



*healthy & delicious*

# **KETO** **MEALS**



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*Embarking on a keto journey with the Southside Farmers Market is a celebration of vibrant flavors and wholesome, low-carb choices. Amidst the abundance of fresh produce, locally sourced meats, and artisanal treasures, embracing a keto lifestyle becomes a delightful exploration of nourishing options that elevate both taste and well-being, transforming each market visit into an inspiring chapter of your health-conscious culinary adventure.*

## **Avocado and Bacon Egg Cups**

Featuring Florence Fruits and Vegetables,  
Meatry, Jakana Foods, Quantum

- Ingredients:
  - Avocados, halved and peeled
  - Eggs
  - Cheddar, Shredded
  - Bacon slices, lightly cooked
  - Salt and pepper to taste
- Instructions:
  - Cut avocados in half and scoop out a small portion to create a well.
  - Place each avocado half in a baking dish.
  - Crack an egg into each avocado half, season with salt and pepper, and place chopped bacon pieces and shredded cheese on top
  - Bake in the oven at 375°F (190°C) for about 15-20 minutes or until the eggs are cooked to your liking.





# Grilled Chicken and Vegetable Skewers

Featuring Meatry, Florence Fruits and vegetables

- Ingredients:
  - Chicken breast, cut into cubes
  - Bell peppers, cherry tomatoes, and zucchini, diced into coin shapes
  - Olive oil
  - Garlic powder, salt, and pepper
- Instructions:
  - Thread chicken and vegetables onto skewers.
  - Brush with olive oil and sprinkle with garlic powder, salt, and pepper.
  - Grill until the chicken is cooked through and the vegetables are tender.



# Keto Caesar Salad

Featuring Florence Fruits and Vegetables, Meatry,  
Jakana Foods

- Ingredients:

- Lettuce
- Grilled chicken strips
- Bacon, cooked and cubed
- Parmesan cheese, grated
- Caesar dressing (low-carb)  
Mayonnaise  
Ground mustard  
Parmesan cheese, grated  
Local Garlic, minced  
Worcestershire sauce  
Fresh lemon juice  
Olive oil  
Salt and pepper, to taste

- Instructions:

- Toss chopped lettuce with grilled chicken strips.
- Sprinkle with grated Parmesan, cooked bacon pieces and drizzl with low-carb Caesar dressing.



# Spinach and Feta Stuffed Chicken Breasts

Featuring Meatry, Jakana Organic Urban Garden, Ajiz

- Ingredients:
  - Chicken breasts
  - Fresh spinach
  - Feta cheese, crumbled
  - Olive oil, garlic powder, salt, and pepper
- Instructions:
  - Preheat oven to 375°F (190°C).
  - Butterfly chicken breasts and stuff with spinach and crumbled feta.
  - Drizzle with olive oil and season with garlic powder, salt, and pepper.
  - Bake until chicken is cooked through.



# Keto Berry Chia Pudding

Featuring Ataros, Fresh Fruits and Vegetables

- Ingredients:
  - Chia seeds
  - Unsweetened almond milk
  - Mixed berries (strawberries, blueberries, raspberries)
  - Stevia (optional for sweetness)
- Instructions:
  - Mix chia seeds with almond milk and let it sit in the refrigerator overnight.
  - In the morning, stir well and top with fresh berries.
  - Sweeten with stevia if desired.



*These keto-friendly recipes are not only simple but also showcase the fresh and wholesome produce available at the Southside Farmers Market. Enjoy your delicious and low-carb meals! See you next week as you shop for the ingredients for these new recipes.*

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