

June 2020

Keto Meal Plan Main Meal

Chicken & Bacon Pot

Ingredients:

- 1 chicken breast (cut into slices).
- 285 gms bacon (chopped).
- 450 gms cabbage (chopped).
- 85 gms salted butter.
- Salt and pepper.

Instructions:

- Heat half of the butter in a large frying pan and fry chicken until nearly cooked through and slightly browned.
- Add the bacon to the pan and fry until crispy; move all meat to one side of the pan.
- Add remaining butter and fry cabbage until soft.
- Season with salt and pepper.

Total Time: 20 Minutes

Nutritional Information:

Total servings - 2

Per serving:

Fat: 82g

Carbohydrates: 9g

Protein: 56g

Calories: 1020

Retail Store

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Reg. Number 2019/340679/07

Hemp Permit #: 022/2018/2019
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