

June 2020

Keto Meal Plan Main Meal

Complete Cheesy Chicken Casserole

Ingredients:

- 2 cups chicken (cooked and cubed).
- 1 bacon slice (crisped and crumbled).
- $\frac{3}{4}$ cup mozzarella (grated).
- $\frac{1}{2}$ cup parmesan (grated).
- $\frac{1}{2}$ cup marinara sauce.
- $\frac{1}{2}$ tsp basil (dried).
- $\frac{1}{4}$ tsp chilli flakes.

Instructions:

- Preheat oven at 175 degrees.
- In a large baking dish, place the chicken and pour over marinara sauce.
- Stir in remaining ingredients and bake for 25-30 minutes.

Total Time: 25 Minutes

Nutritional Information:

Total servings - 3

Per serving:

Fat: 19g

Carbohydrates: 4g

Protein: 38g

Calories: 337

Retail Store

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