

Keto Menu

Cheesy Bacon Chicken

Chicken breast topped with mozzarella, bacon & chives served with Asparagus

Creamy Tuscan Chicken or Shrimp

Chicken breast or shrimp, cherry tomatoes, mozzarella, Spinach with Parmesan & Basil

Garlicky Greek Chicken

Chicken Breast with zucchini's 1/2 moons, lemon and Asparagus

Garlic Lemon Salmon

Fresh Salmon with Asparagus

Beef & Veggie Stir Fry

Flank steak, carrots and Cabbage on a bed of Cauliflower rice

Cheese Steak Stuffed Peppers

Steak, mushrooms, provolone, onions with Italian seasoning and parsley

-Additional Vegetables available-

Artichokes
Broccoli
Brussel Sprouts
Leeks
Kale

-Keto Cooking Oils-

-Sesame oil
-Avocado Oil
-Coconut Oil
-Extra virgin Olive Oil

