



NOURISHED KETO

2 Week Jumpstart Guide

A "How-To" Guide on getting into
Nourishing Ketosis, quickly and
sustainably, while cutting cravings.

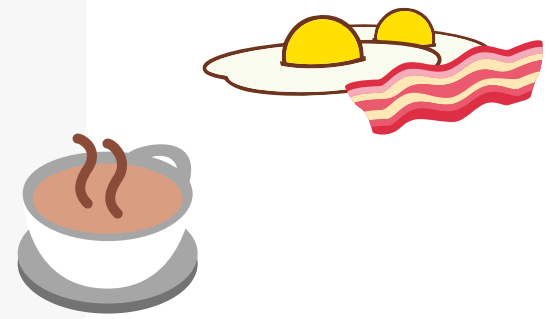
INCLUDES:

- ➔ Daily Meal Plans
- ➔ Detailed Recipes
- ➔ FAQs Section

DAY #1

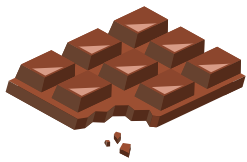
BREAKFAST

- ☐ 2-3 x Whole Eggs
- ☐ 1 x Serving Nourished Bacon Kale
- ☐ Redmond Real Salt, to taste
- ☐ Coffee with 1 x Tbsp Heavy Whipping Cream



SNACKS

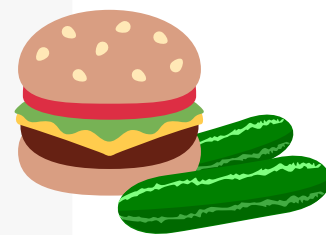
OPTIONAL



- ☐ 1/4 x Cup Almonds
- ☐ 2 x Full Sour Pickles
- ☐ 2-3 x Sugar Free Pepperettes
- ☐ 2 x Squares Dark Unsweetened Chocolate

LUNCH

- ☐ 2 x Nourished Burger Patties
- ☐ 2 x Slices Cheese (Cheddar, Gouda, etc)
- ☐ 2 x Full Sour Pickles
- ☐ 1 Cup x Steamed Broccoli or Asparagus
- ☐ Redmond Real Salt, to taste



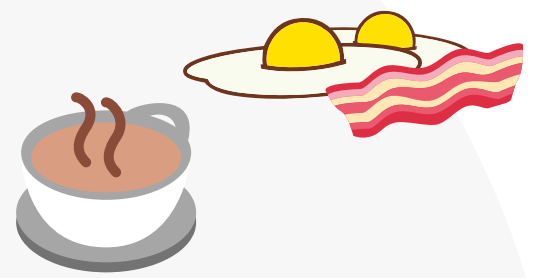
DINNER

- ☐ 1 x Serving Nourished Cacciatore
- ☐ 1/4 Cup x Shredded Cheddar Cheese
- ☐ 1 Cup x Steamed Broccoli or Asparagus
- ☐ Redmond Real Salt, to taste

DAY #2

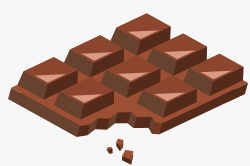
BREAKFAST

- 2-3 x Whole Eggs
- 1 x Serving Nourished Bacon Kale
- Redmond Real Salt, to taste
- Coffee with 1 x Tbsp Heavy Whipping Cream



SNACKS

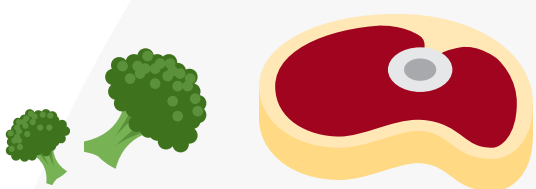
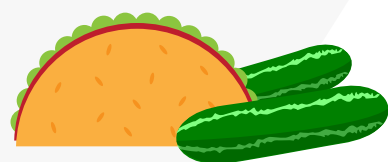
OPTIONAL



- 1/4 Cup Almonds
- 2 x Full Sour Pickles
- 2-3 x Sugar Free Pepperettes
- 2 x Squares Dark Unsweetened Chocolate

LUNCH

- 2 x Nourished Tacos
- 1/4 Cup x Shredded Cheddar Cheese
- 2 x Full Sour Pickles
- Redmond Real Salt, to taste



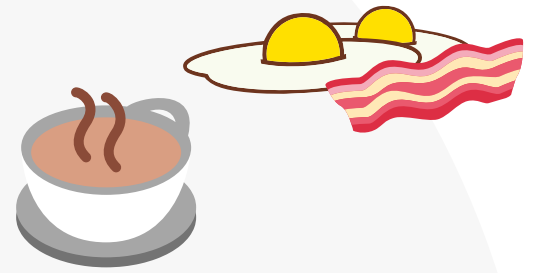
DINNER

- 1 x Striploin Steak
- 1 Tbsp x Unsalted Butter
- 1 Cup x Steamed Broccoli or Asparagus
- Redmond Real Salt, to taste

DAY #3

BREAKFAST.....

