



7 Day Sample Keto Meal Plan



THIS GUIDE IS JUST A SAMPLE.

MAKE SURE TO INCLUDE SNACKS, SIDES AND ADDITIONS AS NEEDED!
AND ADJUST PORTIONS ACCORDING TO YOUR MACROS.

THERE ARE LEFTOVER DAYS BECAUSE, LET'S FACE IT, WHO WANTS
TO COOK EVERY MEAL?

AND THERE ARE BONUS RECIPES SO YOU CAN SWITCH IT UP!

NOTE - APPROXIMATE NUTRITION INFO HAS BEEN INCLUDED FOR
MOST RECIPES.

	<i>Breakfast</i>	<i>Lunch</i>	<i>Dinner</i>
Monday	Sausage Breakfast Bake	Falafels	Pizza
Tuesday	Sausage Breakfast Bake (leftovers)	Chicken Salad	Cabbage and Kielbasa
Wednesday	Chocolate Bulletproof Coffee	Eggs and Bacon	Veggie and Beef Stew
Thursday	Standard Eggs with variations	Veggie and Beef Stew (leftovers)	Chicken Stir Fry
Friday	Cinnamon Rolls	Almond Butter Smoothie	Beef Casserole
Saturday	Standard Eggs with variations	Free Lunch	Salmon Casserole
Sunday	Chocolate Bulletproof Coffee	Salmon Casserole (leftovers)	Free Night



BREAKFAST



CINNAMON ROLLS

CINNAMON ROLLS

by Trina Krug - The Keto Option

Ingredients

Rolls

- 1 1/2 cups shredded mozzarella cheese
- 2 ounces cream cheese
- 1 egg, beaten
- 3/4 cup almond flour
- 1 tablespoon Lakanto monkfruit sweetener
- 1 1/2 teaspoons baking powder
- 1/8 teaspoons xanthan gum

Filling

- 4 tablespoons butter, melted
- 2 tablespoons Lakanto golden monkfruit sweetener (you can use regular if you don't have golden)
- 1 1/2 teaspoons cinnamon

Topping

- 4 ounces cream cheese, softened
- 2 tablespoons butter, softened
- 2 tablespoons heavy whipping cream
- 1/4 cup powdered Lakanto monkfruit sweetener
- 1/2 teaspoon vanilla extract

CINNAMON ROLLS

(CONTINUED)

Directions

- I recommend looking at the action pictures in the post to visually see the process!
- Preheat oven to 350 degrees F.

Rolls

- In a medium bowl, combine almond flour, baking powder, sweetener, xanthan gum and beaten egg. Mix well. Set aside.
- Combine mozzarella cheese and cream cheese in small bowl and microwave for 60-90 seconds. Stirring every 30 seconds.
- Combine cheese mixture with the almond flour mixture and knead with your hands, squishing between your fingers until well combined. Be careful not to burn your hands. It might seem like it isn't going to combine, but it will. Wash those hands and then get them dirty with the dough! It works!
- Refrigerate dough for 10 minutes.
- Separate dough into 6 equal chunks.
- Now prepare filling.

Filling

- Combine melted butter, sweetener and cinnamon in a small bowl and mix well.
- With a silicone brush, lightly grease 6 muffin tins with butter mixture so the rolls don't stick.
- Roll each dough ball out into a log that is about 8 inches long and 1/2-1 inch thick.
- Brush each one with butter mixture as well. Giving each one a nice coating.
- Roll each log up and place into muffin tins (see pictures in the post)
- Bake for 17-20 minutes and let cool for about 5 minutes.

Topping

- Mix all ingredients in a medium bowl and beat with hand beater.
- Frost rolls when they are still a little warm as it will help.
- Server warm or cold!



