

Italian Keto Plate

(Sunday lunch)



Net carbs: 4 % (8 g)

Fiber: 3 g

Fat: 77 % (69 g)

Protein: 19 % (40 g)

kcal: 822

INGREDIENTS:

3½ oz. fresh mozzarella cheese

3½ oz. prosciutto, sliced

1 tomato

2 2/3 tbsp olive oil

5 green olives

salt and pepper

DIRECTIONS:

1. Put tomatoes, prosciutto, cheese and olives on a plate. Serve with olive oil and season with salt and pepper to taste.