

Low Carb adapted Keto-style Master Menu with Mix & Match options 2023: include Casseroles, Entrees, Stews & Chowders. All menu items Keto style/low carb with high protein and fat. No gluten or raw tomatoes, soy, no corn or dried beans: keep whole nuts as options only. Fresh green beans, sweet peas & mung beans okay, grass fed cow butter, and goat dairy okay, and include cashew butter based DF sauces. No white regular or GF pasta, white potatoes, or high carb items: wild rice blend, brown basmati, sweet potatoes, cauliflower and quinoa okay. Minimal nightshades

Casseroles no side dishes	
Braised Beef/Bison or Lamb in Italian Tomato Ragout sauce with clients choice of side starch. 1) Brown Basmati rice; 2) Wild rice blend; 3) baked Spaghetti Squash 'noodles', OR 4) roasted Sweet Potatoes	
Shepherds Pie with ground organic/grass fed 1) Beef, 2) Bison, 3) Lamb. Comes with peas & carrots, yellow onions, garlic & herbs, topped with choice of 4) lower carb Sweet Potato & Russet mash, or 5) lowest carb Sweet Potato & Cauliflower mash, *mash contains whole eggs. Beef bone broth based gravy on the side	
Roasted Yam & Ground Beef Quesadillas in GF Brown rice Flour tortillas OR Keto wraps (subject to market availability), with Goat Mozzarella, and choice of 1) mild salsa or 2) guacamole on the side	
Keto Lasagna with choice of 1) roasted Zucchini pasta; or 2) Sunrise Farms all natural Turkey deli meat, thick sliced. Bottom layer of seasoned organic/natural/grass fed ground 1) unmedicated Turkey; 2) Beef, or 3) Bison. <u>Middle layer:</u> goat chèvre & spinach. <u>Third layer:</u> garlic and herb roasted sweet bell peppers. Topped with goat mozzarella. Clients choice of more traditional: 4) organic Italian tomato sauce, OR 5) night shade free with basil goat chèvre pesto.	
Grilled 1) Pork Leg OR Loin Roast, 2) roast Duck Thigh OR Breast, OR 3) Venison Leg roast, *meats subject to availability. <u>Choice of side starch:</u> 4) Brown Basmati Rice, 5) Wildrice blend; 6) Spaghetti Squash 'noodles' or 7) Cauliflower Rice Pilaf *contains leeks, carrots, celery, and yellow & red bell pepper. <u>Clients choice of genre:</u> 7) Mexican or 8) Italian spices	
GF Cauliflower Crust Personal Pizzas one 8 inch pizza per serving, with choice of more traditional 1) organic Italian tomato sauce, OR 2) night shade free Basil Goat chèvre pesto. Topped with goat mozzarella *crust lightly pre-cooked, followed by raw ingredients: packaged individually, and ready for client to thaw and cook off hot and fast' at 375 degrees *GF crust contains whole eggs, lower carb gluten free brown rice, or oat flour <u>Pick from:</u> 3) Hawaiian with natural ham, raw pineapple rings or chunks, chard, sliced sweet red bell pepper rings; 4) Meat Lovers with organic ground beef & natural GF pepperoni, chard, and sliced sweet bell pepper; or 5) Greek with Roast Chicken Thigh meat , with roasted red onions; sun-dried tomatoes, spinach, fresh basil & artichoke hearts <u>ADD pine nuts?</u> 6) West Coast Seafood , with roasted leeks, grilled prawns & baked sockeye salmon, chard and goat feta, <u>ADD walnuts?</u>	

Meat-based Entrees protein in a marinade or veggie loaded sauce, with choice of side veg/starch