LEMON POPPY SEED MUFFINS

LEMON POPPY SEED MUFFINS

by Trina Krug - The Keto Option


Ingredients

- 1 cup almond flour
- 2 tablespoons coconut flour
- 1/3 cup erythritol
- 1 teaspoon baking powder
- 2 tablespoons poppy seeds
- 1/4 cup melted, salted butter
- 1/2 cup heavy cream
- 3 large eggs
- 1 tablespoon lemon zest
- 1.5 tablespoons fresh lemon juice
- 5 drops liquid stevia

Directions

- Preheat oven to 350 degrees F.
- Line muffin tin with muffin liners.
- Add almond flour, coconut flour, erythritol, baking powder and poppy seeds to a medium bowl. Mix well.
- Add melted butter and continue mixing.
- Finally, add heavy cream, eggs, lemon zest, lemon juice and liquid stevia.
- Using hand beaters, blend for 10-15 seconds. Don't over blend.
- Add batter equally to muffin tins.
- Bake for 27-30 minutes or until lightly golden.
- Let cool on a cooling rack.

Serving Size 1 muffin. Calories 120, Fat 12g, Net Carbs 1g, Protein 3g





CHOCOLATE BULLETPROOF COFFEE

CHOCOLATE BULLETPROOF COFFEE

by Trina Krug - The Keto Option

Ingredients

- One cup of high quality brewed coffee
- 1 Tablespoon MCT oil
- 1 Tablespoon grass-fed butter
- 1 teaspoon unsweetened cocoa powder
- 3 drops liquid stevia (optional)

Directions

- Brew your beautiful coffee (ground the beans if needed first)
- Pour your cup of coffee and all ingredients into a small blender cup.
- Blend well OR you can use a frother.
- Drink and enjoy your day!

Serving Size 1 cup. Calories 232, Fat 26g, Net Carbs .5g, Protein .76g





SAUSAGE BREAKFAST BAKE

SAUSAGE BREAKFAST BAKE

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Ingredients

- 1 pound ground sausage
- 1 green pepper, finely diced
- 1 red pepper, finely diced
- 2 cups cauliflower rice
- 2 tablespoons + 1
teaspoon coconut oil
- 1 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 8 large eggs
- 1/4 cup unsweetened almond
milk
- 1 tablespoon sour cream
- 3/4 cup mozzarella shredded
cheese, divided
- 1/8 teaspoon ground black
pepper

SAUSAGE BREAKFAST BAKE

(CONTINUED)

Directions

- Preheat oven to 350 degrees. Grease 8x8 pan with 1 teaspoon of coconut oil.
- In a large skillet, brown ground sausage.
- Meanwhile, heat 2 tablespoons coconut oil in medium pan over medium heat.
- Saute peppers for 5 minutes.
- Add cauliflower rice, onion, and garlic to peppers and continue sauteing for 7 more minutes.
- The sausage should be done by now. When it is done, add pepper mixture and combine well.
- In a medium bowl, add eggs, sour cream, almond milk and 1/2 cup mozzarella cheese.
- Pour meat mixture into the bottom of the 8x8 pan.
- Pour egg mixture over the top of the meat mixture.
- Add remaining 1/4 cup mozzarella and pepper on top.
- Bake for 40 minutes or until eggs are done.

SESAME BAGELS



SESAME BAGELS

by Trina Krug - The Keto Option

Ingredients

- 2 ¼ cups mozzarella cheese
- 2 tablespoons butter
- 1 ¼ cups almond flour
- 2 tablespoons ground flax
- 1/8 teaspoons Pink Himalayan sea salt
- 2 teaspoons baking powder
- 2 eggs
- Sesame Seeds (optional)
- Cream Cheese Topping (optional)

Directions

- Preheat oven to 375 degrees.
- Mix flour, flax, salt and baking powder together.
- In separate bowl, add mozzarella and butter. Melt in microwave for 90 seconds, stir.
- Immediately combine with eggs and almond flour mixture and knead with hands. Squish through fingers. Don't be shy, get your hands dirty!
- Roll into 6 inch logs and make circles. Makes 8
- Top with sesame seeds
- Bake 375 for 17 minutes.
- Let cool and serve with optional topping such as cream cheese!

Serving Size 1 bagel. Calories 251, Fat 21g, Net Carbs 2.5g, Protein 12.5g



BACON AND EGGS

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Ingredients

- 1 teaspoon coconut oil
- 3 eggs
- 1 tablespoon unsweetened almond milk (optional)
- salt and pepper to taste
- 2-3 slices of bacon

Directions

- Preheat oven to 425
- Line baking sheet with aluminum foil.
- Place bacon on baking sheet and bake for 12-14 minutes.
- Remove and let cool.
- While cooling - cook eggs.
- In a small bowl, beat eggs, almond milk, salt and pepper
- Heat coconut in a small sauce pan over medium heat.
- Add egg mixture.
- Stir and cook until eggs.
- Plate and serve!

