

June 2020

Keto Meal Plan Main Meal

## Ostridge Egg & NO Chips 😊

### Ingredients:

- 115 gms ostridge (cut into small chunks).
- 3 large eggs.
- ¼ avocado (sliced).
- 1 tbsp butter
- Salt and pepper.

### Instructions:

- Heat ½ of butter in a large frying pan; crack in eggs and fry to desired taste.
- Heat remaining butter in an additional pan and fry ostridge to desired taste.
- Place steak strips and eggs on a serving plate and add avocado to the side.

**Total Time: 15 Minutes**

### Nutritional Information:

Total servings - 1

Per serving:

Fat: 37g

Carbohydrates: 3g

Protein: 45g

Calories: 512

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