



local · organic · fresh

## Fresh Keto Menu for the Week of March 20, 2023

**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: Tortilla Espagnola-** traditional Catalanian frittata with cage free Keto eggs, smoked Diestel turkey, local asparagus, roasted peppers, spinach, parsley, and green Romesco Verde aioli (340 cal- Regular, 430 cal- Large, Allergens: Eggs, Tree Nuts)

**Breakfast 2: Classic American Breakfast-** House made Diestel Sonora turkey and zucchini sausage patty, scrambled Keto eggs, leaf spinach, grilled tomato (340 cal- Regular, 440 cal- Large, Allergens: Eggs)

**Breakfast 3: Foodsmith Chorizo Scramble-** Scrambled Keto eggs with Alberto's house made Diestel turkey chorizo, Coke Farms kale, Bloomsdale spinach, fajita peppers, southwest butter and scallions (340 cal- Regular, 450 cal- Large, Allergens: Eggs)

**Breakfast 4: Salmon and Local Asparagus Omelette-** Delightful spring Keto omelette with Mt. Cook King salmon, fresh local asparagus, spinach, tomatoes, basil, roasted zucchini and garlic herb butter (330 cal- Regular, 420 cal- Large, Allergens: Eggs, Seafood)

**Breakfast 5: Low Carb Croques Madame-** Roasted summer squash “biscuits”, topped with dairy-free creamy cauliflower and turkey sausage “gravy”, spinach, sliced tomato, and scrambled Keto egg (360 cal- Regular, 450 cal- Large, Allergens: Eggs)

**Breakfast 6- Spring Veggie Scramble-** Roasted garlic butter basted zucchini, mushroom, sweet pepper and asparagus Keto egg scramble, with basil pesto and grilled chicken apple sausage (320 cal- Reg, 430 cal- Large, Allergens: Eggs)

### **Lunch:**

**Lunch 1- Saigon Chicken Cabbage “Rice” Bowl-** Stir fried ginger lime chicken with Nappa cabbage “quick kim chee”, caramelized sesame baby bok choy, sweet peppers, ginger 5 spice butter, cauliflower “rice”, cilantro and raw cashews (340 cal- Regular, 430 cal- Large, Allergens: Cilantro, Tree Nuts)

**Lunch 2- Creamy Buffalo Chicken “Wing” Bake-** Paleo dairy free chicken casserole with creamy buffalo hot “wing” sauce, spinach, mushrooms, asparagus, broccoli and cauliflower rice smothered in rich cauliflower ranch cream sauce and baked (340 cal- Regular, 440 cal- Large, Allergens: None)

**Lunch 3- You Can’t Beat Our Fennel Chicken Salad-** Roasted peppers and olives, fennel apple chicken salad, Foodsmith organic mixed greens and Romaine, cucumbers, cherry tomatoes, and creamy red wine vinaigrette (340 cal- Regular, 430 cal- Large, Allergens: None)

**Lunch 4- St. Augustine Empanada Bowl-** Sweet spiced grass fed beef, sultanas, green kale, peppers, zucchini, and chimichurri aioli (350 cal- Regular, 460 cal- Large, Allergens: Beef)

**Lunch 5- Athena Style Spinach Salad-** Organic spinach, herb roasted Mary’s chicken, cherry tomatoes, cucumbers, Kalamata olives, sweet peppers, shaved fennel, artichokes, and basil-balsamic dressing (340 cal- Regular, 420 cal- Large, Allergens: None)

**Lunch 6- Southern Belle Egg Salad-** Cage free egg salad with spicy mustard, celery, Lala’s stir fried bacon curls, parsley and Sonoma Brinery pickles, with chopped Romaine, pickled Bermuda onions and fennel, cherry tomatoes, and Foodsmith creamy dijon vinaigrette (340 cal- Regular, 460 cal- Large, Allergens: Eggs, Pork)

#### **Dinner:**

**Dinner 1- Paleo Chicken Biryani-** Dairy free creamy Kerala style sweet spiced chicken and veggie stew with turmeric roasted cauliflower and zucchini, braised Coke Farm’s greens, and mint (330 cal - Reg, 420 cal- Large, Allergens: Tree Nuts)

**Dinner 2- Turkey Meatloaf Florentine-** Diestel turkey meatloaf stuffed with celery, onions, spinach and parsley, with Coke Farm’s garlic braised Swiss chard and a roasted mushroom, creamy onion tomato ragout with roasted tomato butter and fresh basil (360 cal- Regular, 470 Cal- Large, Allergens: None)

**Dinner 3- Beef Kalbi Djinn-** Korean Kalbi marinated grass fed grilled tri tip, quick kale and cabbage kim chee, sesame spinach, asian 5 spice butter and ginger cauliflower rice (350 cal- Regular, 450 cal- Large, Allergens: Beef, Raw Onion)

**Dinner 4- Thai Turkey Meatballs-** Thai ginger and lime leaf infused turkey and veggie meatballs, with ginger, garlic and scallions, over zucchini noodles, with creamy ginger soy sauce and garlic peppers and broccoli (350 cal- Regular, 470 cal- Large, Allergens: Cilantro)

**Dinner 5- Spring Cleaning!-** grilled marinated all natural chicken breast with creamy spring vegetable fricassee, cauliflower mash, garlic herb butter and lemon caper tomato relish (360 cal- Regular, 450 Cal- Large, Allergens: None)

**Dinner 6- Fish Camp Shrimp and “Grits”-** Cracker style lemon-garlic white shrimp sautéed and served over creamy cauliflower “grits”, sautéed asparagus with cajun butter (330 cal- Regular, 450 cal- Large, Allergens: Shellfish, Seafood)