Serving Size ALL. Calories 334, Fat 27g, Net Carbs 1g, Protein 23g



A background of soft, blended watercolor washes in various shades of light gray and off-white, creating a textured, painterly effect. The word "LUNCH" is centered in a bold, black, serif font.

LUNCH



ALMOND BUTTER SMOOTHIE

ALMOND BUTTER SMOOTHIE

by Trina Krug - The Keto Option

Ingredients

- 8-10 ounces unsweetened almond milk
- 1 ice cube
- 2 tablespoons unsweetened almond butter
- 1 scoop Perfect Flavored Collagen Powder(Chocolate, Vanilla and Salted Caramel are all amazing)

Directions

- Mix all ingredients into a blender (I use a Ninja) and blend until well mixed.
- Enjoy cold!



CHICKEN SALAD

CHICKEN SALAD

by Trina Krug - The Keto Option

Ingredients

- 2 large chicken breasts, baked
- 1/2 large orange pepper, finely diced
- 1/2 large yellow pepper, finely diced
- 1/2 jalapeno, finely diced
- 1 teaspoon cumin
- 1/2 teaspoon garlic powder
- 1/2 teaspoon Himalayan sea salt
- 1/8 teaspoon ground ginger
- 1 tablespoon apple cider vinegar
- 2 tablespoons olive oil
- 1/2 cup real mayonnaise

Directions

- In a medium bowl, shred baked chicken. Using 2 forks pull chicken apart. If you want smaller pieces, you can cut the shredded chicken too. Set aside.
- In a small bowl, add cumin, garlic powder, salt, ground ginger, apple cider vinegar, and olive oil. Mix well.
- Add spice mixture to shredded chicken and mix until chicken is coated.
- Add mayonnaise to chicken mixture and continue mixing.
- Serve immediately or store in an airtight container in the fridge.
- Tastes great with [Keto Pita Bread](#)

Serving Size 1 (4 servings). Calories 363, Fat 30g, Net Carbs 3g, Protein 20g



FALAFELS

FALAFELS

by Trina Krug - The Keto Option

Ingredients

- 1/2 cup raw cauliflower rice
- 1/2 cup raw broccoli "rice" (see post description above)
- 1/4 cup [hemp hearts
- 1/4 cup almond slivers
- 2 eggs, beaten
- 1/2 cup toasted almond flour (see post above if you need to know how to toast it)
- 2 tablespoons green onions, finely diced
- 2 teaspoons cumin
- 1 teaspoon Himalayan sea salt
- 1/4 teaspoon finely ground pepper
- 1/2 tablespoon minced garlic (optional)
- Coconut oil for frying.

FALAFELS

(CONTINUED)

Directions

- If you are starting with cauliflower florets and/or broccoli florets. Pulse raw florets in a food processor to get "rice". Measure out 1/2 cup each of cauliflower rice and broccoli rice.
- Add cauliflower rice and broccoli rice to a medium bowl.
- Add almond slivers to food processor and pulse a few times to get them coarsely ground.
- Add hemp hearts, almonds, eggs, almond flour, cumin, salt, and pepper to the bowl and mix well.
- Form 7 patties that are about 1/2 inch thick and 2 inches in diameter.
- Heat coconut oil in frying pan over medium heat. How much depends on the size of your frying pan. You want the coconut oil to cover about 1/3-1/2 the falafel when set in the pan.
- (optional) Add minced garlic and let get fragrant. Remove garlic or just let it stay in there and burn. Either is fine. We just want to infuse the oil with some garlic.
- Once the oil is hot, add falafels to the pan a few at a time.
- Fry each side for about 4-5 minutes. This time GREATLY varies depending on the heat of the oil. Just pay attention to the first round and allow it to get golden or dark golden brown.
- Serve on their own or with your favorite sauce (see post above for suggestions)

Serving Size 1 (7 servings). Calories 95, Fat 7g, Net Carbs 3g, Protein 5g

DINNER

A close-up photograph of a rustic, light-colored ceramic bowl filled with a hearty beef and vegetable stew. The stew contains chunks of browned beef, sliced carrots, celery, and onions. The bowl sits on a thick, round wooden cutting board. In the background, a red plate and a silver fork are partially visible.