- 2-3 x Whole Eggs
- 1 x Serving Nourished Bacon Kale
- Redmond Real Salt, to taste
- Coffee with 1 x Tbsp Heavy Whipping Cream



.....SNACKS.....

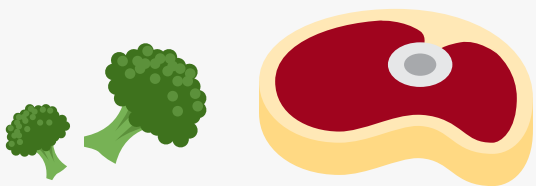
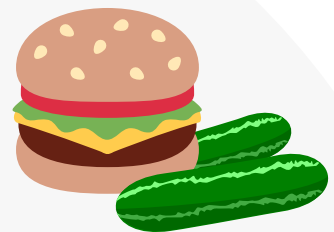
OPTIONAL



- 1/4 Cup Almonds
- 2 x Full Sour Pickles
- 2-3 x Sugar Free Pepperettes
- 2 x Squares Dark Unsweetened Chocolate

.....LUNCH.....

- 2 x Nourished Burger Patties
- 2 x Slices Cheese (Cheddar, Gouda, etc)
- 2 x Full Sour Pickles
- Redmond Real Salt, to taste



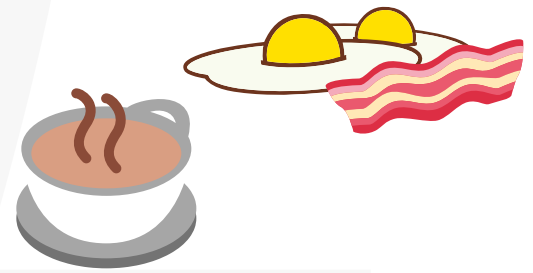
.....DINNER.....

- 1 x Striploin Steak
- 1 Tbsp x Unsalted Butter
- 1 Cup x Steamed Broccoli or Asparagus
- Redmond Real Salt, to taste

DAY #4

BREAKFAST

- ☐ 2-3 x Whole Eggs
- ☐ 2 x Bacon Strips
- ☐ Redmond Real Salt, to taste
- ☐ Coffee with 1 x Tbsp Heavy Whipping Cream



SNACKS

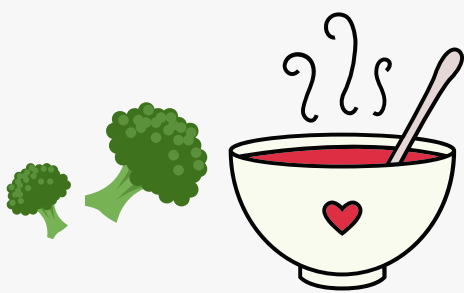
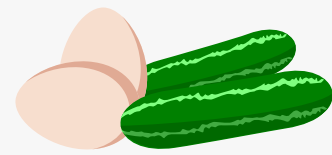
OPTIONAL



- ☐ 1/4 Cup Almonds
- ☐ 2 x Full Sour Pickles
- ☐ 2-3 x Sugar Free Pepperettes
- ☐ 2 x Squares Dark Unsweetened Chocolate

LUNCH

- ☐ 2 x Nourished Frittata
- ☐ 2 x Full Sour Pickles
- ☐ Redmond Real Salt, to taste



DINNER

- ☐ 1 x Serving Nourished Cacciatore
- ☐ 1/4 Cup x Shredded Cheddar Cheese
- ☐ 1 Cup x Steamed Broccoli or Asparagus
- ☐ Redmond Real Salt, to taste

DESSERT

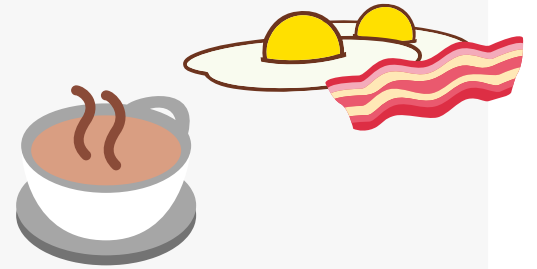
- ☐ 1 x Serving Nourished No Bake Keto Cheesecake



DAY #5

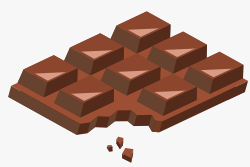
BREAKFAST

- ☐ 2-3 x Whole Eggs
- ☐ 2 x Bacon Strips
- ☐ Redmond Real Salt, to taste
- ☐ Coffee with 1 x Tbsp Heavy Whipping Cream



