

Fair Skies Charter Menu

Island Life Cuisine

<i>Keto and Low Carb Lifestyle</i>					
	Breakfast	Snack 1	Lunch	Snack 2	Dinner
Day One	Eggs Poached in Spicy Salsa Verde	Keto Coffee and Tea Frappes	Key Lime Chicken Cobb Salad	Pesto Cocktail Meatballs	Sunset Shrimp Scampi with Cauliflower Risotto
Day Two	Crustless Quiche Lorraine	Superfoods Cacao Smoothie	Lobster Cauliflower Macaroni and Cheese with Gorgonzola	Balsamic Glazed Steak Rolls with Julienned Zucchini	Parmesan Grouper with Roasted Red Pepper Coulis
Day Three	Cream Cheese Blueberry Pancakes and Bacon	Key Lime Chia Pudding	Thai Lemongrass Seafood Cakes with Coconut Lime Coulis	Serrano ham and Cheese Stuffed Mushrooms	Grilled Tri Tip with Avocado Salsa
Day Four	Stacked Egg Sandwich with Sausage and Avocado	Nut and Seed Tropical Granola	Chicken Enchilada Soup	Jerked Shrimp Avocado Cucumber Bites	Chili Lime Mango Mahi Mahi

Keto and Low Carb

Shopping List

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