VEGGIE AND BEEF STEW

VEGGIE AND BEEF STEW

by Trina Krug - The Keto Option

Ingredients

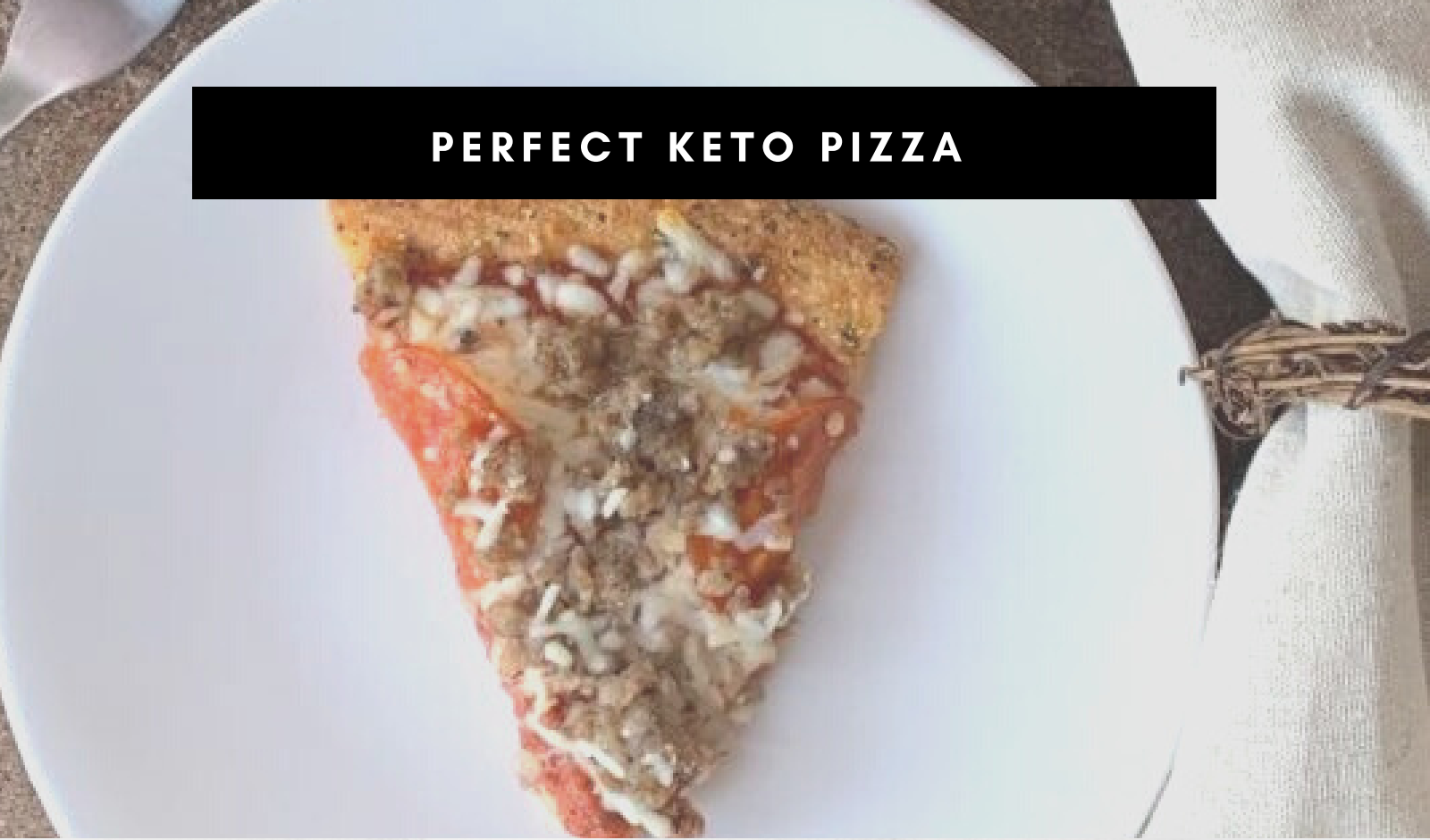
- 2.5 pounds beef stew meat, cut into 1 inch chunks
- 2-4 tablespoons olive oil
- 9 cups bone broth
- 4 rainbow carrots, sliced
- 4 celery stalks, sliced
- 1/2 onion, sliced
- 1 shallot, sliced
- 1 bay leaf
- 2 tablespoons minced garlic
- 1 tablespoon rubbed sage
- 1 tablespoon oregano
- 1/2 tablespoon thyme
- 1 teaspoon pepper

