

21 Day Keto Kick Start Meal Plan & Guide

Christina Ettore | Naturopath



Welcome

Welcome and congratulations on taking a big step towards a healthier you.

I understand that losing weight can be a real challenge, but the good news is, you can do this and I can help!

There is so much mixed information out there so my goal is to provide you with solutions that work so that you never have to feel confused, frustrated or disheartened again!

I personally try and test every plan I recommend so that I am able to provide you with tips, tricks and insightful advice.

I want you to love your new way of eating so I have created a variety of plans to suit a range of different needs and if you can't find a plan that you absolutely love, talk to me about creating one especially for you!

Here's to a confident, vibrant, healthy you!



Christina

xx

Getting Started

Starting a new eating plan can be overwhelming so I have created this guide to make life easier for you!

Inside this guide you will find an easy to follow meal plan and over 30 ketogenic recipes.

Please keep in mind that this meal plan is a guide only. You can swap out recipes and choose to eat something different everyday or you can prep your meals in advance as suggested and save yourself some time and energy.

The goal of the 21 Day keto Kick Start is to keep your daily carbohydrate intake to 20g or less so you can enter ketosis quickly and effectively.

Benefits of nutritional ketosis include:

- Effective weight loss
- Diminished hunger & cravings
- Improved mental and physical energy
- Improved blood sugar control

It usually takes the average person 3 days to enter ketosis but this does vary and is largely depend on your metabolic health.

Factors like insulin resistance, metabolic syndrome X and certain medications can affect you ability to enter ketosis with some people finding it can take weeks or even months.

Certain herbs, nutrients and lifestyle factors can speed the process up. These herbs and nutrients are prescribed specifically for you therefore you must contact your natural heath care provider from more information.

Over the next 21 days you may wish to test your urine ketones using keto test strips. If you decide to make this a long term lifestyle change then I recommend you use a blood or breath ketone monitor thereafter for more accurate results.

Nutritional information has been calculated using calorieking.com.au. 1 cup = approximately 100g

Important Information

The ketogenic diet is an effective way to achieve and maintain a healthy weight. There are however a number of reasons that may prevent success. Common reasons include but are not limited to:

- Hormonal disorders
- Metabolism issues
- Poor liver function
- Insulin resistance
- Improper carb / fat / protein ratio
- Lack of guidance or support
- Confusion and misinformation

At Renew Health we can help you to uncover and heal your obstacles to success. We provide in-depth dietary analysis and non invasive screening protocols which allows us to reveal what is holding you back.

We believe encouragement and accountability is vital to success and we aim to provide long term support to ensure you reach goals.

For more information contact Christina on 0411 982 105 or via email christina@renewhealththerapies.com.au

Online & phone consultations are available by request

Please note: This meal plan is intended as a guide only. It is not intended to treat, cure or prevent any disease.

Always consult your primary healthcare practitioner before making any diet changes. The ketogenic diet must be followed under supervision if you suffer from diagnosed or un-diagnosed health conditions or take prescribed medications. The information provided is for informational purposes only and is not intended as a substitute for advice from your primary healthcare practitioner. Individual results may vary as every individual responds differently to this way of eating. This program is not suitable if you are pregnant or breastfeeding.

Renew Health will not be held accountable for any adverse reactions or for any information that is misused.

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Things to Consider

As you are now aware, there are numerous health benefits associated with a ketogenic diet, however there are also a few minor side effects that can be experienced throughout the process. These include, but are not limited to:

Constipation

If this occurs ensure that you are drinking 2-3L of water pure water daily and consuming a healthy fat with every meal (e.g. olive oil, avocado). If the symptoms persist, consider using 1 tsp of psyllium husk daily to increase the amount of fibre in your diet. Ask your health care provider if psyllium husk is the right option for you. Do not use this product without strict supervision if you have had a history of bowel conditions or bowel surgery.

Cramps

These can occur due to dehydration and electrolyte imbalance. Ensure you are drinking 2-3L of water daily and consider adding a pinch of salt to each meal. If symptoms persist you may need to consider an electrolyte drink or a mineral supplement. Seek professional advice.

Dizziness

This can occur due to dehydration, low blood pressure and low blood sugar levels. If this occurs ensure you are drinking 2-3L of water daily, ensure you are eating your 3 meals and 2 snacks each day and if symptoms persist EAT MORE and seek personalised advice and guidance on what you need to be eating to remain free from this issue.