SNACKS

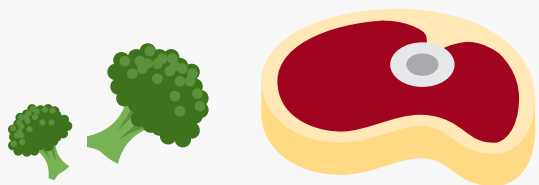
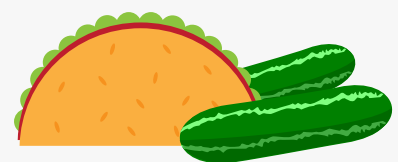
OPTIONAL



- ☐ 1/4 Cup Almonds
- ☐ 2 x Full Sour Pickles
- ☐ 2-3 x Sugar Free Pepperettes
- ☐ 2 x Squares Dark Unsweetened Chocolate

LUNCH

- ☐ 2 x Nourished Tacos
- ☐ 1/4 Cup x Shredded Cheddar Cheese
- ☐ 2 x Full Sour Pickles
- ☐ Redmond Real Salt, to taste



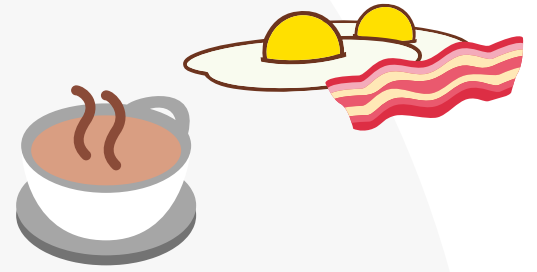
DINNER

- ☐ 1 x Striploin Steak
- ☐ 1 Tbsp x Unsalted Butter
- ☐ 1 x Serving Nourished Bacon Kale
- ☐ Redmond Real Salt, to taste

DAY #6

BREAKFAST.....

- 2-3 x Whole Eggs
- 2 x Bacon Strips
- Redmond Real Salt, to taste
- Coffee with 1 x Tbsp Heavy Whipping Cream



.....SNACKS.....

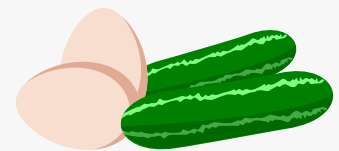
- 1/4 Cup Almonds
- 2 x Full Sour Pickles
- 2-3 x Sugar Free Pepperettes
- 2 x Squares Dark Unsweetened Chocolate



OPTIONAL

.....LUNCH.....

- 2 x Nourished Frittata
- 2 x Full Sour Pickles
- Redmond Real Salt, to taste



.....DINNER.....

- 1 x Serving Nourished Cacciatore
- 1/4 Cup x Shredded Cheddar Cheese
- 1 Cup x Steamed Broccoli or Asparagus
- Redmond Real Salt, to taste

.....DESSERT.....

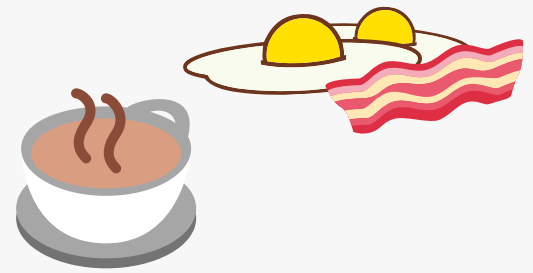
- 1 x Serving Nourished No Bake Keto Cheesecake



DAY #7

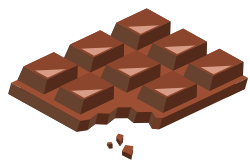
BREAKFAST.....

- 2-3 x Whole Eggs
- 2 x Bacon Strips
- Redmond Real Salt, to taste
- Coffee with 1 x Tbsp Heavy Whipping Cream



.....SNACKS.....

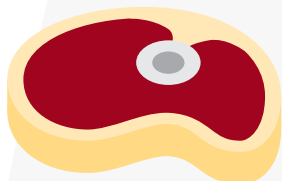
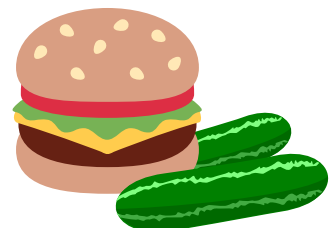
OPTIONAL



- 1/4 Cup Almonds
- 2 x Full Sour Pickles
- 2-3 x Sugar Free Pepperettes
- 2 x Squares Dark Unsweetened Chocolate

.....LUNCH.....

- 2 x Nourished Burger Patties
- 2 x Slices Cheese (Cheddar, Gouda, etc)
- 2 x Full Sour Pickles
- Redmond Real Salt, to taste



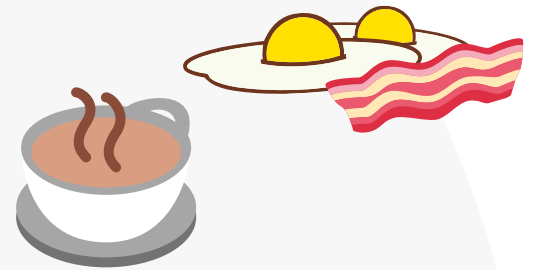
.....DINNER.....

