



local · organic · fresh

Fresh Keto Menu for the Week of June 03, 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: Keto Arepas Bowl- Keto coconut cauliflower arepas, topped with house made Diestel Turkey chorizo sausage, spinach, zucchini, tomatoes, scrambled Keto eggs, and southwest butter (360 cal- Regular, 450 cal- Large, Allergens: Cilantro, Eggs, Raw Onions, Tree Nuts)

Breakfast 2: Pesto Keto Summer Scramble- Basil roasted local zucchini, sweet peppers, mushrooms, spinach, chicken apple sausage, and pesto topped scrambled Keto eggs (360 cal- Regular, 450 cal- Large, Allergens: Eggs)

Breakfast 3: The Best BLT Frittata Ever- Bacon, smoked Diestel turkey, summer tomatoes, spinach and basil Keto egg frittata with roasted summer squash and garlic aioli (350 cal- Regular, 440 cal- Large, Allergens: Eggs, Pork)

Breakfast 4: Southwest Breakfast Bowl- Chili braised crockpot chicken, cabbage, roasted peppers and summer squash, kale, scrambled Keto eggs, and chipotle-lime aioli (350 cal- Regular, 430 cal- Large, Allergens: Eggs, Cilantro)

Breakfast 5: Jamie’s Slammin’ Salmon Omelet- Parsley Keto egg omelet, with house smoked King salmon, Coke Farm’s baby broccoli, leaf spinach, creamy red pepper coulis, and a local strawberry (340 cal- Regular, 410 cal- Large, Allergens: Eggs, Seafood)

Breakfast 6: Green Shakshuka- Spinach, green sweet peppers, sweet onions, creamy grass fed beef chili verde, scrambled Keto eggs, and kale chimmichurri (360 cal- Regular, 440 cal- Large, Allergens: Beef, Cilantro, Eggs)

Lunch:

Lunch 1- Ethiopian Berbere Chicken- Spicy Ethiopian style baked chicken with cauliflower “cous cous” pilaf, garlic butter Coke Farms broccoli, and roasted tomato almond vinaigrette (340 cal- Regular, 450 cal- Large, Allergens: Tree Nuts)

Lunch 2- Mediterranean Smoked Turkey Salad - Romaine and mixed greens, smoked Diestel turkey breast, cukes, sweet peppers, tomatoes, radishes, olives, basil, and Foodsmith creamy Greek dressing (350 cal- Regular, 440 cal- Large, Allergens: none)

Lunch 3- Chicken and Green Beans Almondine - Roasted chicken breast, shallot butter basted local green beans, roasted summer squash, spinach and creamy Almondine sauce (370 cal- Regular, 480 cal- Large, Allergens: Tree Nuts)

Lunch 4- Paleo Turkey Souvlaki Salad- Grilled chili cumin marinated Diestel turkey breast, over a salad of Coke Farm's romaine, Happy Boy baby greens, tomatoes, cucumbers, fennel, radishes and chimichurri aioli (370 cal- Regular, 450 cal- Large, Allergens: Cilantro)

Lunch 5- Sweet and Sour Chicken Adobo- Filipino style ginger lime marinated chicken thighs, stir fried broccoli, summer peppers and onions, cauliflower rice, and Keto adobo sauce (350 cal- Regular, 440 Cal- Large, Allergens: Cilantro, Raw Onions)

Lunch 6- Spicy Shrimp Taco Bowl- Chile garlic butter roasted white shrimp, over cauliflower cilantro-lime "rice", roasted zucchini, cabbage, chile rojo butter, and avocado aioli (330 cal- Regular, 420 cal- Large, Allergens: Cilantro, Seafood, Shellfish)

Dinner:

Dinner 1- Piri Piri Chicken- African piri-piri chili and oregano grilled chicken thighs, crispy roasted curry butter cauliflower, spinach and summer tomato mint relish (340 cal- Regular, 440 cal- Large, Allergens: None)

Dinner 2- Polpettone Della Nonna- Roasted and slow braised Keto grass fed beef and Diestel turkey meatballs with grated zucchini and herbs, on creamy cauliflower "polenta" and garlic butter sautéed spinach, rich balsamic tomato sugo and fresh basil (360 cal- Regular, 450 cal- Large, Allergens: Beef)

Dinner 3- Nat's Tuscan Creamy Chicken Skillet- Roasted herbed chicken breast, in a dairy free Keto creamy garlic spinach and sun dried tomato sauce, over buttered zucchini noodles, spinach and fresh basil (330 cal-Regular, 410 cal- Large, Allergens: None)

Dinner 4- Belize Style Baked Local Snapper- Sweet spiced Real Good Fish locally caught snapper with Coke Farm buttered green beans, peppers and tomatoes, roasted summer squash, and nopales salsa (340 cal- Regular, 450 cal- Large, Allergens: Cilantro, Raw Onions, Seafood)

Dinner 5- Grilled Alabama BBQ Chicken- Grilled BBQ spiced chicken breast, with Southern style tomato butter braised collard greens, creamy cauliflower "grits" and Keto Alabama white BBQ sauce (360 cal- Regular, 470 cal- Large, Allergens: None)

Dinner 6- Cubano Mojo Pork Tenderloin- with dairy free coconut creamed kale, butter roasted summer veggie and cauliflower hash, and lemon tomato olive salsa (360 cal- Regular, 460 Cal- Large, Allergens: Pork, Raw Onions, Tree Nuts)