



local · organic · fresh

Fresh Keto Menu for the Week of March 23, 2020

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: Country Breakfast Skillet- House made flax and Diestel turkey sausage crumbles, sweet onions, bell peppers, spinach, smoked paprika, and creamy cauliflower grits, with scrambled Keto eggs and Southwest grass fed butter (340 cal- Regular, 430 cal- Large) Allergens: Eggs

Breakfast 2: Spring Chicken Zucchini Strata- Fresh zucchini noodles, slow simmered crockpot chicken, in a Keto egg strata with roasted peppers and spring onions, local asparagus, fresh herbs, and paprika aioli (360 cal- Regular, 450 cal- Large) Allergens: Eggs

Breakfast 3: Beefy Breakfast Burrito Bowl- Grass fed chili beef with fajita peppers, cabbage, roasted zucchini, scrambled Keto eggs, and Southwest butter (360 cal- Regular, 440 cal- Large) Allergens: Eggs, Beef, Cilantro

Breakfast 4- Foodsmith B.L.A.S.T. Omelet- Pastured nitrate free bacon, leek, asparagus, spinach and tomato Keto omelet, with spinach and roasted tomato butter (340 cal Regular, 420 cal- Large) Allergens: Eggs, Pork

Breakfast 5- Keto Breakfast Pigs in a Blanket- Aidell's chicken apple sausage links, baked in a Keto grain free breakfast bread with spinach, roasted tomatoes, and Maddy's spiced butter (360 cal- Regular, 450 cal- Large) Allergens: Eggs, Tree Nuts

Breakfast 6- Erika's Smoked Salmon “Fritters”- Foodsmith house smoked Mt. Cook King Salmon Keto “fritter”, with Bloomsdale spinach, fresh tomato, and cucumber and avocado aioli on the side (340 cal- Regular, 430 cal- Large) Allergens: Eggs, Seafood

Lunch:

Lunch 1- Taj Mahal Madras Chicken- Tandoori roasted chicken in a dairy free creamy Madras curry, with spring sugar snaps, sweet peppers, tomatoes, cauliflower rice, scallions and cilantro (360 cal- Regular, 450 cal- Large) Allergens: Tree Nuts, Raw Onions, Cilantro

Lunch 2- Nashville Hot Chicken Chili- Nashville style spiced creamy chicken and veggie chili, with spinach and dairy free lime-avocado crema (340 cal- Regular, 430 cal- Large) Allergens: Raw Onions

Lunch 3- Super Duper Spaghetti Squash Casserole- Diestel Sonora turkey in taco spiced tomato sauce with zucchini, sweet bell peppers, cabbage and tossed with spaghetti squash “noodles” topped with dairy free butternut “cheese” sauce and baked until Crazy Delicious! (350 cal- Regular, 430 cal- Large) Allergens: None

Lunch 4- Crazy Joe’s Nasi Goreng- Smart Chicken and turkey sausage stir fried with broccoli, cabbage, snow peas, and cauliflower rice with Asian 5 spice butter, scallion and cilantro (350 cal- Regular, 440 cal- Large) Allergens: Raw Onions, Cilantro

Lunch 5- Chicken Breast “Milanese”- grain free almond and herb crusted chicken breast, baked until crispy, with lemony caramelized onion and garlic kale, zucchini fettucini, creamy marinara, garlic butter, and sweet basil (360 cal- Regular, 460 cal- Large) Allergens: Tree Nuts, Eggs

Lunch 6- Omar’s Shrimp Tostada Bowl- Sweet shrimp broiled with Latin spices, over cauliflower rice, a Paleo grain free cauliflower “tostada”, with roasted zucchini, cabbage, chile rojo, and avocado aioli (350 cal- Regular, 440 cal- Large) Allergens: Shellfish, Seafood

Dinner:

Dinner 1- Kung Pao Chicken- Ginger garlic stir fried Mary's chicken thighs with organic broccoli, carrots, peppers, onions, celery and snap peas with spicy creamy Kung Pao sauce, 5 spice butter-cashews, scallions and cilantro (340 cal- Regular, 450 cal- Large) Allergens: Raw Onions, Cilantro, Tree Nuts

Dinner 2- Moroccan Chicken Tagine- Sweet spiced chicken tagine with fresh mint, spring veggies, in a dairy free light and fragrant cauliflower tomato sauce, over spinach and turmeric curry butter cauliflower rice (350 cal- Regular, 450 cal- Large) Allergens: Tree Nuts

Dinner 3- Tandoori Snapper Vindaloo- Tandoori spiced local line caught snapper, sweet spiced zucchini, cauliflower Biryani “rice”, creamy cauliflower vindaloo sauce and fresh mint (340 cal- Regular, 430 Cal- Large) Allergens: Seafood, Tree Nuts

Dinner 4- Puerto Rican Pastelon- Boricua style lasagna with layers of coconut and cauliflower “bread”, picadillo style ground grass fed beef and asparagus, with peppers and tomato, and topped with cilantro and lime (370 cal- Reg, 450 cal- Large) Allergens: Beef, Eggs, Tree Nuts, Cilantro

Dinner 5- Tom Kha Gai- traditional yellow Thai Spring coconut and cauliflower curry with snap peas, sweet peppers and zucchini in a Paleo cinnamon ginger spiced creamy coconut curry sauce (370 cal- Reg, 460 cal-Large) Allergens: Tree Nuts, Raw Onions, Cilantro

Dinner 6- Brunswick Stew- Dairy free creamy South Georgia style slow braised stew with grass fed beef, pastured pork and chicken sausage with Happy Boy Farm’s greens and Coke Farm’s brussels sprouts, garlic butter and fresh parsley (380 cal- Reg, 470 cal- Large) Allergens: Beef, Pork