- 1 x Striploin Steak
- 1 Tbsp x Unsalted Butter
- 1 x Serving Nourished Bacon Kale
- Redmond Real Salt, to taste

DAY #8

BREAKFAST.....

- ☐ 2-3 x Whole Poached Eggs
- ☐ 1 x Bacon Strips
- ☐ 2 x Slices Nourished Keto Bread
- ☐ 1 x Serving Nourished Hollandaise
- ☐ Redmond Real Salt, to taste
- ☐ Coffee with 1 x Tbsp Heavy Whipping Cream



.....SNACKS.....

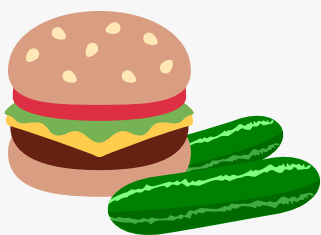
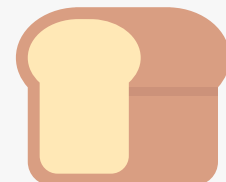
- ☐ 1/4 Cup Almonds
- ☐ 2 x Full Sour Pickles
- ☐ 2-3 x Sugar Free Pepperettes
- ☐ 2 x Squares Dark Unsweetened Chocolate



OPTIONAL

.....LUNCH.....

- ☐ 1 x Nourished Meatloaf
- ☐ 6 x Black or Green Olives
- ☐ 2 x Cheese Slices (Cheddar, Gouda, etc)
- ☐ Redmond Real Salt, to taste



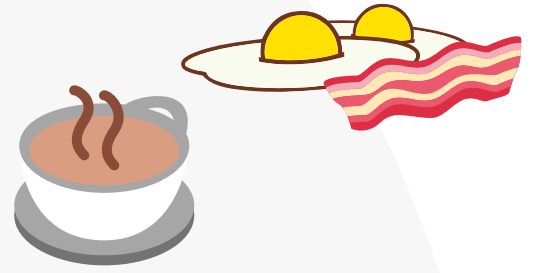
.....DINNER.....

- ☐ 2 x Nourished Burger Patties
- ☐ 2 x Slices Cheese (Cheddar, Gouda, etc)
- ☐ 2 x Full Sour Pickles
- ☐ Redmond Real Salt, to taste

DAY #9

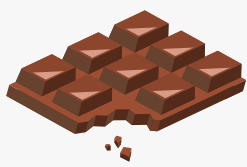
BREAKFAST.....

- 2-3 x Whole Poached Eggs
- 1 x Bacon Strips
- 2 x Slices Nourished Keto Bread
- 1 x Serving Nourished Hollandaise
- Redmond Real Salt, to taste
- Coffee with 1 x Tbsp Heavy Whipping Cream



.....SNACKS.....

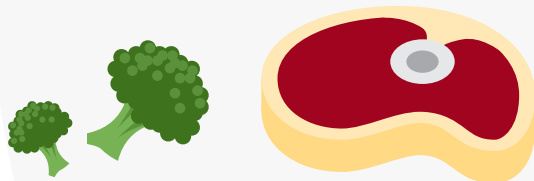
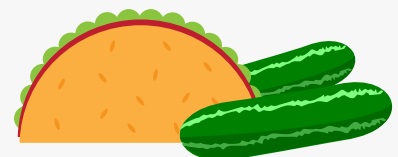
OPTIONAL



- 1/4 Cup Almonds
- 2 x Full Sour Pickles
- 2-3 x Sugar Free Pepperettes
- 2 x Squares Dark Unsweetened Chocolate

.....LUNCH.....

- 2 x Nourished Tacos
- 1/4 Cup x Shredded Cheddar Cheese
- 2 x Full Sour Pickles
- Redmond Real Salt, to taste



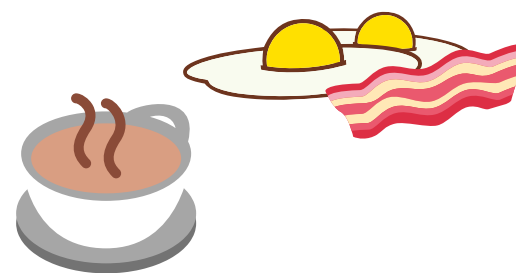
.....DINNER.....

