

## **KetoVore Menu – Keto, Low Carb, Low Sugar.....**

– All items are gluten free and have no added sugar. The fats used will be animal based, olive, coconut or avocado. All dairy will be full fat.

### **Bowls – Proteins are suggested, but please feel free to send your preference.**

- Fajita Bowl with Sautéed Peppers and Onions, over CauliRice  
Salsa Choices –Tomato, cucumber, tropical or tomatillo  
Protein Choice - Mexican Seasoned Steak, Chicken, Fish or Shrimp
- Indian Bowl with Curried Cauliflower and Green Beans and Chicken or Lamb
- Egg Roll in a Bowl– Cabbage, Carrots, Peppers, Shitake Mushrooms, Scallions with Ground Beef, Pork, Chicken or Turkey
- Korean Bowl – Carrots, Shitake Mushrooms, Peppers and Spinach with Bulgogi Beef over CauliRice
- Mediterranean Bowl with Halloumi, Marinated Artichokes, Kalamata Olives, Roasted Peppers with Grilled Chicken, Steak, Shrimp or Fish
- Shrimp Scampi Bowl with Grape Tomatoes and Peppers in Lemon, White Wine Garlic Butter over Baby Broccoli
- Bolognese Bowl over Palmeri Noodles Topped with Parmesan
- Balsamic Bowl with Grilled Hanger Steak Bites, Grilled Zucchini, Peppers and Eggplant
- Meatballs in Tomato Sauce over Palmeri Noodles – Pork Rinds are the breadcrumbs
- Pork Rind Coated Chicken Parmesan in Tomato Sauce over Palmeri Noodles
- Chicken, Spinach and Artichoke in Creamy Lemon Garlic Butter over Palmeri Noodles
- Buffalo Chicken and Cauliflower Bowl in Blue Cheese Cream Sauce (or Ranch Seasoned)
- Grilled Chicken or Shrimp Pesto, Grape Tomatoes, Mozzarella and Zoodles
- Taco Bowl with Shredded Lettuce, Tomato, Shredded Cheese and Salsa with Seasoned Beef, Turkey or Chicken and Quest Protein Chips
- Big Mac in a Bowl with Ground beef, Shredded Cabbage, Cheddar and Pickles with Thousand Island Dressing
- Ranch Seasoned Crack Chicken with Bacon, Cream Cheese and Shredded Cheddar over Mashed Cauliflower
- Meatloaf with Green Beans over Mashed Cauliflower

### **Casseroles**

- Lasagna with Palmeri Noodles or Sliced Zucchini – Beef, Italian Sausage, Veggie, Chicken, or Shrimp
- Chicken, Bacon And Broccoli in Cheddar Sauce
- Ruben Casserole
- Taco Casserole

- Bacon Cheeseburger Casserole
- Lamb and Eggplant Moussaka
- Beef or Lamb Shepherd's Pie Topped with Mashed Rutabaga and Parsnip
- Ground Stuffed Peppers in Tomato Sauce
- Cheesesteak Stuffed Peppers Topped with Provolone
- Ricotta Stuffed Portabellas in Bolognese Sauce
- Chicken Crust Pizza with any toppings you like
- Italian Sausage Crust Pizza with any toppings you like

**Jar Salads – I tend to add other vegetables to my salads like cucumbers, grape tomatoes, celery, shredded carrots, scallions, and peppers that may not be mentioned below. If you don't want them added please let me know. I don't add avocado because it doesn't keep well, but happy to buy some whole for you and add the cost to your invoice.**

- Steak Bites, Bacon and Blue Cheese Crumbles over Greens with Balsamic Vinaigrette
- Salmon, Arugula, Parmesan with Lemon Dijon Vinaigrette
- Spinach Salad with Hard Boiled Eggs, Mushrooms and Hot Bacon Dressing
- Cucumber, Pepper and Red Onion Italian Salad
- Greek Salad with Tomatoes, Olives, and Feta over Romaine with Red Wine Vinaigrette
- Cesar salad with Parmesan Crisps
- Grape Tomatoes, Shredded Carrots, Cucumber Slices over Romaine with Red Wine Vinaigrette
- Thai Zoodle Salad with Shredded Carrots, Napa Cabbage, Radish, Cucumber, Peppers and Peanut Dressing
- Jicama, Pepper, Cucumber, and Red Onion over Shredded Napa Cabbage with Cilantro Lime Dressing

### **Soups, Curries, Stews and Chilies**

- Coq au Vin
- Chicken Cacciatore
- Beef Chili
- Green Chicken Tomatillo Chili
- Italian Meatballs with Parsley, Lemon, Garlic and Nutmeg
- Mediterranean Meatballs with Lemon, Parsley, Cumin and Garlic
- Albondigas Soup with Mexican Meatballs
- Beef Bourignon
- Thai Red Curry with Shrimp
- Thai Green Curry with Fish
- Indian Butter Chicken
- Chicken Zoodle

**Breakfast Egg Cups – 6 per order**

- Lorraine with Bacon and Gruyere
- Florentine with Spinach and Gruyere
- Broccoli and Cheddar
- Greek with Feta, Tomato and Kalamata Olives
- Denver with Ham, Green Pepper, Onions and Cheddar
- Chesapeake with Crab, Old Bay and Swiss
- Spinach, Tomato and Mushroom
- Breakfast Sausage, Onion, Pepper and Cheddar