



## MENU BUILDER FORM

**Client Name:** KETO SAMPLE MENU

**Date of Prep:**

**Package:**

**Special Requests:** None

**Cooking Type:**

### BEEF

**Keto Beef Stew** (DLSH) Chuck roast, baby bella mushrooms, celery, carrots, onion, garlic, beef stock, tomato paste, rosemary & thyme. Serve with a green vegetable or garden salad.

**Steak Tips Hash** (POMG) Steak tips marinate with olive oil, coconut aminos, garlic, parsley, oregano & black pepper then cooked on stovetop with white sweet potatoes, red onion, yellow & red bell pepper. Serve over a bed of cauliflower rice.

### CHICKEN/TURKEY

**Herbed Balsamic Chicken** (TOH) Boneless, skinless chicken thighs marinate in a mixture of olive oil, balsamic vinegar, basil, chives, lemon zest & garlic then grilled or broiled. Serve with baked sweet potato or garden salad.

**One Pan Chicken Paprikash with Mushrooms & Onion** (EaW) Pan seared chicken cutlets in a sauce with mushrooms, onion, sweet paprika, salt & pepper, chicken broth & sour cream.

### PLANT BASED

**Roasted Veggie Enchilada Casserole** (CK): Cauliflower, sweet potato, red bell pepper, yellow onion, cumin, salsa, cilantro, tortillas, black beans, baby spinach, dairy free cheddar cheese

**Zucchini Crusted Pizza** (TOH) Shredded zucchini mixed with eggs, mozzarella, Parmesan, gluten free flour, basil & thyme then baked on pizza pan and topped with your favorite pizza toppings.

### PORK

**-Sheet Pan Tuscan Pork Medallions** (WT) Pork tenderloin medallions bake on sheet pan with grape tomatoes, artichoke hearts, red onion & Kalamata olives and Tuscan seasonings.

**-Pork Scallopine with Pan Mustard Sauce & Baby Carrots\*** (CL-MR) Pork tenderloin medallions are pan seared and topped with a pan sauce made from mustard, chicken stock, shallots & sour cream then garnished with parsley.

\*We can sub carrots with another vegetable, if you prefer.

### SEAFOOD

**Best Salmon Burgers** (NYT) Salmon, Dijon mustard, shallots, breadcrumbs, capers, Italian seasoning mixed and formed into patties & cooked on stove top. Serve as traditional burgers or serve over a bed of mixed greens.

**Garlic Lemon Asparagus Shrimp Stir-fry** (ACP) Wild caught shrimp, asparagus, garlic, lemon juice, & chicken broth cook on stovetop. Serve over cauliflower rice or gluten free pasta.