If any of these side effects become severe or remain persistent, stop following the plan and seek medical advice immediately.

Ketogenic Diets & Fasting

CONSULT YOUR HEALTHCARE PRACTITIONER BEFORE FASTING.

Do not practice fasting if you are pregnant, breastfeeding, elderly or if you have experienced a history of disordered eating. Fasting is NOT advised if you suffer from adrenal fatigue or exhaustion. Talk to your naturopath about healing this issue before you try fasting.

Fasting can be a great way to improve your health and accelerate weight loss results.

The style of fasting that works well with the ketogenic diet is the 16:8 method where you fast for 16 hours a day and eat your meals and snacks within an 8 hour window. Prolonged water fasts and protein only fasts are NOT advised.

Aim to stop eating at 6:30pm and aim to break your fast at 10:30am and remember to drink **plenty of fluids while fasting.**

Unsweetened black coffee and herbal tea are also fine to enjoy during the fasting window. You may add 1 tsp of cream and/or coconut oil to your coffee to satisfy hunger. See my recipe for keto coffee on page 21

When we fast insulin (the fat storage hormone) goes down and glucagon goes up. This increase in glucagon stimulates the process of autophagy. Autophagy is an essential process for good health. During this time, the body is able to eliminate waste products that it no longer needs. Fasting also improves the production of growth hormone which assist the body to heal and repair.

By decreasing insulin and improving insulin sensitivity through ketogenic eating, you can begin to heal your metabolism which will ultimately lead to long term weight management.

If you would like any further assistance with fasting you can reach out and contact me anytime
christina@renewhealththerapies.com.au

21 Day Keto Kick Start Meal Plan

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Breakfast	Mushroom & Cheese Omelette pg 22	Mushroom & Cheese Omelette pg 22	Mushroom & Cheese Omelette pg 22	Raspberry Coconut Smoothie pg 26	Raspberry Coconut Smoothie pg 26	Raspberry Coconut Smoothie pg 26	Poached Egg & Hollandaise Sauce pg 24
Lunch	Warm Halloumi Salad pg 30	Warm Halloumi Salad pg 30	Bangers & Mash pg 11	Chicken Kebab Salad pg 16	Chicken Kebab Salad pg 16	Portobello Pizza pg 25	Bacon & Brussel Sprouts pg 10
Dinner	Bangers & Mash pg 11	Bangers & Mash pg 11	Chicken Kebab Salad pg 16	Charred Greens & Pancetta pg 13	Charred Greens & Pancetta pg 13	Bacon & Brussel Sprouts pg 10	Chilli & Lime Prawns pg 15
Snacks	Choc Raspberry Mud Muffin pg 17	Choc Raspberry Mud Muffin pg 17	Choc Raspberry Mud Muffin pg 17	Raw Cashew & Coconut Balls x 2 pg 25			



Bacon & Brussel Sprout Stir Fry

Serves 2

Carbs Per Serve = 4g

- 2 Middle Bacon Rashers
- 2 cups Brussel Sprouts
- 2 cups Green Beans
- 1 tbsp Butter

Method

1. Slice the tips off the green beans and cut the brussel sprouts in half. Set aside
2. Heat 1 tbsp of butter in a pan, add the brussel sprouts and allow to brown slightly
3. Dice the bacon and add to the pan
4. Add the green beans and saute until tender

Baked Salmon

Serves 2

Carbs Per Serve = 4g

200g Salmon
2 cups Green Beans
1 bunch Asparagus
2 tbsp Olive Oil
Salt & Pepper
Lemon

Method

1. Pre heat the oven to 180 degrees
2. Slice the tips off the green beans and cut the woody tip off the asparagus then coat with olive oil and set aside
3. Place the salmon on a tray lined with baking paper, drizzle with oil and bake for 15 minutes
4. Add the green beans and asparagus and cook to your liking
5. Season the salmon and veg with lemon, salt and pepper.

Bangers & Mash

Serves 3

Carbs Per Serve = 5g

300g Sausage 1 tbsp Cream Cheese (or butter)
3 cups Cauliflower 1/2 cup grated Cheese
3 cups Broccoli Salt & Pepper
1 tbsp Butter

Method

1. Saute the sausage and broccoli using 1 tbsp of butter together in a pan OR roast under the oven
2. Boil the cauliflower then blend in a food processor with 1 tbsp of cream cheese (or butter) until smooth.
3. Serve the sausage and broccoli with the cauliflower mash, season with salt and pepper and sprinkle the mash with the grated cheese.