Directions

- Heat 2 tablespoons of olive oil over medium/medium-high heat. In groups, brown the outside of the 1 inch meat chunks. IT won't fit all in one pan at a time. Add additional olive oil as needed.
- Add meat to Instant Pot once browned
- Add ALL remaining ingredients and stir until spices are well combined.
- Pressure Cook on high for 90 minutes with a quick release at the end.

Serving Size 1 bowl (8 servings). Calories 321, Fat 10g, Net Carbs 4g, Protein 57g

PERFECT KETO PIZZA



by Trina Krug - The Keto Option

Ingredients

Crust:

- 1 1/2 cups low moisture, shredded mozzarella cheese
- 2 ounces cream cheese
- 3/4 cup almond flour
- 1 egg, beaten
- 1 tablespoon butter, melted
- 2 teaspoons Italian seasoning

Sauce:

- 1/4 - 1/2 cup Keto Pizza Sauce] (See Sauces/Spices Section. I use 1/2 cup at least because I love sauce, but to keep the carbs down, you should minimize sauce. The nutrition info is is for 1/4 cup)

Ingredients:

- 1/2 cup + 1 tablespoon low moisture, shredded Mozzarella cheese
- Any other toppings you wish! I used pepperoni and Italian Sausage.

PERFECT KETO PIZZA

(CONTINUED)

Directions

- Prepare sauce per instructions and set aside when complete.
- When ready, preheat oven to 425 degrees and heat up pizza stone or baking sheet.
- In a medium bowl, combine beaten egg and almond flour. Set aside.
- In a small microwave safe bowl, combine Mozzarella cheese and cream cheese. Heat for 60 seconds, stir and heat for about 30 more seconds. You can melt over the stove if you wish as well.
- Add cheese mixture to egg mixture.
- Using your hands (be mindful that it is hot and do not burn your hands), squeeze dough through your fingers to combine. It will feel like it won't combine, but eventually it will.
- Put in fridge for 10 minutes to cool.
- Between 2 pieces of parchment paper, roll out dough to a rough circle (or square).
- Roll in edges to make a slightly thicker edge.
- In a small bowl, combined melted butter and Italian Seasoning and paint onto crust.
- Keep dough on the bottom sheet of parchment paper and place on heated pizza stone or baking sheet.
- Bake for 13 minutes. Check often. If you see a bubble forming, poke it with your fork.
- Remove from oven and reduce temperature to 350 degrees.
- Pour sauce onto hot pizza crust and spread evenly. Remember, use as much or as little sauce as you want. Just be mindful of your carbs.
- Report this ad
- Add 1/2 cup Mozzarella cheese.
- Load up with toppings.
- Top with final tablespoons of Mozzarella cheese.
- Bake for 8 more minutes.
- Serve hot!

Serving Size 1 slice (6 slices). Calories 266, Fat 12g, Net Carbs 4g, Protein 13g

BEEF CASSEROLE



BEEF CASSEROLE

by Trina Krug - The Keto Option

Ingredients

- 1-1.5 pounds of ground beef
- 2 tablespoons fajita seasoning (see sauces & spices)
- 1/2 cup toasted almond flour
- 2 cups cooked broccoli florets
- 1 cup frozen cauliflower rice
- 1/4 large white onion, chopped
- 2 cups shredded cheddar cheese, divided
- 1/2 cup shredded mozzarella cheese
- 1/2 cup heavy whipping cream
- 1 tablespoon coconut oil

Directions

- Preheat oven to 350 degrees and grease 8x8 glass baking dish with your choice of grease.
- Brown ground beef and add 2 tablespoons fajita seasoning once cooked. Mix well.
- Add ground beef to the baking dish and set aside.
- In a medium bowl, add 1.5 cups of cheddar cheese and mozzarella cheese. Set aside.
- Boil broccoli for 2 minutes or until bright green.
- Remove from heat and water, chop and measure 2 cups
- (continued below...)