Entrees: Protein Main	Side Starch & Veg ~ select one of each per service, *increase all animal proteins by 50%
Italian Lemon & Herb Oven-roasted Chicken Thighs, bone in/skin on, with jus *2 thighs per serving	<u>Side Starch, choices:</u> 1) Cauliflower Rice, 2) Brown Basmati Rice Pilaf; 3) Wild rice blend; 3) Roasted Seasonal Root Veggies; OR 5) Spaghetti Squash 'noodles' Options: ADD Hertels OR Berryman Farm Bacon bits <u>Comes with blanched:</u> 6) Seasonal Greens, 7) Green Beans; or 8) Asparagus *based on market availability
Ketogenic Rosemary & Lime-rubbed Roast 1) Lamb, 2) Pork, OR 3) Venison au jus, choice of side veg and starch	<u>Select ONE Side Veg:</u> 4) blanched Green Beans; 5) Mustard & Honey Glazed Carrots, or 7) blanched Sugar Snap Peas <u>Select ONE Side Starch:</u> 8) Cauliflower Rice, 9) Brown Basmati rice, 10) Wild Rice blend; 11) Roasted Seasonal Root Veggies; OR 12) Spaghetti Squash 'noodles' Option: ADD Hertels OR Berryman Farm Bacon bits
Lemon & Herb Pork Cutlets with choice of side starch and veg	<u>Side Starch, choice of:</u> 1) Brown Basmati Pilaf; 2) Wild rice Pilaf; OR 3) Cauliflower rice Pilaf *Pilaf comes w/red onion, celery, sweet bell peppers, green peas & lt. herbs <u>Choice of side veg:</u> 3) blanched Asparagus with Lemon Pepper Butter; or 4) Lemon Pepper & Basil Butter Carrots & Sweet Peas

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Entrees: Protein Main	Side Starch & Veg ~ select one of each per service, *increase all animal proteins by 50%
Ketogenic Asian Lemon & Turmeric Sauce with Asian Veggies, choice of protein, and side starch	Comes with sautéed Zucchini, Sweet Bell peppers & Broccoli in Lemon & Turmeric sauce. <u>Choice of protein:</u> 1) Chicken thigh meat, or 2) Breast meat, 3) Grilled Prawns, OR 4) Pork loin <u>Side Starch:</u> 5) Emperors/Forbidden Black Rice; 6) Brown Basmati Rice; 7) Spaghetti Squash 'noodles', or 8) Roasted OR 9) Baked Seasonal Squash OR 10) roasted Sweet Potatoes *starches seasoned with Asian spices
Mediterranean Chicken Thighs, (bl, s/l) stuffed w/rosemary, caramelized leeks & goat chèvre	<u>Comes with:</u> Greek Lemon & Herb Brown Basmati rice <u>Clients choice of:</u> 1) blanched Green Beans & roasted Sweet B. Peppers, or 2) Carrots & Sugar Snap Peas
Cajun Gumbo with Prawns, organic Thigh meat, w/sugar free tomato base, saffron & okra (if okra not available, we use green beans) *contains nightshades	Sauce loaded with veggies, so no additional side veg with this entree <u>Side Starch options:</u> 1) Brown Basmati, 2) Quinoa, or 3) Spaghetti squash 'noodles'
Braised Heart of Fennel & 1) Beef OR 2) Lamb Ragout, in sugar free tomato sauce, clients choice of side starch and veg *contains nightshades	<u>Starch:</u> 3) Wild, 4) Brown Basmati rice; or 5) baked Spaghetti Squash 'noodles' <u>Clients choice of:</u> 6) blanched Green Beans; or 7) blanched Seasonal Greens (kale/chard/collards)
Coconut Curried Chicken 1) thigh or 2) breast meat, Spinach & Broccoli in a mild green or yellow curry base.	Sauce loaded with veggies, so no additional side veg with this entree <u>Side Starch:</u> 3) Emperors/Forbidden Black Rice; 4) Brown Basmati, 5) Wild Rice Blend; or 6) Quinoa
Zesty 1) Chicken Breast, OR 2) Turkey Thigh w/Greek Lemon & Herb Rice & Side Veg, chicken bone in, skin on	Comes with Greek Lemon & Herb Brown Basmati rice <u>Choice of side veg:</u> 3) herb roasted Cauliflower & Zucchini; or 4) Sweet Peas & Carrots with Basil Lemon Butter
DF Cashew butter Alfredo Sauce with choice of protein, starch and side veg	<u>Choice of protein:</u> 1) Wild Salmon; OR 2) Prawns, or 3) combo of both. <u>Starch:</u> 4) Brown Basmati rice; 5) Spaghetti Squash 'noodles' <u>Veg:</u> 6) Cauliflower Rice with or without bacon bits, 7) Seasonal Greens, 8) Green Beans; or 9) Asparagus *subject to market availability
DF Cashew butter based Butter Chicken, with choice of protein, starch and side veg	<u>Choice of protein:</u> organic chicken 1) thigh meat, or 2) breast meat, diced <u>Starch:</u> 3) Wildrice; or 4) White Basmati rice; 5) Cauliflower Rice, or 6) Spaghetti Squash 'noodles' <u>Veg:</u> 6) Seasonal Greens, OR 7) Green Beans