- 1 x Striploin Steak
- 1 Tbsp x Unsalted Butter
- 1 x Serving Nourished Bacon Kale
- Redmond Real Salt, to taste

DAY #10

BREAKFAST

- 2-3 x Whole Poached Eggs
- 1 x Bacon Strips
- 2 x Slices Nourished Keto Bread
- 1 x Serving Nourished Hollandaise
- Redmond Real Salt, to taste
- Coffee with 1 x Tbsp Heavy Whipping Cream



SNACKS

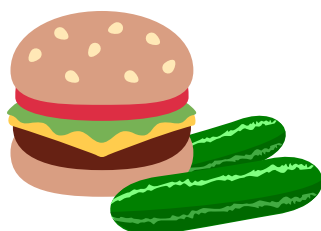
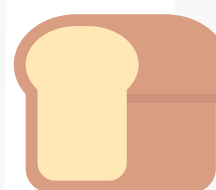
OPTIONAL



- 1/4 Cup Almonds
- 2 x Full Sour Pickles
- 2-3 x Sugar Free Pepperettes
- 2 x Squares Dark Unsweetened Chocolate

LUNCH

- 1 x Nourished Meatloaf
- 6 x Black or Green Olives
- 2 x Cheese Slices (Cheddar, Gouda, etc)
- Redmond Real Salt, to taste



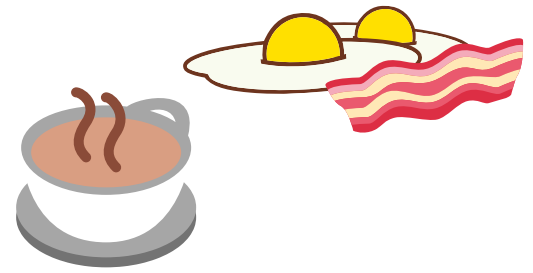
DINNER

- 2 x Nourished Burger Patties
- 2 x Slices Cheese (Cheddar, Gouda, etc)
- 1 x Serving Nourished Bacon Kale
- Redmond Real Salt, to taste

DAY #11

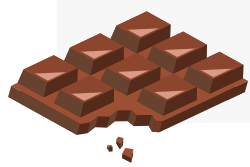
BREAKFAST.....

- 2-3 x Whole Eggs
- 2 x Bacon Strips
- Redmond Real Salt, to taste
- Coffee with 1 x Tbsp Heavy Whipping Cream



.....SNACKS.....

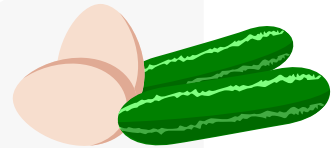
OPTIONAL



- 1/4 Cup Almonds
- 2 x Full Sour Pickles
- 2-3 x Sugar Free Pepperettes
- 2 x Squares Dark Unsweetened Chocolate

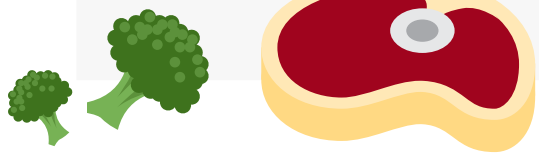
.....LUNCH.....

- 1 x Nourished Frittata
- 2 x Full Sour Pickles
- Redmond Real Salt, to taste



.....DINNER.....

- 1 x Striploin Steak
- 1 Tbsp x Unsalted Butter
- 1 x Serving Nourished Bacon Kale
- Redmond Real Salt, to taste



.....DESSERT.....

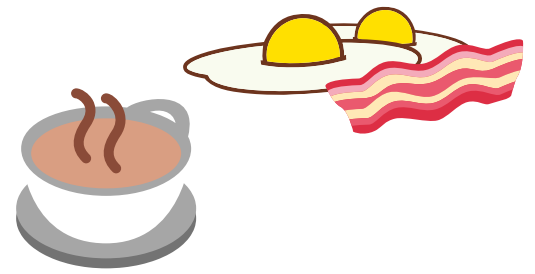
- 1 x Serving Nourished No Bake Keto Cheesecake



DAY #12

BREAKFAST

- 2-3 x Whole Eggs
- 2 x Bacon Strips
- Redmond Real Salt, to taste
- Coffee with 1 x Tbsp Heavy Whipping Cream



SNACKS

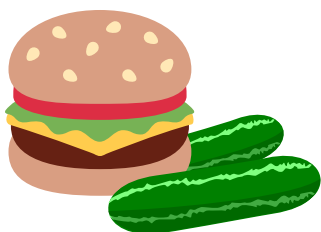
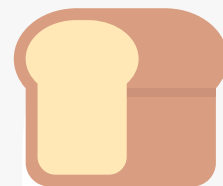
OPTIONAL



- 1/4 Cup Almonds
- 2 x Full Sour Pickles
- 2-3 x Sugar Free Pepperettes
- 2 x Squares Dark Unsweetened Chocolate

LUNCH

- 1 x Nourished Meatloaf
- 6 x Black or Green Olives
- 2 x Cheese Slices (Cheddar, Gouda, etc)
- Redmond Real Salt, to taste



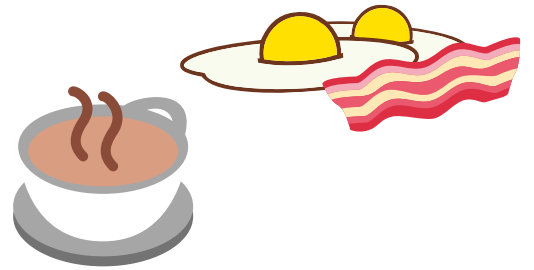
DINNER

- 2 x Nourished Burger Patties
- 2 x Slices Cheese (Cheddar, Gouda, etc)
- Redmond Real Salt, to taste

