



local · organic · fresh

Fresh Keto Menu for the Week of September 14, 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: Tico Style Gallo Pinto- Paleo Costa Rican breakfast with crockpot spiced butter braised chicken and cauliflower rice with roasted peppers, onions, zucchini and Latin spices, with scrambled Keto eggs and Salsa Lizano (340 cal- Reg, 430 cal- Large, Allergens: Eggs)

Breakfast 2: Huevos Rancheros- Spicy house made turkey sausage over spinach and cabbage slaw, summer veggie hash, with scrambled Keto eggs and Cajun butter (360 cal Regular, 450 cal, Large, Allergens: Eggs)

Breakfast 3: Italian Breakfast Strata- Layers of arugula, summer squash, tomatoes, basil, turkey Italian sausage in a baked Keto egg casserole with leaf spinach and dairy free creamy marinara (325 cal- Regular, 450 cal- Large, Allergens: Eggs)

Breakfast 4: Gaucho Chimichurri Breakfast Bowl- Coffee and paprika rubbed grass fed steak, grilled, sliced Gaucho style, over roasted hash of buttered summer squash, tomatoes, peppers, and kale with scrambled Keto eggs and herb chimichurri (360 cal- Regular, 430 cal- Large, Allergens: Beef, Eggs)

Breakfast 5: Paleo Twice Baked Zucchini- Summer squash boats stuffed with House made fennel sage turkey sausage, kale, sweet onions, scrambled Keto eggs and dairy free green chili ‘cream’ sauce over leaf spinach (340 cal- Regular, 460 cal- Large, Allergens: Eggs)

Breakfast 6: Scandanavian Salmon Smorrebrod - House smoked salmon, spinach salad, roasted Keto “muffins”, hard coked eggs, and dairy free cauliflower cream horseradish “hollandaise” (360 cal- Regular, 450 cal- Large, Allergens: Eggs, Seafood)

Lunch:

Lunch 1- Swedish Chicken Salad- Herb roasted Mary’s chicken with celery, Meyer lemon-avocado aioli, tarragon, and almonds on a bed of Happy Boy mixed greens, with cherry tomatoes, cucumbers, radishes, and Keto parsley green goddess dressing (350 cal- Regular, 440 cal- Large, Allergens: Tree Nuts)

Lunch 2- Low Country Shrimp Scampi- Creole spiced white shrimp over zucchini "linguini" with sun-gold tomatoes, spinach, Spring onions, fennel and Keto cauliflower and creamy garlic parsley butter sauce (345 cal- Regular, 430 cal- Large, Allergens: Eggs, Pork, Seafood)

Lunch 3- Moroccan Chicken Tagine- Sweet spiced braised Deistel Sonora turkey tagine with apricots and mint, spring veggies, in a dairy free light and fragrant cauliflower coconut cream tomato sauce, over spinach and turmeric buttered cauliflower rice (350 cal- Regular, 450 cal- Large) Allergens: Tree Nuts

Lunch 4- Smoked BBQ Chicken Salad- House smoked BBQ chicken and fajita peppers over crunchy mixed greens, shredded radishes, chili-lime zucchini, cucumbers, cilantro, hard cooked eggs and scallions with chipotle mock ranch aioli (370 cal- Regular, 480 cal- Large, Allergens: Cilantro, Eggs, Raw Onions)

Lunch 5- Brazilian Galinhada- Iconic Brazilian cazuela of coconut stewed chicken, lemon, tomatoes, sweet rainbow bell peppers, celery, and local green beans, over turmeric and smoked paprika buttered cauliflower rice with parsley and cilantro (380 cal- Regular, 470 cal- Large, Allergens: Cilantro, Tree Nuts)

Lunch 6- Grass Fed Beef and Veggie Chili- Grass fed lean beef, slow simmered in tomatoes and spiced with Hatch green chilis and smoky chipotles, roasted summer squash, Bloomsdale spinach and scallions, and Southwest butter (350 cal- Regular, 440 cal- Large, Allergens: Beef, Raw Onions)

Dinner:

Dinner 1- Vietnamese Lemongrass Chicken Satay- grilled fragrant spiced lemongrass and Peruvian ginger chicken breast, with quick stir fried Coke Farm's Nappa Cabbage slaw, ginger-cilantro butter cauliflower "rice" and cashew coconut cauliflower satay sauce (370 cal- Regular, 450 cal- Large, Allergens: Cilantro, Raw Onions, Tree Nuts)

Dinner 2- Summer "Spaghetti" Bolognese- Local summer squash "spaghetti" with creamy grass fed beef "Sunday Gravy", fresh tomatoes and basil, and roasted garlic butter Happy Boy zucchini (340 cal- Regular, 450 cal- Large, Allergens: Beef)

Dinner 3- Pollo Fra' Diavolo- Grilled Mary's chicken breast over roasted summer squashes with local green beans, and classic spicy tomato sauce and fresh parsley and herb butter (350 cal- Regular, 470 Cal- Large, Allergens: None)

Dinner 4- Pastured Lamb and Sonora Turkey Salisbury Steak- Terry's favorite pastured ground lamb and turkey Salisbury Steak over kale and roasted garlic butter broccoli, grilled tomato and Keto dairy-free mushroom onion "gravy" (360 cal- Regular, 470 Cal- Large, Allergens: Beef)

Dinner 5- Peruvian Aji de Gallina- Peruvian style dairy free creamy and spicy crockpot chicken stew with roasted okra and tomatoes, and garlic butter braised Swiss chard (360 cal- Regular, 450 Cal- Large, Allergens: Tree Nuts)

Dinner 6- Fettucini Carbonara- House made Deistel turkey sausage, buttered zucchini noodles, cherry tomatoes, roasted sweet onions, spinach and basil in a Keto dairy free Carbonara sauce (350 cal- Regular, 430 cal- Large, Allergens: None)