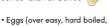
BREAKFAST

You can either intermittent fast or eat!

If you drink coffee: (you don't have to drink coffee! – only IF you do)) Keto//Kreme coffee aka Fat Coffee



- omelettes)
- Bacon
- Sausage
- Egg bake 🔾
- Keto Pancakes

DINNER

- We eat meat and veggies cooked in butter and add cream cheese!
- Keto pizza
- · We love breakfast for dinner -
- Keto pancakes
 Zucchini lasagna... just replace noodles for zucchini
- Salmon
- Fish
- · Crack Chicken
- Keto Chili
- Grill up some yummy meat
- Cheeseburger Hotdish



LUNCH

- Salad high fat dressings... we do Ranch, caesar or Blue cheese... with no croutons 65
- Tuna
- · Chicken salad no grapes
- · Any meat add some butter mct oil
- Veggies and dip
- Hamburger without bun
- Keto Pizza 👂
- Ham cream cheese pickle rollups

Go to PINTEREST and type in Keto / low carb Breakfast/ Lunch options

SNACKS

- Macadamia nuts
- Beef sticks (DUKES are great)
- Cheese sticks 🚔
- Hard boiled eggs
- Nuts
 - Pickles
 - Veggies and dip

▼I keep lots of recipes here: www.KetoMoMsecrets.com