BEEF CASSEROLE

(CONTINUED)

- Add broccoli to cheese mixture.
- Heat 1 tablespoon coconut oil over medium heat.
- Saute chopped onion and cauliflower rice for 7 minutes, stirring often.
- When done, add to cheese mixture.
- Add heavy whipping cream to cheese mixture and combine well.
- Place cheese mixture on top of ground beef in the glass baking dish.
- Top with remaining 1/2 cup cheddar cheese and toasted almond flour.
- Bake for 30 minutes.
- Serve hot!



CABBAGE AND KIELBASA

CABBAGE AND KIELBASA

by Trina Krug - The Keto Option

Ingredients

- 1 pound ground pork sausage
- 2 14-ounce kielbasa sausages, sliced thinly
- 1 small head of cabbage, chopped
- 1 yellow pepper, diced (1 inch)
- 1 orange pepper, diced (1 inch)
- 1 teaspoon Turmeric
- 1 teaspoon oregano
- 1.5 teaspoons paprika
- 2 tablespoons fresh ginger, minced

Directions

- In a large wok, brown pork sausage.
- Add chopped cabbage and saute for 10 minutes, stirring often.
- Add remaining ingredients and saute for 20 minutes, stirring often, or until desired tenderness.
- Serve hot!

Serving Size 1 bowl (8 servings). Calories 484, Fat 38g, Net Carbs 6.5g, Protein 25g

A close-up photograph of a bowl filled with Cajun Drumsticks. The dish consists of bite-sized pieces of chicken, likely drumsticks, coated in a thick, creamy, yellowish-orange sauce. The chicken is mixed with diced red bell peppers and small pieces of bacon. The bowl is resting on a blue and white striped cloth.

CAJUN DRUMSTICKS

CHICKEN STIR FRY

by Trina Krug - The Keto Option

Ingredients

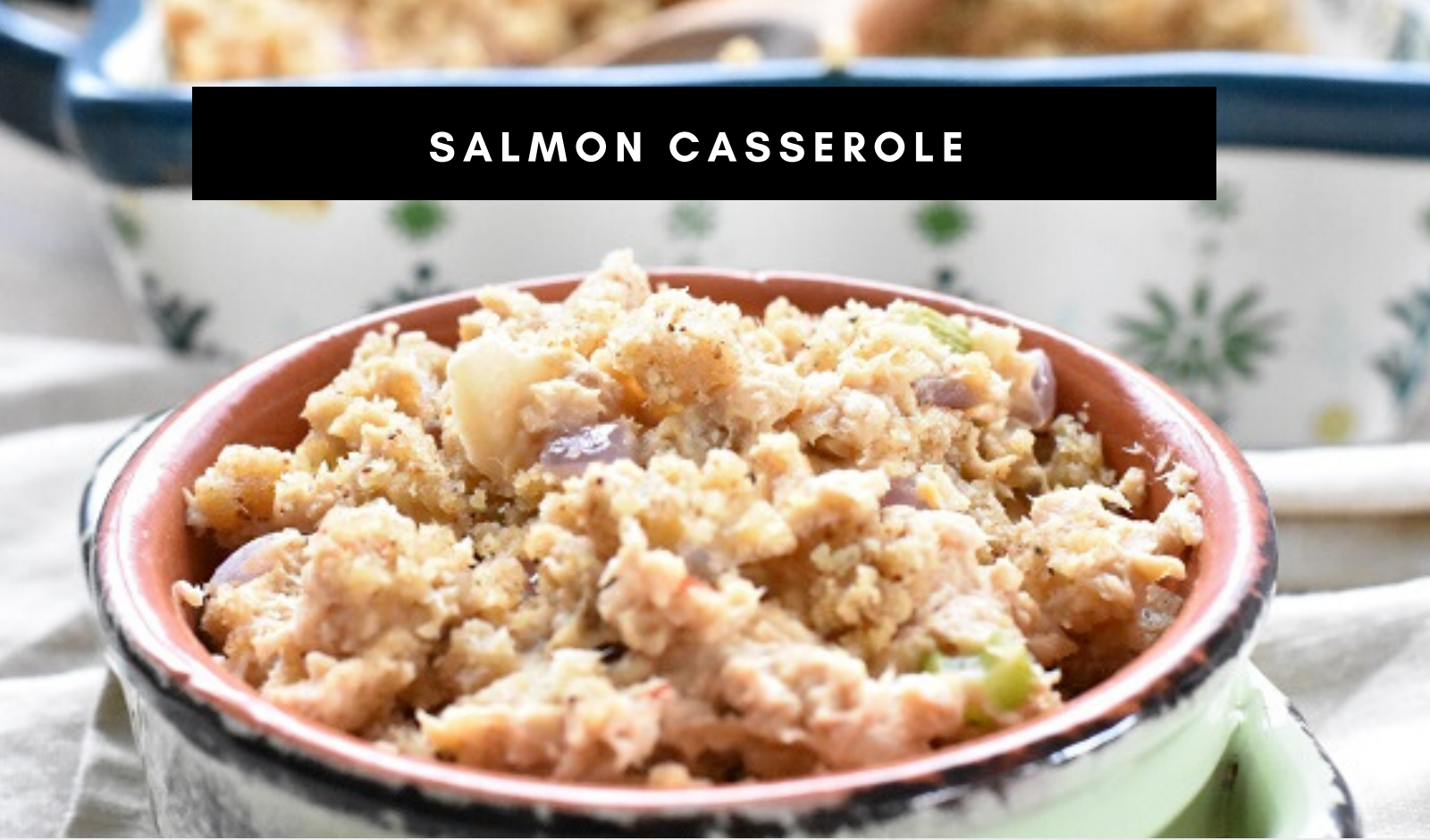
- 1.25 - 1.5 pounds chicken thighs, cubed
- 2 tablespoons coconut oil, divided (more if needed)
- 2 garlic cloves, minced
- 2 small carrots, sliced
- 1 red pepper, diced about 1 inch long
- 1/3 cup water chestnuts, rinsed and drained
- 1 tablespoon lemon pepper, divided
- 1 teaspoon chili garlic sauce (or any hot sauce that you enjoy)
- 5 ounces cream cheese
- 1/2 cup chicken stock
- 4 slices of bacon, cooked and diced (OPTIONAL)

