

June 2020

Keto Meal Plan Main Meal

Perfect Pork & Cheese Sauce

Ingredients:

- 4 pork chops.
- 200 gms green beans.
- 150 gms blue cheese.
- ¾ cup thick cream.
- 2 tbsp butter.

Instructions:

- In a small saucepan, over medium heat, crumble cheese and gently melt.
- Add thick cream and simmer 2-3 minutes.
- Heat 1 tbsp butter in a large frying pan; fry chops until cooked through and browned.
- Place chops on a plate and cover with foil. Pour pork juices into cheese sauce.
- Add remaining butter to frying pan; fry green beans until tender.

Total Time: 20 Minutes

Nutritional Information:

Total servings - 4

Per serving:

Fat: 61g

Carbohydrates: 4g

Protein: 55g

Calories: 777

Retail Store

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Hemp Permit #: 022/2018/2019
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