DAY #13

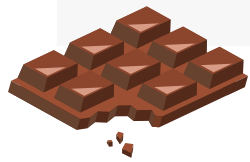
BREAKFAST

- 2-3 x Whole Eggs
- 2 x Bacon Strips
- Redmond Real Salt, to taste
- Coffee with 1 x Tbsp Heavy Whipping Cream



SNACKS

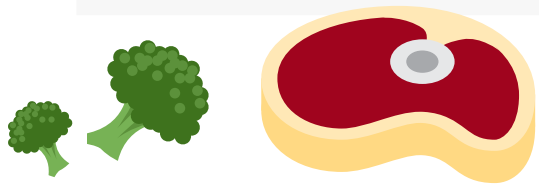
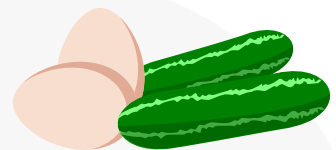
OPTIONAL



- 1/4 Cup Almonds
- 2 x Full Sour Pickles
- 2-3 x Sugar Free Pepperettes
- 2 x Squares Dark Unsweetened Chocolate

LUNCH

- 1 x Nourished Frittata
- 2 x Full Sour Pickles
- Redmond Real Salt, to taste



DINNER

- 1 x Striploin Steak
- 1 Tbsp x Unsalted Butter
- 1 x Serving Nourished Bacon Kale
- Redmond Real Salt, to taste

DESSERT

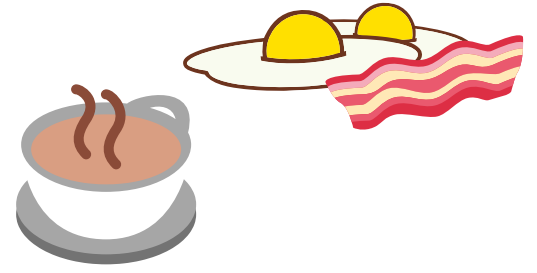
- 1 x Serving Nourished No Bake Keto Cheesecake



DAY #14

BREAKFAST.....

- ☐ 2-3 x Whole Poached Eggs
- ☐ 1 x Bacon Strips
- ☐ 2 x Slices Nourished Keto Bread
- ☐ 1 x Serving Nourished Hollandaise
- ☐ Redmond Real Salt, to taste
- ☐ Coffee with 1 x Tbsp Heavy Whipping Cream



.....SNACKS.....

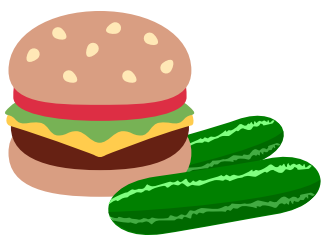
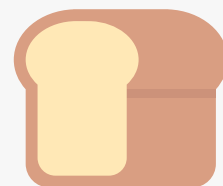
OPTIONAL



- ☐ 1/4 Cup Almonds
- ☐ 2 x Full Sour Pickles
- ☐ 2-3 x Sugar Free Pepperettes
- ☐ 2 x Squares Dark Unsweetened Chocolate

.....LUNCH.....

- ☐ 1 x Nourished Meatloaf
- ☐ 6 x Black or Green Olives
- ☐ 2 x Cheese Slices (Cheddar, Gouda, etc)
- ☐ Redmond Real Salt, to taste



.....DINNER.....

- ☐ 2 x Nourished Burger Patties
- ☐ 2 x Slices Cheese (Cheddar, Gouda, etc)
- ☐ Redmond Real Salt, to taste

HOW TO



Follow The Meals As Stated

If it isn't listed on the plan, do not eat it! Deviating can result in a lack of results.



Adjust According To Hunger

When a meal suggests a variation in quantities such as (2-3), adjust according to your personal hunger.



Prep Your Meals

Prepping your meals and portioning recipes ahead of time will result in greater success!



Buy Organic

Buy Organic meats and produce whenever the budget allows you to do so. But do not fret if you cannot!



Buy In Bulk

Buy larger quantities of meats/produce when on sale to save money! Meats can be frozen after purchase.



Snacks Are Optional

Snacks are NOT mandatory and as such, only ONE option out of the list should be chosen per day.



Sweet Things/Desserts

There are only a few! The goal of the 14 Days is to cut Sugar Cravings.



Always Salt Your Food

You'll be taking in less carbohydrate, resulting in water loss, as such you'll require electrolytes from your diet!

NOURISHED

BACON KALE

What You Need

- 4 Cups x Dino (Lacinato) Kale, rinsed
- 4 Slices of Bacon, diced (*sugar-free*)
- Large Frying Pan
- Redmond Real Salt, to taste

What To Do

- ➊ In frying pan, gently fry diced bacon on medium-low heat.
- ➋ Meanwhile, rinse and tear up Kale into bite sized peices. Put aside.
- ➌ Once bacon is fully cooked, toss in rinsed kale and continue cooking gently on low heat.
- ➍ Once Kale is bright green and slightly crispy, remove from heat, toss with salt and serve!