CHICKEN STIR FRY

(CONTINUED)

- In a medium frying pan, heat 1 tablespoon coconut oil.
- Add minced garlic and saute until fragrant, stirring often. It will be about 2 minutes or until it starts to brown.
- Remove garlic and set it aside (DON'T THROW THEM AWAY).
- Add chicken to the pan. Stir often and cook until done. About 4-5 minutes per side. Set chicken aside when done.
- Meanwhile, you can start prepping veggies while the chicken cooks.
- In a wok, heat remaining 1 tablespoon of coconut oil over medium heat.
- Add carrots, pepper, water chestnuts and 1 teaspoon lemon pepper to wok.
- Stir often and cook until desired consistency.
- When veggies are cooked, add chicken cooked garlic, cream cheese, chicken stock, remaining lemon pepper and optional bacon.
- Stir while the cheese melts.
- Simmer for about 5 minutes until the sauce thickens.

SALMON CASSEROLE



SALMON CASSEROLE

by Trina Krug - The Keto Option

Ingredients

5 ounces goat cheese, divided
1/2 tablespoon hot sauce
1/2 cup mayonnaise
2 celery, chopped
1/2 purple onion, chopped
1 (8 ounces) can water chestnuts,
chopped
4 tablespoons butter, divided
1 tablespoon minced garlic
salt and pepper to taste
2 cups almond flour, toasted

Directions

- Lay chicken in the bottom of the crockpot and top with taco seasoning.
- Cut, chop, dice (whatever you fancy) the carrots, celery, and onion and add to the crockpot.
- Add tomatoes, salsa, and water.
- Cover and cook on low for 8 hours or, really, however long you want at whatever temperature you want so long as the chicken cooks!
- When done, shred the chicken (still in the crockpot) with 2 forks. Add sour cream and mix well.
- Serve

Serving Size 1 bowl (8 servings). Calories 197, Fat 5g, Net Carbs 6g, Protein 29g

SALMON CASSEROLE

(CONTINUED)

