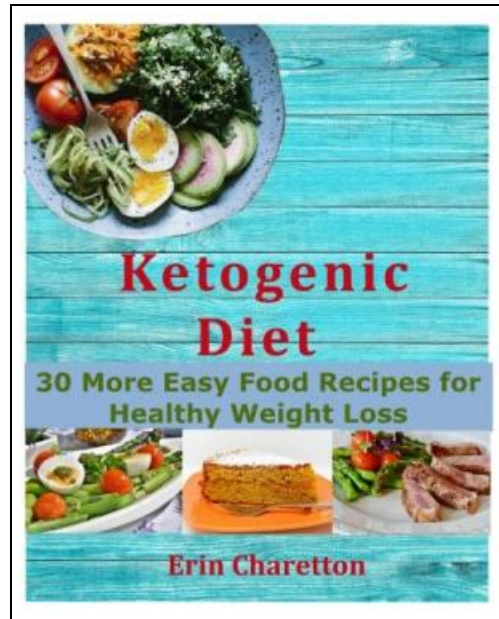


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Createspace Independent Publishing Platform, United States, 2018. Paperback. Condition: New. Language: English. Brand new Book. Delicious Food. Keto Meal Prep. Step-by-Step Recipes. Do you love to eat high-fat, low carb foods that you can eat abundantly and still lose weight? Here are 30 more easy and varied recipes to help you enjoy food once again and live the healthy lifestyle you deserve to live. Sample Recipe Sample Recipe #1 Garlic Bread with Cheese Indulge in a keto recipe that won't make you feel like you're starved for carbs. This is the prefect recipe for your Italian themed keto dinner. What you need: 170 g pre shredded/grated cheese mozzarella 85 g almond meal/flour *see recipe notes below 2 tablespoons cream cheese full fat 1 tablespoons garlic crushed 1 tablespoons parsley fresh or dried 1 tsp baking powder pinch salt to taste 1 egg medium This recipe yields 10 slices. How to prepare: 1. Mix all ingredients minus the egg in a microwave safe bowl. 2. Once the mixture is well combined, microwave it on high temperature for 1 minute. Take it out, stir the mixture again and place for another 30 seconds. 3. Now's the time to combine the microwaved mix with the egg and kneed it gently with your hands until you form a cheesy dough. 4. Form the dough in the shape of a bread and place it in a parchment-lined baking tray. 5. At this stage you may cut the dough into 10 slices in order to tear the pieces off easily after baking it. 6. Also, as an option, you may smear some garlic butter (2 tablespoons melted butter, 1 tsp parsley and 1 tsp garlic) on top of the garlic bread for a richer taste and sprinkle a bit more cheese on top for a tastier...

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