



KETO Weekly Meal Ideas

These are fresh ideas for the month. Always feel free to send ingredient changes, change the protein choice or request it to be in accordance with a special diet. This service is for you!

Sandwich Makers

- All American Bacon Cheddar Beef Burgers
- Lamb Burgers with Feta and Tomato, Cucumber and Onion Salad
- Italian Meatballs with Provolone *
- Lemon, Garlic and Herb Marinated Chicken Breast
- Shredded Chicken or Beef in No Sugar Added BBQ
- Beef or Turkey Sloppy Joe
- Asian Pork or Turkey Meatballs
- Mushroom Swiss Burgers
- Italian Sausage and Peppers with Provolone
- Avocado Mayo Chicken Salad – Traditional, Lemon Almond, or Curry
- Avocado Mayo Tuna Salad – Traditional, Lemon Almond and Curry

Send your preference for buns – Low Carb Tortillas, Cheese or Lettuce Wraps
- Send Side Preference –

Slaws – Traditional, Asian, Broccoli, Mexican, Vinaigrette, Fennel
Roasted - Radishes, Zucchini Wedges or Green Beans

Mexican Fixins however you like it

- Taco Beef, Shredded Pork, Chicken, Shrimp or Fish
- Fresh with Low Carb Tortillas, Sour Cream, Cheese, Guacamole and Salsa
- Freezable layered as a lasagna, enchiladas, chili or soup
- Spanish Rice with Ground Beef or Turkey

Meals Best Fresh the Week of the Cook Date

- Shrimp Scampi with Asparagus over Zoodles
- Fish with Lemon Kerry Gold Butter Sauce with Parsley Radishes
- Egg Roll in a Bowl with any protein (I like ground pork and shrimp)
- Fish Picatta with Lemon Butter Caper Sauce over Zoodles
- Crab Stuffed Mushrooms
- Red Thai Shrimp Curry
- Shrimp Parmesan with Spinach and Roma Tomatoes
- Jambalaya



Stews and Casseroles – Freezer Friendly

- Chicken, Spinach and Artichoke Casserole
- Chicken Cacciatore with Mushrooms, Peppers and Onions over Zoodles
- Spinach Palak Paneer over CauliRice
- Lamb Vindaloo with Green Beans and Peppers
- Roast Beef with Green Beans, Mushrooms and Celery Stew
- Sausage, Celery, Peppers and Kale Stew
- Indian Butter Chicken
- Chicken Marsala with Mushrooms
- Arroz Con Pollo – Chicken over Saffron Cauliflower
- Chicken Curry – Orange or Green
- Buffalo Cauliflower and Cheese with Chicken
- Coq au Vin – French Stew Chicken Stew
- Clam Chowder (White or Red)
- Creamy Beef Fiesta Stew
- Pork Chili Verde Stew
- Beef or Chicken, Broccoli in Béchamel Sauce Topped with Parmesan and Mozzarella Casserole
- Cheeseburger Casserole or as a Soup
- Ricotta and Italian Sausage Stuffed Portabella Mushrooms in Tomato Sauce
- Loaded Cauliflower Soup with Bacon, Cheddar and Green Onion
- Wedding Soup with Meatballs, Shredded Chicken, Spinach and CauliRice
- Beef or Turkey and CauliRice Stuffed Peppers in Tomato Soup
- Cauliflower and Cheddar Topped Shepherd's Pie (Lamb, Beef or Turkey)

Roasts

-Pick a meat of choice and two sides

- Roasted Whole Chicken or Bone Free Breasts or Thighs
- Pork Tenderloin or Pork Chops
- Beef Roast
- Lamb Shank, Chops or Leg of Lamb
- Meatloaf – Traditional, Italian, Turkey
- Fish Cakes – Crab, Shrimp, Salmon, Tuna or Cod *
- Breaded Chicken, Pork or Shrimp– Parmesan, Cordon Blue, Coconut *



Choose a Sauce – Marsala Mushroom, Chimichurri, Coconut Amino Stir Fry, Bone Broth Gravy, Béchamel, Three Cheese, 40 Clove Garlic, Italian Tomato, and No Added Sugar BBQ

Choose two Sides:

-Garlicky Broccolini, Green Bean and Mushroom Casserole, Roasted Bacon and Garlic Brussel Sprouts, Cheesy Cauliflower, Cauliflower Mash (Parmesan, Bacon and Cheddar, Ranch), CauliRice, Purred Winter Squash, Glazed Carrots, Sherry Mushrooms, Vegetable Medley, Steamed and Buttered Vegetable of Choice

* Crushed Pork Rinds is usually used as the breading or filling. I can use an alternative if you let me know

Breakfast Bakes – Freezer Friendly

-Any mix of sausage, bacon, ham, cheese and vegetables with eggs that you like will taste good. Here are some examples.

- Sausage, Peppers, Onion and Gruyere
- Southwest with Spinach, Peppers, Red Onion and Cheddar
- Turkey or Pork Bacon, Broccoli and Feta
- Ham, Peppers and Mushrooms with Cheddar
- Florentine with Spinach, Onion and Gruyere

Breakfast jars – A small mason jar with a mix of the ingredients for a grab and go breakfast. Let me know any ingredients to avoid.

- Blueberries, Raspberries, Strawberries and/or Blackberries
- Greek Full Fat Yogurt, Almond Milk or Coconut Cream
- Keto Granola, Hemp Seeds, Chia Seeds, Pumpkin Seeds and Coconut Flakes
- Walnuts, Macadamia, Almond, Brazil, Pecan, Hazelnut and/or Pistachio

Jar Salads – Mains – Each Jar is one portion – Feel free to adjust ingredients for likes and dislikes

- Shrimp, Celery, Carrot, Scallion and Goat Cheese over Baby Greens with Champagne Vinaigrette
- Chicken, Truffle Cheese, Carrots, Shallot over Romaine and Radicchio with Balsamic Vinaigrette
- Salmon, Cucumber, Baby Tomatoes, Shallots, Cucumbers, Parmesan, Arugula in Lemon Vinaigrette
- Cobb Salad with Ham or Chicken, Hard Boiled Egg, Bacon, Blue Cheese, Assorted Veggies over Romaine with your choice of a Red Wine Vinaigrette or a Creamy Ranch



Side Salad – Each Jar has two Servings

- Romaine with Cucumbers, Carrots, Peppers, and Scallions with Red Wine Vinaigrette
- Greek with Feta, Olives, Cucumber, Red Onion, Tomato over Romaine with Red Wine Vinaigrette
- Shaved Brussels Sprouts Salad with Celery, Pumpkin Seeds and Parmesan in Pomegranate Vinaigrette
- Kale, Cucumbers, Carrots and Peppers with Parmesan Ranch
- Spinach and Romaine Chopped Salad with Mixed Vegetables and your favorite dressing
- Mexican Slaw, Jicama, Peppers and Red Onions with Lime Cumin Avocado Dressing