PRO-TIP!

Bacon Kale can be made in large batches and stored for up to 3 days in an airtight container! Enjoy hot or cold.

NUTRITION

Servings: 2

Calories: 170

Total Carbs: 14g

Fat: 10g

Protein: 12g

NOURISHED BURGER PATTIES

What You Need

- 2 Lbs Lean Ground Beef
- 1/4 Yellow Onion, minced
- 3 Tsp Oyster Sauce
- 1/4 Cup Water
- Redmond Real Salt, to taste

What To Do

- ➊ Add all ingredients to a large mixing bowl.
- ➋ Gently, mix thoroughly with washed hands. Careful not to over-mix!
- ➌ Divide mixture into 4 equal burger patties. This can be done using a burger press or simply by molding with your hands.
- ➍ Cook immediately - or - place parchment paper in between patties to prevent sticking and freeze in freezer bags/airtight container.

PRO-TIP!

Patties can be made in large batches and frozen weeks ahead of time!

NUTRITION

Servings: 4

Calories: 119

Total Carbs: 1.9g

Fat: 2.8g

Protein: 11.3g

NOURISHED CACCIATORE

What You Need

- 8 Chicken Thighs, skinless & boneless
- 1 Large Tin Diced Tomatoes
- 2 Tbsp Worcestershire Sauce
- 2 Tbsp Olive Oil
- 1 Clove Fresh Garlic, crushed
- Italian Seasonings
- Redmond Real Salt, to taste

What To Do

- ➊ Add Olive Oil & Garlic to the base of a Crockpot - or - InstantPot.
- ➋ Bring up to heat and sear both sides of Chicken Thighs in the Oil and Garlic.
- ➌ Add remaining ingredients and cook according to below options.
- ➍ Crockpot - Cook on low for 4-6 hours. Stirring occasionally.
InstantPot - Cook on high pressure for 8 minutes, natural release for 10 minutes.

PRO-TIP!

*Recipe can be double depending on the size of your Crockpot/InstantPot.
Servings can be portioned and refrigerated for up to 4 days.*

NUTRITION

Servings: 4

Calories: 327

Total Carbs: 10.7g

Fat: 13.8g

Protein: 37.8g

NOURISHED TACOS

What You Need

- 2 Lbs Lean Ground Beef
- 1/4 Yellow Onion, diced
- 2 Tbsp Nourished Taco Seasoning Mix
- 1 Tbsp Apple Cider Vinegar
- 2 Tbsp Coconut Oil
- 2 Tbsp Tomato Paste
- 1 Head Lettuce (Romaine, Butterleaf or Iceberg work well)
- Redmond Real Salt, to taste

What To Do

- ➊ In a large frying pan, sautee Onion and Seasoning Mix in Coconut Oil.
- ➋ Once Onion becomes translucent, add Ground Beef and continue to cook gently until all browned.
- ➌ Add Apple Cider Vinegar, Tomato Paste and mix thoroughly. Remove from heat.
- ➍ Divide Taco Mix and serve atop Lettuce "Tacos".

PRO-TIP!

Taco Mix can be stored in the refrigerator for up to 4 days!

NUTRITION

Servings: 4

Calories: 197

Total Carbs: 5.6gr

Fat: 9.9gr

Protein: 12.4gr

NOURISHED TACO SEASONING

What You Need

- ☐ 1.5 Tbsp Chili Powder
- ☐ 1/2 Tsp Garlic Powder
- ☐ 1/2 Tsp Onion Powder
- ☐ 1/4 Tsp Dried Oregano
- ☐ 2 Tsp Smoked Paprika
- ☐ 2 Tsp Cumin
- ☐ 1/2 Tsp Cinnamon

What To Do

- 1** Mix all spices together, carefully, and store in an airtight jar until use.

PRO-TIP!

Make an extra large batch and store for use whenever!

NUTRITION

It's a spice mix, there's no counting calories or carbs here!

NOURISHED

FRITTATA

What You Need

- 9 Large Eggs
- 1/3 Cup Heavy Whipping Cream
- 2 Tbsp Fresh Chives, chopped
- 1/4 Cup Fresh Feta Cheese, crumbled
- 8 Black or Green Olives, sliced
- 1/4 Yellow Onion, diced
- 1 Clove Garlic, crushed
- Redmond Real Salt, to taste

What To Do

- ➊ Pre-heat oven to 375F. In a large mixing bowl, hand whisk all 9 Eggs with Whipping Cream until light and fluffy.
- ➋ Gently stir in Onion, Chives, Garlic, Feta & Salt.
- ➌ Line a 10 inch round baking/casserole dish with coconut oil followed with a round peice of parchment placed on the bottom.
- ➍ Pour egg mixture into dish, sprinkle with Olives and bake for 12-15 minutes or until brown around the edges.