Aim to buy sausages that contain less than 2g of carb per 100g. Outback Spirit Beef Sausages with Bush Tomato (from Coles) & Coles Finest Angus Beef Hot Links are two types I would recommend.



Baked Egg & Avocado

Serves 2

Carbs Per Serve = 1g

1 Avocado

2 Eggs

Salt & Pepper

Method

1. Preheat the oven to 180 degrees
2. Slice the avocado in half and remove the stone
3. Crack the eggs into the avocado
4. Bake under the oven until the eggs are cooked to your liking
5. Season with salt and pepper

Broccoli & Feta Quiche

Serves 3

Carbs Per Serve = 3g

6 Eggs
2 tbsp Cream
3 cups Broccoli
50g Feta Cheese
6 Semi Sun Dried Tomato Pieces
1 tbsp Olive Oil

Method

1. Heat 1 tbsp of oil in a pan, dice the broccoli into small pieces and add to the pan, saute until tender
2. Whisk the eggs and the cream together in a bowl and set aside
3. Dice the semi sun dried tomatoes and feta into small pieces and set aside
4. Add the broccoli, feta and tomato to a baking dish, spread evenly throughout the dish and pour in the whisked eggs
5. Bake at 180 degrees for 15-20 mins

Charred Greens & Pancetta

Serves 3

Carbs Per Serve = 3g

150g Pancetta
50g Feta
1 tbsp Olive Oil
2 cups Broccoli
2 cups Green Beans
1 cup Brussel Sprouts

Method

1. Cut the pancetta into strips and cook in a pan until crispy then set aside
2. Cut the vegetables into bite sized pieces and set aside
3. Add the oil to a pan, then add the veg, cook until slightly brown then toss to cook them through evenly
4. Transfer the veg to a bowl, add the pancetta and crumble the feta through the salad.

Caprese Chicken Salad

Serves 2

Carbs Per Serve = 4g

200g Chicken
1/4 cup Bocconcini
1 Avocado
1 cup Tomato
2 cups Lettuce
2 tbsp Olive Oil
Salt, Pepper, Basil

Method

1. Cook the chicken to your liking (roast, bbq, stir fry etc)
2. Slice the tomato, lettuce and avocado and add to a bowl
3. Serve the chicken with the salad and bocconcini
4. Season with salt, pepper and basil



Chicken Cacciatore

Serves 3

Carbs Per Serve = 8g

300g Chicken Thigh
1/2 can Tomato Puree
1 Garlic Clove minced
1 tbsp Olive Oil
2 cups Mushroom
1 cup Capsicum
3 cups Zucchini Noodles

Method

1. Dice the mushroom and capsicum and set aside.
2. Heat 1 tbsp of olive oil in a pan, add the chicken thigh and brown lightly on both sides
3. Add the minced garlic, mushroom and capsicum and combine well
4. Pour in the tomato puree and simmer until the chicken is cooked.
5. Serve with zucchini noodles, season with salt and pepper.

Chilli & Lime Prawns

Serves 2

Carbs Per Serve = 4g

200g Prawns
2 cups Lettuce
1 Avocado
1 cup Tomato
1/2 cup Capsicum
1 tbsp Olive Oil
Lime & Chilli

1. Heat 1 tbsp of oil in a pan, add the diced capsicum and prawns and stir fry until the prawns turn pink
2. Season the prawns with lime, chilli and any other herbs or spices of your choice (salt, coriander, etc)
3. Serve the chilli lime prawns with the lettuce, avocado and cucumber salad.

Chicken Kebab Salad

Serves 3

Carbs Per Serve = 6g

300g Chicken Thigh
3 tbsp Tzatziki
3 cups Lettuce
3 cups Cucumber
1 cup Tomato
4 tbsp Olive Oil
Lemon
Oregano & Paprika
Salt & Pepper

1. Marinade the chicken with 1 tbsp of olive oil, a squeeze of lemon juice, oregano and paprika
2. Prepare the salad vegetables and set aside
3. Cook the chicken to your liking either on the BBQ, in the oven or in a pan
4. Serve the chicken with the salad and a heaped tablespoon of tzatziki. Season with salt & pepper.

