

Ketogenic Master Menu: low carb, high fat with free range/organic grass-fed meat, eggs and dairy products/fatty fish/seeds & nuts, and low carb veggies, lots of greens

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 one side veg/carb:</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 one side carb/veg:</u> 6) Blanched Green Beans; 7) Roasted Root Vegetables; or 8) Roasted Cauliflower; 9) Roasted Zucchini; 10) Cauliflower Rice with bacon; 10) spaghetti squash 'noodles'</p>
<p>Butter Chicken well simmered, medium spiced, loaded with Indian spices and clients choice of 1) organic chicken breast OR 2) thigh meat in choice of 3) organic cow yogurt based sauce, or 4) dairy-free cashew butter sauce.</p>	<p><u>Choose any one:</u> 5) Blanched Green Beans; 6) Roasted Cauliflower; 7) Roasted Zucchini; or 8) Cauliflower Rice with bacon; 9) wild rice blend</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/carb:</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) wild rice pilaf</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 one side veg/carb:</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) organic Beef; 2) grass fed 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; 8) wild rice pilaf</p>

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Entrees	Side Options
<p>Asian Ginger & Orange Saute zucchini, sweet bell peppers, broccoli and Asian greens in orange ginger sauce <u>Meat</u>: 1) organic Chicken Breast OR 2) Thigh; 3) Free-range Beef; 4) Heritage Pork; OR 5) Prawns</p>	<p><u>Comes with any one side carb/veg</u>: 6) Steamed Chard, or 7) Steamed Kale, or 8) Blanched Green Beans; 9) black rice Pad Thai noodles; 10) Forbidden Black Rice</p>

Casseroles
<p>Tomato & Onion Ragout with <u>choice of protein</u>: 1) 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; 7) spaghetti squash 'noodles'</p>
<p>Shepherds Pie w/green beans & carrots, onions and garlic, and herbs, topped with low carb sweet potato & cauliflower mash, gravy on the side. <u>Meat</u>: 1) organic gr. beef, or 2) gr. bison</p>
<p>Organic Chicken Pot Pie, loaded w/onions, green peas OR beans, and celery, with choice of 1) dairy-free cashew butter sauce, OR 2) organic dairy sauce, with coconut flour & egg crust (crust on top only) Choice of <u>Meat</u>: 3) organic Chicken Breast OR 4) organic Chicken Thigh meat</p>
<p>Keto Lasagna 2 types: 1) 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 2) with roasted turkey deli meat 'pasta', with the following layers. Bottom layer 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 OR zucchini, topped with organic mozzarella cheese</p>
<p>Crustless Quinoa 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 organic sour cream</i></p>
<p>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</p>

Soups, Stews & Chowders
<p>Beef & Braised Fennel Soup, with free-range beef, stewed tomatoes, braised fennel</p>
<p>Chicken & Wild Rice Soup, leeks, celery, free-range chicken thigh meat in hearty herb broth</p>
<p>Chicken & Sunchoke Soup, free-range chicken thigh meat, sunchoke, celery & zucchini</p>
<p>Chicken Florentine: chicken thigh meat, spinach and celery, in choice of 1) organic dairy, or 2) cashew butter cream-base</p>

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Soups, Stews & Chowders

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.