

June 2020

Keto Meal Plan Main Meal

Creamy Pork Chops & Beacon Surprise

Ingredients:

- 650 gms pork chops (boneless).
- 250 mushrooms (sliced).
- 6 bacon slices (chopped into bite size pieces).
- 2 garlic cloves (crushed).
- ½ cup thick cream.
- ¾ cup chicken broth.
- 1 tbsp olive oil or grapeseed oil.
- Salt and pepper.

Instructions:

- Heat the oil in a large frying pan, fry the bacon until crispy. Remove from pan but leave bacon fat in.
- Season chops with salt and pepper; fry 4-5 minutes on each side until browned and cooked through. Remove chops from pan.
- Add mushrooms and garlic to the pan, fry for 4-5 minutes until browned and tender.
- Turn up the heat and stir in chicken broth; bring to boil and stir in thick cream, reduce heat.
- Return bacon and chops back to the pan for 4-5 minutes.

Total Time: 25 Minutes

Nutritional Information:

Total servings - 4

Per serving:

Fat: 44g

Carbohydrates: 6g

Protein: 57g

Calories: 655

Retail Store

Greenroots Centre
1159 John Voster Rd
Weltervredenpark, 1709

Herbology South Africa (PTY) LTD
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Hemp Permit #: 022/2018/2019
National Healer #: 061197

Office Address

2 Waterdraer Rd
Sundowner
2188