You can dice the chicken into pieces and slide them onto a skewer if you prefer. This works well when you choose to BBQ the chicken.

Choc Raspberry Mud Muffins

Serves 5

Carbs Per Serve = 6g

- 1/4 cup Cocoa
- 1/2 cup Almond Meal
- 1/4 cup Coconut Oil
- 1 pinch Baking Powder
- 5 drops Stevia (optional)
- 1/2 cup Frozen Raspberries

Method

1. Pre heat the oven to 180 degrees
2. Defrost the strawberries in a small bowl and melt the coconut oil. Set aside
3. Combine the cocoa, almond meal and baking powder together in a bowl.
4. Add the raspberries (including the liquid from the defrost) and the coconut oil and combine well.
5. Add stevia to taste (optional)
6. Spoon the mixture into muffin moulds and bake for 12-15 minutes.

Choc Coated Roasted Almonds

Serves 13

Carbs Per Serve = 2g

- 1 Block 85% Dark Chocolate
- 1 tbsp Coconut Oil
- 1/2 cup Roasted Almonds

Method

1. Melt the dark chocolate with the coconut oil
2. Stir in the almonds
3. Using a tablespoon, scoop the mixture out into mini muffin papers and set in the fridge
4. Enjoy!

Creamy Chocolate Smoothie

Serves 1

Carbs Per Serve = 5g

1/2 cup Coconut Milk

1 tsp Cocoa

1/2 cup Water

2 tbsp Renew You Protein Powder

2-3 drops of Stevia (optional)

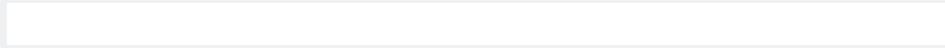
1/2 tsp Cinnamon

Method

1. Add all ingredients to a blender or magic bullet and combine well.



Chorizo Stir Fry



Serves 2

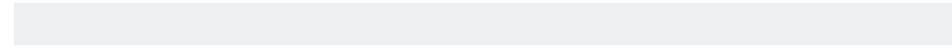
Carbs Per Serve = 4g

100g Chorizo
1 tbsp Butter
1/2 cup Capsicum
1 cup Green Beans
2 cups Mushrooms
Parsley & Pepper

Method

1. Dice the capsicum, green beans, mushrooms and chorizo and set aside
2. Heat the butter in a pan
3. Add the mushrooms and saute for 1-2 minutes
4. Add the capsicum, green beans and chorizo and saute until the vegetables are cooked to your liking
5. Season and garnish with parsley and pepper.

Fajita Chicken Bowl



Serves 3

Carbs Per Serve = 7g

300g Chicken Thigh	1 cup Capsicum
1 cup Tomato	3 tbsp Salsa
1 cup Cucumber	3 tbsp Olive Oil
3 cups Lettuce	1 tbsp Mexican Seasoning
1 Avocado	Lime & Coriander

Method

1. Rub the chicken with the seasoning and set aside
2. Slice the capsicum & dice the tomato. Set aside
3. Heat the oil in a pan, add the capsicum and cook until slightly charred then set aside
4. Cook the chicken in the pan, browning slightly on both sides. Add the capsicum and tomato to the pan and saute until the chicken has finished cooking
5. Serve with a side of lettuce, avocado & cucumber.

Ham & Cheese Muffins

Serves 3

Carbs Per Serve = 3g

1 cup Almond Meal
2 eggs
1/2 cup Cottage Cheese
100g Ham

Method

1. Pre heat the oven to 180 degrees and lightly grease 3 ramekins
2. Dice the ham and add to a mixing bowl
3. Add the almond meal, eggs and cottage cheese and combine well
5. Pour the mixture into the ramekins and bake at 180 for 15-25 minutes (until they begin to turn slightly golden brown)
6. Enjoy warm or cold

Loaded Bolognese

Serves 3

Carbs Per Serve = 7g

300g Beef Mince	1 cup Mushroom
1 Garlic Clove minced	3 cups Zucchini Noodles
1/2 can Tomato Puree	2 tbsp Olive Oil
1 cup Celery	Salt & Pepper
1 cup Capsicum	

Method

1. Heat the oil in a pan, add the garlic and heat until aromatic
2. Dice the celery, capsicum and mushrooms and set aside
3. Add the beef mince to the pan and brown well
4. Add the diced vegetables and combine well
5. Pour in the tomato puree and simmer until the beef mince is cooked
6. Serve the loaded bolognese with zucchini noodles
7. Season with salt and pepper

Keto Coffee

Serves 1

Carbs Per Serve = 0g

1 cup Black Coffee
1 tsp Cream
1 tsp Coconut Oil

Method

1. Prepare the coffee to your liking and stir in the cream and coconut oil

Notes

This coffee can be enjoyed while fasting and also as a snack during the day.

