

Keto Smoked Salmon Plate

(Friday Lunch)



Net carbs: 0 % (1 g)

Fiber: 1 g

Fat: 70 % (109 g)

Protein: 30 % (105 g)

kcal: 1403

INGREDIENTS:

6 oz. smoked salmon

½ cup mayonnaise

½ oz. baby spinach

½ tbsp olive oil

¼ lime (optional)

salt and pepper

DIRECTIONS:

1. Put salmon, spinach, a wedge of lime, and a hearty dollop of mayonnaise on a plate.
2. Drizzle olive oil over the spinach and season with salt and pepper.