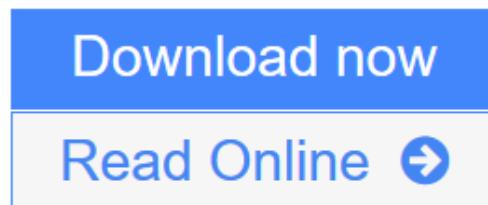


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A high fat, low carb way of eating is a healthy dietary plan. Not to be confused with the Atkins diet plan, which is also a keto plan, but based on high protein. Unlike the Atkins, you will not be eating high protein, but a medium level of protein.

Use these recipes as part of your dietary intake for your main meals. Leftovers can be eaten the next day for lunch.

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