Most keto coffee recipes contain much more butter, cream or oil making them a very high calorie choice. This can lead to a stall in weight loss, limit you intake to no more than 3 Keto Coffee's per day.





Mushroom & Cheese Omelette

Serves 1

Carbs Per Serve = 2g

2 Eggs

1 tbsp Cream

1 tbsp Butter

1 cup Mushrooms

30g Feta Cheese

Salt, Pepper, Parsley

Method

1. Whisk the eggs and cream together in a small bowl and set aside
2. Heat the butter in a pan, add the mushrooms and saute for 30-60 seconds
3. Pour in the egg mixture and cover with a lid, cook until base is firm
4. Sprinkle with feta cheese and flip the omelette.
5. Season and garnish with salt, pepper and parsley

PB Choc Fudge

Serves 15

Carbs Per Serve = 2g

Serving Size = 1 Piece

- 1/4 cup Peanut Butter
- 1/4 cup Cocoa
- 1/4 cup Coconut Oil
- 1/2 tbsp Rice Malt Syrup or Honey (optional)
- 3 drops Stevia (optional)

Method

1. Melt all ingredients together in a bowl and combine well
2. Add stevia if you prefer a sweeter option
4. Pour the mixture into an ice cube tray or into chocolate moulds
5. Set and store in the fridge.

Pizza

Serves 1

Carbs Per Serve = 5g

(The Base)

- 1 Egg
- 1 tbsp Almond Meal
- 1 tsp butter

(The Topping)

- 1 tbsp Tomato Paste
- 1/2 cup Mushroom
- 1 tbsp Olives
- 2 tbsp grated Cheese

Method

1. Whisk the egg with the almond meal
2. Heat the butter in a pan and pour in the egg mixture. 3. Cover with a lid & flip once the base is well cooked
4. Remove the base from the pan & transfer to a baking tray
5. Cover with tomato paste, sliced mushrooms, olives & grated cheese. Bake or grill until cheese has melted