- Preheat oven to 350 degrees F.
- In a large bowl, add salmon, 2 ounces goat cheese, mayonnaise, hot sauce, salt and pepper.
- Mix well and set aside.
- Heat 2 tablespoons butter over medium heat. Add minced garlic and saute for about 30 seconds.
- Add onions and celery to the pan.
- Stir often and saute for 5 minutes. Once desired consistency is reached, add water chestnuts and mix them in and mix around for about 30 seconds.
- Add veggie mixture to salmon.
- Mix well and add to an 8x8 baking dish.
- In a small microwave-safe bowl, melt 2 tablespoons butter and 3 ounces goat cheese in the microwave. 60 seconds is usually a good time. Once they are melted, mix them together so they combine.
- Add 2 cups of toasted almond flour to the melted butter and cheese mixture, mix well.
- Using your clean hands, crumble the almond flour mixture over the top of the baking dish.
- Cover and bake for 20 minutes.



CROCK POT CHICKEN

CROCK POT CHICKEN

by Trina Krug - The Keto Option

Ingredients

- 6 chicken breasts
- 1-2 tablespoons fajita seasoning
(see sauces & spices)
- 4 carrots, chopped
- 4 celery, chopped
- 1 onion, chopped
- 1 cup petite diced tomatoes
- 1 cup (hot) salsa
- 1/2 cup water
- 1/4 cup sour cream

Directions

- Lay chicken in the bottom of the crockpot and top with taco seasoning.
- Cut, chop, dice (whatever you fancy) the carrots, celery, and onion and add to the crockpot.
- Add tomatoes, salsa, and water.
- Cover and cook on low for 8 hours or, really, however long you want at whatever temperature you want so long as the chicken cooks!
- When done, shred the chicken (still in the crockpot) with 2 forks. Add sour cream and mix well.
- Serve

I serve over cauliflower rice!

Serving Size 1 bowl (8 servings). Calories 197, Fat 5g, Net Carbs 6g, Protein 29g

SAUCES & SPICES



PIZZA & MARINARA SAUCE

PIZZA & MARINARA SAUCE

by Trina Krug - The Keto Option

Ingredients

- 1 14.5 ounce can fire roasted tomatoes
- 1 8 ounce can tomato sauce
- 1 tablespoon tomato paste
- 1 tablespoon Italian seasoning
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1/2 teaspoon Pink Himalayan sea salt
- 1/2 teaspoon pepper

Directions

- Add fire roasted tomatoes, tomato sauce, and tomato paste to a food processor or blender.
- Blend well to remove the chunks.
- Pour into a sauce pan and add remaining ingredients.
- Simmer for 15 minutes, stirring often.
- Use or store in an airtight container.

Serving Size 1/4 cup. Calories 14, Fat .2g, Net Carbs 1.75g, Protein .65g





CAJUN SPICE

CAJUN SPICE

by Trina Krug - The Keto Option

Ingredients

- 1.5 tablespoons paprika
- 1 tablespoon garlic powder
- 1 tablespoon parsley
- 1 tablespoon cayenne
- 2 teaspoons onion powder
- 2 teaspoons thyme
- 2 teaspoons oregano
- 2 teaspoons pepper
- 1 teaspoon Pink Himalayan sea salt

Directions

- Mix ingredients together well!
- Store in an airtight container.

Serving Size 1 teaspoon. Calories 5, Fat .12g, Net Carbs .6g, Protein .23g



FAJITA SPICE

FAJITA SPICE

by Trina Krug - The Keto Option

Ingredients

- 1.5 tablespoons paprika
- 1 tablespoon garlic powder
- 1 tablespoon parsley
- 1 tablespoon cayenne
- 2 teaspoons onion powder
- 2 teaspoons thyme
- 2 teaspoons oregano
- 2 teaspoons pepper
- 1 teaspoon Pink Himalayan sea salt

Directions

- Mix ingredients together well!
- Store in an airtight container.

Serving Size 1 tablespoon. Calories 19, Fat .8g, Net Carbs 1.75g, Protein .9g

DISCLAIMER:

**NUTRITION INFORMATION IS
CALCULATED USING A THIRD PARTY
TOOL.**

**SOME NUMBERS ARE ROUNDED.
ALWAYS DOUBLE CHECK.**