GF Stews & Chowders, increase all animal proteins by 50%, low carb
1) Beef, 2) Bison OR 3) Venison Vegetable Stew , with organic/wild meat, celery peas & carrots, garlic & herbs in a bone broth base, nightshade free
1) Beef, 2) Bison OR 3) Venison Vegetable & Wild rice OR Quinoa Stew , w/organic/wild meat, stewed tomatoes, yellow onions, celery, carrots garlic and parsley
1) Chicken OR 2) Turkey Sun-dried Tomato & Wild Rice Stew , leeks, celery, peas, sun-dried tomatoes, wild rice and organic chicken OR turkey thigh meat in a hearty herb & garlic chicken bone broth base

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Bean-less Cajun Meat Chilli loaded with garlic yellow onions celery & sweet potatoes in a savour mild Cajun tomato base, and clients choice of ground 1) unmedicated turkey, 2) kangaroo or 3) venison, or 4) duck *meat options subject to availability *contains nightshades
Low carb Cock-A-Leekie Cauliflower Chicken Chowder , free-range chicken thigh meat, cauliflower, leeks & garlic, celery & zucchini in organic chicken bone broth base *night shade free
1) Chicken OR 2) Turkey Florentine Chowder : chicken OR turkey thigh meat, leeks, spinach, lemon pepper & pinch of nutmeg in DF cashew butter cream sauce base, *night shade free
Mussamen Red Coconut Curry 1) Beef OR 2) Lamb stew , chunky mild coconut curry base with sweet pea pods and choice of 3) sweet potato, or 4) low carb cauliflower florets, DF *contains tamarind, cardamom and Kaffir lime leaves, and clients choice of 5) fish sauce, or 6) GF Tamari as seasoning.
Coconut Curried Chicken, Spinach & Broccoli Stew : with chicken thigh meat
New Potatoes, Leek & Sausage Stew tender red potatoes, leeks, fresh dill in a bone broth base, clients choice of 1) Chicken OR 2) Lamb Sausage
Cock A Leeky Red Potato Leek & Chicken Stew tender baby potatoes, spinach, leeks & Italian herbs, in a chicken bone broth, with organic chicken thigh meat, diced *contains nutmeg
New England 1) Wild Salmon OR 2) Mixed Seafood Chowder with DF cashew butter base, sweet potato, sweet peas celery, garlic & leeks, choice of fresh 3) Tarragon OR, 4) Dill
Kichadi: Ayurvedic Brown Basmati & Mung Bean rice stew , loaded with seasonal veggies, greens and Indian spices. *one of Chef Laura's favs....add chicken thigh meat if desired
Meaty Beety Meatballs & Greens Stew with choice of ground 1) unmedicated Chicken, 2) Turkey, 3) organic Beef, or 4) Pork meatballs, loaded w/beet greens, stewed tomatoes & beets, chard, sweet potatoes, green peas/ green beans in a bone broth based stew *a hearty borscht, with meatballs! *contains night shades

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