Poached Egg & Hollandaise

Serves 1

Carbs Per Serve = 3g

2 Eggs

1 cup Asparagus

½ tbsp Lemon Juice

75 g Butter

1 tbsp Vinegar

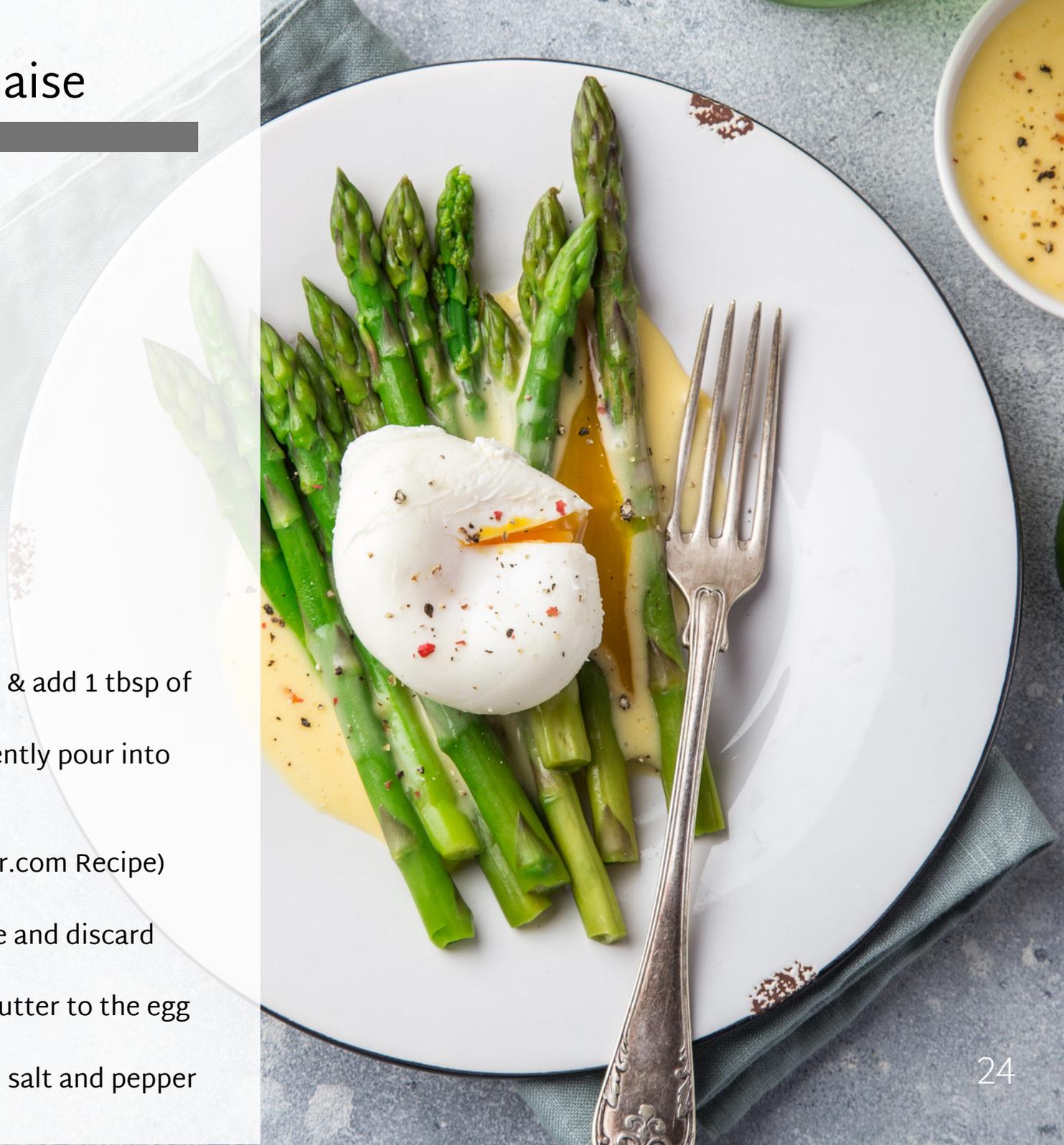
Salt & Pepper

Method (Poached Eggs)

1. Bring a small pot of water to the boil & add 1 tbsp of vinegar
2. Crack an egg into a small dish and gently pour into the boiling water. Poach to your liking

Method (Hollandaise Sauce - dietdoctor.com Recipe)

1. Separate the egg yolk from the white and discard the white
2. Melt the butter and slowly add the butter to the egg yolk whisking until it thickens
3. Add the lemon juice and season with salt and pepper



Portobello Pizza

Serves 1

Carbs Per Serve = 5g

2 large Portobello Mushrooms.
2 tbsp Grated Cheese
50g Salami
1 cup Baby Spinach
1/2 cup Capsicum
2 tbsp Tomato Puree
1 tbsp Olive Oil

1. Shred the salami, dice the capsicum & set aside
2. Remove the stem of the mushroom and scoop out some of the centre of the mushroom and dice into small pieces
3. Heat the olive oil in a pan, add the mushroom, spinach, capsicum and salami and stir fry until the spinach has wilted
4. Spread 1 tbsp of tomato puree on each mushroom
5. Scoop in the mixture and sprinkle with cheese
6. Bake under the oven or under a grill until the cheese has melted and the mushroom has warmed through
7. Season with salt and pepper

Raw Cashew & Coconut Balls

Serves 15

Carbs Per Serve = 1g

Serving Size = 1 Ball

1/2 cup Almond Meal
1/2 cup Desiccated Coconut
1/2 cup Cashews
2 tbsp Coconut Oil
4 drops Stevia

1. Combine all ingredients into a food processor or magic bullet
2. Process until the mixture forms a paste
3. Press the mixture into ball shaped pieces (it may be too soft to roll into balls)
4. Set in the fridge



Raspberry & Coconut Smoothie

Serves 1

Carbs Per Serve = 7g

1/2 cup Coconut Milk

1/2 cup Raspberries

1/2 cup Water

1 tbsp Renew You Protein Powder

1/2 tsp Cinnamon

Method

1. Combine all ingredients together in a blender or a magic bullet and whizz until smooth.

Satay Beef Salad

Serves 3

Carbs Per Serve = 8g

300g Beef Strips
1 cup Bean Sprouts
1 cup Capsicum
2 cups Cucumber
2 cups Snow Peas
2 tbsp Olive Oil
1 tbsp Chilli Sauce
3 tbsp Peanut Butter
Chilli, Coriander, Sesame Seeds

