



local · organic · fresh

Fresh Keto Menu for the Week of May 06, 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: Jake’s Steak and Eggs- Grilled Gaucho style steak, scrambled Keto eggs, spinach salad, grilled tomato, and spicy herb chimichurri sauce (340 cal- Regular, 430 cal- Large, Allergens: Beef, Eggs)

Breakfast 2: South Shore Breakfast Casserole- Protein and energy packed Keto breakfast bake with turkey sausage, mushrooms, spinach, broccoli, kale and garlic herb aioli (360 cal- Regular, 440 cal- Large, Allergens: Eggs)

Breakfast 3: Alsatian Country Breakfast- French countryside breakfast of Keto scrambled eggs, roasted tomatoes, spinach, fennel onion piperade, and garlic butter kale- Très Bon! (325 cal- Regular, 395 cal- Large, Allergens: Eggs)

Breakfast 4- Riley’s Breakfast Sliders- Keto breakfast meatball sliders with chopped eggs, grated zucchini and mushroom duxelles, pastured pork sausage, spinach, zucchini “slider buns” and dairy-free roasted tomato red eye Keto gravy (340 cal- Regular, 420 cal- Large) Allergens: Eggs, Pork, Tree Nuts

Breakfast 5- Keto Quiche Florentine- Keto grain free egg quiche baked with a coconut and almond pastry crust filled with leaf spinach, roasted tomatoes, caramelized onions, Foodsmith Sonora turkey sausage, fresh herbs (330 cal- Regular, 410 cal- Large) Allergens: Eggs, Tree Nuts

Breakfast 6- Cornwall Chicken Hash- Corned spiced chicken and zucchini hash, seared and served with sweet peppers, spinach, scrambled Keto eggs and fresh parsley (365 cal- Regular, 455 cal- Large, Allergens: None)

Lunch:

Lunch 1- Ciao Bella Chicken Puttanesca- Herb and garlic roasted chicken breast, simmered in a classic sauce of olives, capers, red peppers, tomatoes, onions and oregano, with zucchini “spaghetti” and chili garlic butter broccoli, leaf spinach and parsley (330 cal- Reg, 420 Cal- Large, Allergens: None)

Lunch 2- Mom's Blue Plate Special- Classic Foodsmith turkey meatloaf, sweet potato mash, dairy free Keto creamed collard greens, and garlic butter tomato passata sauce (340 cal- Regular, 450 cal- Large, Allergens: None)

Lunch 3- Classic Tuna Niçoise Salad- Organic romaine and mixed greens, albacore tuna dill salad, sweet red peppers, rainbow cherry tomatoes, shaved fennel , hard cooked egg, Kalamata olives, basil, with basil green olive Balsamic vinaigrette (350 cal- Regular, 450 cal- Large, Allergens: Eggs, Seafood)

Lunch 4- Syrian Turkey Pattie Plate- Diestel turkey and zucchini burger with exotic spices and mint, on cauliflower turmeric "rice", turmeric olive oil roasted zucchini and tomatoes, cabbage, spinach, and creamy paprika-almond "tahini" (350 cal- Regular, 440 cal- Large, Allergens: Tree Nuts)

Lunch 5- Bobby's Smoky Paprika Grilled Flank Steak- Paprika and sage rubbed grass fed steaks, with Paleo zucchini and cauliflower succotash, butter braised collard greens and warm adobo vinaigrette (340 cal- Regular, 430 Cal- Large, Allergens: Beef)

Lunch 6- Keto Salmon Poke Bowl- Slow cooked marinated King Salmon, with sesame, scallion, lime and cilantro, with a salad of shredded cabbage, mixed greens, grated radish, mango, sunomono vegetables, and cold cauliflower "sticky rice" (350 cal- Regular, 460 cal- Large, Allergens: Cilantro, Raw Onion, Seafood)

Dinner:

Dinner 1- Creole Chicken and Shrimp Etouffée- Creole crockpot chicken and cajun shrimp in a Keto Etouffée sauce with cauliflower Cajun "dirty" rice, roasted tomato buttered zucchini and tomatoes, and chopped green onions and parsley (360 cal- Regular, 470 Cal- Large, Allergens: Raw Onions, Tree Nuts)

Dinner 2- Grilled Pork Tenderloin Chez Floyd- Grilled pastured pork tenderloin with Keto dairy free creamy tarragon mustard sauce, cauliflower colcannon, and garlic butter and chili sautéed Coke Farms Kale (350 cal- Regular, 450 cal- Large, Allergens: Pork , Tree Nuts)

Dinner 3- Phat Phrik King- Indonesian spicy stir fry with ginger-garlic chicken, local sesame green beans, snap peas, sweet peppers in coconut sauce, and ginger butter cauliflower rice (350 cal- Regular, 460 Cal- Large, Allergens: Tree Nuts)

Dinner 4- Caipiriña Brazilian Chicken Curry- Braziiian style coconut and lime curry with chicken, broccoli, green beans, kale, spinach, and fresh mint (340 cal- Regular, 440 Cal- Large, Allergens: Tree Nuts)

Dinner 5- Grilled Diestel Turkey Picatta- Garlic and sage grilled Sonora raised turkey breast cutlets, garlic butter braised Coke Farms kale, local asparagus spears, lemon-herb gremolata, fresh tomato (340 cal- Regular, 450 cal- Large, Allergens: Tree Nuts)

Dinner 6- Jerusalem Chicken Sofrito- Sephardic style slow braised chicken thighs, with olive oil braised garlic and onion sofrito, za'atar butter roasted cauliflower and green beans (340 cal- Reg, 430 cal- Large, Allergens: None)