

Ketogenic Master Menu

Entrees	Side Options
<p>Coconut Curried Chicken Spinach & Broccoli: coconut milk and 1) green OR 2) yellow curry base, yellow onions and leeks, choice of 3) free-range/organic chicken breast; OR 4) thigh meat.</p>	<p><u>Choose any two for half batch of each Side Veg:</u> 5) Blanched Green Beans; 6) Roasted Root Vegetables; or 7) Roasted Cauliflower; 8) Roasted Zucchini; 9) Cauliflower Rice with bacon;</p>
<p>Tomato Sauce w/Meatballs: organic tomato herb sauce, caramelized onions, with golf-ball size meat balls. <u>Choose ONE:</u> 1) ground bison, 2) organic ground beef; or 3) free-range ground turkey, <i>*eggs, and almond flour used as binder</i></p>	<p><u>Comes with:</u> steamed 4) kale, or 5) chard AND clients choice from Sides column.</p> <p><u>Choose ANY TWO, for half batch of each Side:</u> 6) Blanched Green Beans; 7) Roasted Root Vegetables; or 8) Roasted Cauliflower; 9) Roasted Zucchini; 10) Cauliflower Rice with bacon;</p>
<p>Butter Chicken well simmered, medium spiced, loaded with Indian spices and clients choice of 1) free-range chicken breast OR 2) thigh meat in choice of 3) organic cow dairy based sauce, or 4) dairy-free cashew butter sauce.</p>	<p><u>Choose any two for half batch of each Side:</u> 5) Blanched Green Beans; 6) Roasted Cauliflower; 7) Roasted Zucchini; or 8) Cauliflower Rice with bacon;</p>
<p>Rosemary & Lime Rub Roasted Meat, choice of: 1) Whole Chicken; 2) Chicken Breast; 3) Chicken Thighs & Legs; OR 4) Lamb; all come with gravy.</p>	<p><u>Comes with ONE side veg:</u> 5) Roasted Broccoli & Cauliflower; 6) Steamed Chard, or 7) Steamed Kale</p> <p><u>And, choice of Side:</u> 8) Blanched Green Beans; 9) Roasted Cauliflower; 10) Roasted Zucchini; or 11) Cauliflower Rice with bacon; 12) Coconut-flour Paleo muffins</p>
<p>1) Almond, or 2) Peanut, or 3) Sesame seed breaded Strips: choose 4) Halibut; 5) Salmon; or 6) Chicken Breast</p>	<p><u>Comes with ANY TWO side veg:</u> 7) Steamed Chard, or 8) Steamed Kale, or 9) Blanched Green Beans; 10) Roasted Broccoli & Cauliflower; 11) Roasted Zucchini; or 13) Cauliflower Rice with bacon;</p>
<p>Braised Heart of Fennel Ragout, choice of 1) Beef OR 2) Bison, with choice of two side veggies</p>	<p><u>Comes with ANY TWO side veg:</u> 3) Steamed Chard, or 4) Steamed Kale, or 5) Blanched Green Beans; 6) Roasted Broccoli & Cauliflower; 7) Roasted Zucchini & Golden Beets; or 8) Cauliflower Rice with bacon;</p>
<p>Mussamen Curry sweet potatoes & zucchini in medium red curry coconut sauce, with choice of cubed <u>Meat:</u> 1) Free-range Beef; 2) Lamb; OR 3) Bison</p>	<p><u>Choose any ONE Starch Side:</u> 4) Baked Squash (choose type: spaghetti, acorn, butternut, subject to market availability); or 5) Roasted Sweet Potatoes, Yams & Leeks; 6) Zucchini Noodles; 7) Cauliflower Rice</p>
<p>Asian Ginger & Orange Saute zucchini, sweet bell peppers, broccoli and Asian greens in orange ginger sauce <u>Meat:</u> 1) FR Chicken Breast OR 2) Thigh; 3) Free-range Beef; 4) Heritage Pork; OR 5) Prawns</p>	<p><u>Comes with ANY TWO side veg:</u> 6) Steamed Chard, or 7) Steamed Kale, or 8) Blanched Green Beans;</p>

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Casseroles
Tomato & Onion Ragout with <u>choice of protein</u> : 1) FR/org. Beef; or 2) Natural Bison; <u>Choice of Paleo Side</u> : 3) Cauliflower Rice; 4) Roasted Broccoli & Cauliflower; 5) Coconut Flour Muffins; 6) Roasted Root Vegetables
Shepherds Pie w/green beans & carrots, onions and garlic, and herbs, topped with cauliflower mash, gravy on the side. <u>Meat</u> : 1) organic gr. beef, or 2) gr. bison
Organic Chicken Pot Pie , loaded w/onions, green beans and celery, with choice of 1) w/dairy-free cashew butter sauce, OR 2) organic dairy sauce, with coconut flour crust (crust on top only) <u>Choice of Meat</u> : 3) FR Chicken Breast OR 4) FR Chicken Thigh meat
Lasagna with roasted zucchini 'pasta': layers consist of roasted seasonal veggies, choice of meat; 1) organic ground beef; 2) unmedicated ground turkey, or 3) ground bison with tomato sauce, middle layer choice of 4) cottage cheese, or 5) ricotta cheese, third layer of sautéed garlic mushrooms,; topped with organic mozzarella cheese
Crustless Quiche with Roasted Red Bell Pepper sauce , with choice of quiche style: 1) Wild Salmon & Spinach; 2) Roasted Red Onion & Goat Feta; or 3) Ham & Mozza. <i>*Main ingredients of sauce are roasted red bell peppers, sundries tomatoes, parmesan cheese and sour cream</i>
Mexican White Fish Quiche coconut flour crust filled with white fish, onions, tomatillo salsa, free-range eggs, herbs and choice of 1) organic dairy cream, or 2) cashew butter-based creme

Soups, Stews & Chowders
Beef & Braised Fennel Soup , with free-range beef, stewed tomatoes, braised fennel
Chicken & Wild Rice Soup , leeks, celery, free-range chicken thigh meat in hearty herb broth
Chicken & Sunchoke Soup , free-range chicken thigh meat, sunchoke, celery & zucchini
Chicken Florentine : chicken thigh meat, spinach and celery, in choice of 1) organic dairy, or 2) cashew butter cream-base
Manhattan Wild Salmon Chowder : roasted sweet bell peppers, zucchini in tomato herb broth, loaded with chunks of wild salmon, celery and onions
Mussamen Red Coconut Curry Beef stew: medium red curry coconut milk and tender beef w/celery
Coconut Curried Chicken, Spinach & Broccoli : choose 1) chicken thigh or 2) breast meat
1) Beef OR 2) Bison & Mushroom Stew : loaded w/onions, mushrooms and celery

Any questions, give Chef Laura a call or text: 250.514.1544



Good For You
Gourmet

We take the work out of eating well.