Method

1. Slice the vegetables into thin strips and set aside
2. Heat 1 tbsp of oil in a pan and add the beef, cook to your liking then turn off the heat
3. Melt the peanut butter with 1 tbsp of olive oil and 1 tbsp of chilli sauce, pour over the beef strips
4. Serve the satay beef with the fresh salad
5. Garnish and season with chilli, coriander and sesame seeds

Satay Chicken Stir Fry

Serves 3

Carbs Per Serve = 8g

300g Chicken
1 tsp Coconut Oil
1/2 cup Coconut Milk
1/4 cup Peanut Butter
1 tbsp Thai Red Curry Paste
1 cup Green Beans
3 cups Broccoli
2 cups Cauliflower
1/2 hot cup water

Method

1. Dice the vegetables and chicken and set aside
2. Heat 1 tsp of coconut oil in a pan & add the chicken
3. Melt the peanut butter and set aside
4. Add the curry paste, peanut butter & coconut milk to the pan, combine well and add 1/4 of a cup of water
5. Add the vegetables, combine well, turn the heat down and allow to simmer for a few minutes. Add hot water as needed to prevent the sauce from becoming too dry & sticky. Serve with chilli & coriander

Scrambled Eggs

Serves 1

Carbs Per Serve = 2

2 eggs
1 tbsp Cream
1 tbsp Butter
1 cup Baby Spinach
1 cup Mushroom
1 tsp Worcestershire Sauce
Salt & Pepper

Method

1. Whisk the eggs with the cream
2. Heat the butter in a pan, saute the mushrooms and season with worcestershire sauce. Set aside
3. Add the eggs and cook to your liking
4. Serve the eggs with the mushrooms and fresh or wilted baby spinach.
5. Season with salt and pepper

Steak & Garlic Butter Greens

Serves 3

Carbs Per Serve = 3g

300g Thin Steak
2 tbsp Butter
1 tbsp Olive Oil
1 Garlic Clove
1 cup Broccoli
3 cups Green Beans
Salt & Pepper

Method

1. Cook the steak to your liking using 1 tbsp of oil
2. Heat the butter in a pan
3. Add the minced garlic and heat until aromatic
4. Add the broccoli & green beans and saute until tender
5. Serve the steak with the vegetables and season with salt and pepper.

Strawberry & Almond Smoothie

Serves 1

Carbs Per Serve = 5

1/4 cup Raw Almonds

1 cup Water

1/2 cup Strawberries

1 tbsp Renew You Protein Powder

Method

1. Soak the almonds in 1 cup of water overnight
2. Combine the soaked almonds, water, strawberries and protein powder together in a blender or magic bullet and combine until smooth.

Soaking the almonds overnight gives them a smooth, creamy consistency.



Turkey Sandwich

Serves 1

Carbs Per Serve = 3g

2 tbsp Almond Meal
1 Egg
1 pinch Baking Powder
1 tsp Mustard
50g Turkey
1 cup cucumber
Salt & Pepper

Method

1. Lightly grease a ramekin and set aside
2. Combine the egg, almond meal and baking powder together in a bowl and pour into the ramekin
3. Microwave for 30-40 seconds
4. Remove the muffin from the microwave and allow to cool
5. Slice it in half and fill with mustard and turkey
6. Serve with a side of cucumber seasoned with a pinch of salt and pepper

Warm Halloumi Salad

Serves 3

Carbs Per Serve = 4g

100g Halloumi
3 cups Mushroom
1 cup Cherry Tomatoes
2 cups Green Beans
3 tbsp Butter
Pepper & Parsley

Method

1. Slice the halloumi and cook in a pan until brown and crispy. Set aside
2. Dice the vegetables and set aside
3. Heat the butter in a pan, add the mushrooms and saute for 2 minutes
4. Add the green beans and saute until tender
5. Toss in the tomato and halloumi and combine well.
6. Season with pepper & parsley



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Personalised Support

If you're looking for personalised guidance and support, go ahead and book an appointment today!

You can contact Christina directly via email christina@renewhealththerapies.com.au or on 0411 982 105

You can also book an appointment online [HERE](#)

