



local · organic · fresh

Fresh Keto Menu for the Week of April 29, 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: Good Morning Monterey Breakfast Bake- Happy Boy butternut, kale, chicken apple sausage, zucchini, spinach and herb Keto casserole with pesto aioli and leaf spinach (340 cal- Regular, 430 cal- Large, Allergens: Egg)

Breakfast 2: Tangiers Breakfast Hash- Moroccan spiced Diestel Sonoma turkey, green chilies, tomatoes, spinach, scrambled Keto eggs, and exotic spice aioli (360 cal- Regular, 440 cal- Large, Allergens: Eggs)

Breakfast 3: Stuffed Breakfast Chiles Rellenos- Spinach, mushroom, spring onion, asparagus, fresh herbs and Keto eggs baked in sweet peppers with spinach and Southwest butter (325 cal- Regular, 395 cal- Large, Allergens: Eggs)

Breakfast 4- Malawach Yemeni- Delicious flaky gluten and grain free Keto flatbread, house smoked whitefish with capers, scrambled Keto eggs, spinach, tomato, and dairy free zhoug labneh (360 cal- Regular, 440 cal- Large) Allergens: Eggs, Seafood, Tree Nuts

Breakfast 5- Creamy Chia Seed Scramble- Creamy dairy free chia Keto eggs, tomatoes, mushrooms, spinach, kale, asparagus, and chimmichurri avocado aioli (330 cal- Regular, 410 cal- Large) Allergens: Eggs, Tree Nuts

Breakfast 6- Paleo Chilaquiles- Roasted cauliflower “chips” on a bed of fresh spinach, smothered with crockpot chicken, roasted peppers, scrambled Keto eggs, chile rojo sauce, and topped with fresh tomatoes, cilantro and dairy free avocado lime “crema” (340 cal- Regular, 440 cal- Large, Allergens: Cilantro)

Lunch:

Lunch 1- Grilled Chicken Banh Mi Salad- Mary's chicken breast, marinated in lime. ginger and chilies and grilled, served over a crunchy salad of mixed greens and veggies, pickled daikon, sliced cucumbers and sriracha aioli with cilantro and mint (350 cal- Regular, 440 cal- Large, Allergens: Cilantro)

Lunch 2- Chicken Chow Fun- Stir fried ginger garlic zucchini “chow fun” with ginger garlic chicken, slivered cabbage, celery, onions, broccoli, and cilantro with creamy ginger soy sauce and sliced almonds (340 cal- Regular, 450 cal- Large, Allergens: Tree Nuts, Cilantro, Raw Onion)

Lunch 3- Little Havana Beef Picadillo Plate- Cuban style Grass fed beef, with cinnamon, nutmeg, olives, and parsley with Happy Boy Dino kale, and zucchini, tomatoes and mint with smoked paprika aioli (350 cal- Regular, 470 cal- Large, Allergens: Beef)

Lunch 4- Baked Chicken Reuben- Katz’s deli pastrami spiced chicken breast, baked with house made sauerkraut, caraway cauliflower “fries”, spinach, tomato and Keto “Russian dressing” sauce (340 cal- Regular, 430 cal- Large, Allergens: None)

Lunch 5- Laotian “Lettuce Wrap” Salad- Chilled salad of ground Diestel turkey cooked with ginger, thai peppers, green onions, lime juice, cilantro and mint over shredded cabbage and Romaine, cucumbers, sweet peppers, shredded radish, snap peas and red onions with carrot ginger lime vinaigrette (340 cal- Regular, 430 cal- Large, Allergens: Cilantro, Raw Onion)

Lunch 6- Montego Bay Jerk Beef Plate Lunch- Jamaican style grilled jerk spiced grass fed beef fajita bowl, over Island style cauliflower rice pilaf, curry buttered okra and zucchini, and jerk spiced mint aioli (340 cal- Regular, 430 cal- Large, Allergens: Beef)

Dinner:

Dinner 1- Syrian Kibbeh Hamda- Moroccan spiced Diestel turkey with ground zucchini, almonds, herbs and spices pressed and baked, with creamy roasted garlic tomato sauce, and braised greens (340 cal- Regular, 470 cal- Large, Allergens: Tree Nuts)

Dinner 2- Chicken Pot au Feu- Classic French slow poached chicken breast, local green beans and asparagus, and celery, and garlic braised Swiss Chard in a dairy free Keto lemon, coconut and cauliflower "cream" (370 cal- Regular, 460 cal- Large, Allergens: Tree Nuts)

Dinner 3- Beef Birria Taco Bowl- Slow cooked grass fed beef in house made Adobo sauce, over buttered Spanish cauliflower rice, roasted La Bandera tri-color sweet peppers, fresh tomatoes and guacamole aioli (350 cal- Regular, 460 Cal- Large, Allergens: Beef)

Dinner 4- Chicken Breast "Katsu"- Mary's air chilled chicken breast baked with a 5-spice cashew almond crust, over chili-garlic veggies, ginger cauliflower rice and topped with Asian 5 spice butter (380 cal- Regular, 470 Cal- Large, Allergens: Tree Nuts)

Dinner 5- Lamb and Turkey Kofta- Sweet spiced ground pastured lamb and turkey patties with grated zucchini and herbs with turmeric cauliflower rice, curry butter roasted zucchini and tomato confit, creamy Keto garlic sauce and mint (340 cal- Regular, 450 cal- Large, Allergens: Lamb, Tree Nuts)

Dinner 6- King Salmon and Shrimp Creole- Roasted New Zealand King salmon and white shrimp with Farmers Market spring veggies, zucchini fettuccini, basil, and dairy free Creole cauliflower “Alfredo” sauce (350 cal- Regular, 430 Cal- Large, Allergens: Seafood, Shellfish, Tree Nuts)