

# Cindy Sue's Keto Menu

All Items require 24 hour advanced notice. Choose Entree and two sides. Meal Prepping with 3, 4, 5 day options available. Please call for pricing. Macronutrient values available upon request.

Entrees	Price
Zucchini Lasagna Roll-Ups	\$13.99
Keto Zucchini Lasagna w Meat & Presto	\$13.99
Keto Flank Steak w Garlic Balsamic Marinade	\$16.99
Keto Taco Stuffed Bell Peppers	\$13.99
Cabbage & Beef Casserole	\$13.99
Keto Buffalo Wings	\$12.99
Cheesy Bell Pepper Nachos	\$13.99
Creamy Cajun Chicken & Cabbage	\$13.99
Keto Pork Chops	\$14.99
Cauliflower Crust Pizza w Choice of Toppings	\$15.99
Keto Garlic Butter Salmon	\$16.99
Keto Taco Salad	\$13.99
Mexican Taco Casserole	\$13.99
Keto Stuffed Peppers w Spicy Rotel	\$13.99
Keto Meatloaf	\$13.99
Keto Italian Meatballs	\$13.99
Chicken Bacon Ranch Casserole	\$13.99
Keto Chicken Tenders	\$13.99
Chicken Broccoli Casserole	\$13.99
Chicken Parmesan - Keto, Low Carb & Gluten Free	\$14.99
Spinach Artichoke Chicken Casserole	\$14.99
Keto Chicken Salad (16 oz)	\$9.99
Bacon Wrapped Cream Cheese Stuffed Chicken	\$14.99
Creamy Chicken & Asparagus	\$14.99

Sides	
Creamed Spinach	
Southern Fried Cabbage w Bacon, Mushrooms & Onions	
Keto Oven Roasted Vegetables	
Loaded Roasted Cauliflower w Cheese & Bacon	
Broccoli Casserole	
Keto Broccoli and Cheese	
Broccoli w Keto Alfredo Sauce	
Cauliflower Mac & Cheese with Keto Cheese Sauce	
Cauliflower w Keto Alfredo Sauce	
Grilled Veggies	
Garden or Greek Salad	

Desserts	Price
Peanut Butter Cookies Qty 6	\$12.00
Keto Lemon Bars Qty 6	\$12.00
Chocolate Chip Cookies - Keto, Low Carb & Gluten Free Qty 6	\$12.00
Keto Mini Bundt Buttercakes	\$4.00

Bread	Price
Keto Bread Loaf	\$12.00
Keto Banana Bread Loaf	\$18.00