- Regular, 430 Cal- Large, Allergens: Cilantro, Raw Onions)

Lunch 4- Lebanese Chicken Shawarma - Sweet spiced harissa grilled chicken breast with romaine and spinach, roasted Baharat spiced Spring onions and tomatoes, sweet Lebanese cucumbers, radishes, green olives, and creamy Meyer lemon garlic tahini dressing (350 cal- Regular, 460 cal- Large, Allergens: None)

Lunch 5- Hatch Style Beef and Veggie Chili- New Mexico style grass fed beef chili with Hatch green chilis, fire roasted tomatoes, cumin butter roasted zucchini, rainbow peppers, Bloomsdale spinach, Keto avocado lime crema and chopped scallions (340 cal-Regular, 430 cal- Large, Allergens: Beef)

Lunch 6- Chipotle Chicken Sausage Skillet- Crowd pleaser alert! Grilled chipotle chicken sausages, over a colorful skillet of seared spice dusted sweet onions, tri-color peppers, asparagus batons, fresh parsley and oregano, and Keto creole mustard sauce (330 cal- Regular, 420 cal- Large, Allergens: None)

Dinner:

Dinner 1- Montego Bay Mango Jerk Chicken- Grilled jerk spiced chicken thighs with Keto mashed cauliflower, coconut braised collard greens and sweet spiced butter and fresh mint- Ya Mon! (340 cal- Regular, 450 cal- Large, Allergens: Tree Nuts)

Dinner 2- Navarin Printanière- French inspired pastured Deistel turkey in a dairy free Keto cauliflower "cream" gravy with onions, Spring peas, asparagus, spinach and herbs with buttery cauliflower purée and fresh mint- Très Bon! (350 cal- Regular, 470 cal- Large, Allergens: None)

Dinner 3- Pisco Lomo Saltado- Peruvian cumin garlic and parsley beef stir fry with spring onion, asparagus, sweet pepper fricassee, cauliflower rice and Keto Aji Amarillo Sauce (360 cal- Regular, 450 Cal- Large, Allergens: Beef, Cilantro)

Dinner 4- Shanghai 5-Spice Grilled Pork Tenderloin- with zucchini and spaghetti squash "chow mein", ginger garlic broccoli and sweet peppers, and Chinese five spice butter (360 cal- Regular, 470 Cal- Large, Allergens: Cilantro, Raw Onion, Pork)

Dinner 5- Spring Chicken "Hobo Pack"- lemon and herb baked chicken breast filets, with local asparagus, leeks, zucchini, turnips, spinach and parsley, topped garlic Maitre'd butter and arugula pesto (340 cal- Regular, 450 cal- Large, Allergens: None)

Dinner 6- Riley's Paleo Spring "Fettucini" Alfredo- Fresh zucchini "noodles", with sweet onions, house smoked Mt. Cook salmon, spinach, snap peas, leeks, and pesto Keto Alfredo (350 cal- Reg, 430 cal- Large, Allergens: Eggs, Seafood)