PRO-TIP!

Adding Parchment helps to prevent sticking. You can also add another piece around the rim of the dish to prevent sides from sticking.

NUTRITION

Servings: 4

Calories: 241

Total Carbs: 2.5gr

Fat: 21gr

Protein: 16gr

NOURISHED KETO BREAD

What You Need

- 1 1/2 Cups Almond Flour, sifted
- 6 Large Eggs, separated
- 1/4 Cup Unsalted Butter, melted
- 3 Tsp Aluminum Free Baking Powder
- 1/4 Tsp Cream of Tartar
- 2 Packets of Stevia - or - 8 Drops
- Redmond Real Salt, to taste

What To Do

- ➊ Pre-heat oven to 375F. Grease an 8 inch Loaf Pan with coconut oil and line with parchment paper, lengthwise.
- ➋ Separate Egg Whites from Yolks (save the yolks). Add Cream of Tartar to Egg Whites and beat with a mixer until VERY STIFF peaks.
- ➌ Beat Egg Yolks until fluffy. Then, beat in melted Butter, Almond Flour, Baking Powder, Salt and Stevia. Now beat in 1/3 Egg Whites. Mixture will be THICK.
- ➍ Add remaining Egg Whites by folding into mixture very gently.
DO NOT OVERMIX OR BREAD WILL FALL FLAT!
- ➎ Pour mixture into loaf pan and bake for 30 minutes. Allow to cool on cooling rack (in pan) prior to slicing. Makes 20 slices!

PRO-TIP!

The bread slices can be frozen, with parchment between each slice, for up to 1 week! Otherwise, refrigerate for up to 4 days.

NUTRITION

Servings: 20

Calories: 90

Total Carbs: 2.1gr

Fat: 7.9gr

Protein: 3.7gr

NOURISHED HOLLANDAISE

What You Need

- 4 Large Egg Yolks
- 1 Tsp Fresh Lemon Juice
- 1/2 Cup Unsalted Butter, melted
- Redmond Real Salt, to taste

What To Do

- ➊ In a small metal or glass bowl, whisk Egg Yolks with Lemon Juice until light and fluffy.
- ➋ Over a double boiler - or - small pot that fits your small metal/glass bowl ontop, gently bring 1 inch of water to a light simmer.
- ➌ Slowly, pour a very thin stream of melted butter into your bowl while whisking vigorously. Be careful not to add too much at once and ensure heat stays very very low - or - you'll end up with scrambled yolks!
- ➍ Continue until all of the Butter has been whisked into the yolks. Remove from heat and whisk in as much Salt as you enjoy!

PRO-TIP!

Add a dash of Paprika for a little more ZIP! Can be stored in an airtight container in the fridge for up to 4 days.

NUTRITION

Servings: 4

Calories: 264

Total Carbs: 2.4gr

Fat: 27.6gr

Protein: 3gr

NOURISHED MEATLOAF

What You Need

- 2 Lbs Lean Ground Beef
- 2 Tbsp Almond Flour, sifted
- 1/3 Yellow Onion, diced
- 3 oz Tomato Paste
- 5 Cloves Garlic, crushed - or - 1 Tbsp Garlic in Oil
- 2 Large Eggs
- 1 Tbsp Italian Seasoning
- Redmond Real Salt, to taste

What To Do

- ➊ Pre-heat oven to 350F. In a large mixing bowl, thoroughly mix all ingredients together.
- ➋ Grease a 9x9 Inch Loaf Pan. Pour mixture into pan and bake for 30 minutes.
- ➌ You may need to drain the Pan, half way through cooking, to prevent spilling.
- ➍ Remove from oven and allow to cool for 20 minutes, prior to cutting/serving.

PRO-TIP!

Instead of adding the entirety of the Tomato Paste to the Loaf. Reserve half and spread onto the top of the Loaf, half way through cooking.

NUTRITION

Servings: 6

Calories: 335

Total Carbs: 6.5gr

Fat: 19gr

Protein: 35gr

NOURISHED NO-BAKE KETO CHEESECAKE

What You Need

- 1/2 Cup Heavy Whipping Cream, cold
- 6.5oz Cream Cheese, room temp
- 2 Tbsp Swerve/Stevia Confectioners
- Redmond Real Salt, to taste

What To Do

- ➊ With a hand or stand mixer, whip Heavy Whipping Cream until thick and fluffy.
- ➋ In a separate bowl, whip Cream Cheese with Swerve and Salt.
- ➌ Gently fold Whipped Cream into Cream Cheese until fully incorporated.
- ➍ Equally divide mixture into dessert bowls, cover and refrigerate overnight prior to serving.

PRO-TIP!

Add 1 Tsp of Lemon Juice for a more decadent and zippy Cheesecake!

NUTRITION

Servings: 3

Calories: 192

Total Carbs: 2.6gr

Fat: 17.6gr

Protein: 4.5gr