

## 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 ☕

- Eggs (over easy, hard boiled, 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 😊
- 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](http://www.KetoMoMsecrets.com)