



# Easy Fat Fasting Recipes

Hungry? Try out these quick and easy recipes!

## Cob Salad

Serves: 2

### Ingredients

- 2 cups iceberg lettuce, chopped
- 4 pieces of bacon, cooked, and chopped
- 1 tomato, chopped
- 1 avocado, sliced
- 1 cup chicken
- ¼ cup blue cheese
- 2 eggs. Boiled, peeled, and sliced.
- ½ tsp salt
- 4 tbsp olive oil

### Directions

1. Hard boil the eggs, peel off shell and slice.
2. Fry the bacon to desired consistency and chop into pieces.
3. Place on plates. Top with bacon, eggs, tomatoes, avocado, blue cheese, and chicken.
4. Sprinkle salt and olive oil on top and enjoy.

## Mini Frittatas

### Ingredients

- 6 eggs
- 1 cup chopped spinach
- 12 cherry tomatoes, halved
- ½ cup diced red bell peppers
- ½ cup diced green bell peppers
- ½ cup green onions, finely chopped
- ½ cup grated cheddar cheese
- 1 tbsp Himalayan salt
- 1 tsp ground black pepper
- 6 slices of bacon

### Directions

1. Preheat the oven to 300 degrees fahrenheit. Grease a six-cup tin with butter or coconut oil.
2. In a medium-sized bowl, mix together the eggs, spinach, tomatoes, bell peppers, green onion, cheese, salt, and pepper.
3. Wrap a strip of bacon around the inside of each muffin cup and fill about three-quarters full of egg mixture.
4. Place in the oven and back for about 20 minutes or until the tops are golden.
5. Remove from oven and let cool for 10 minutes before serving.

## Avocado Egg Cups

### Ingredients

- 2 avocados
- 4 eggs
- 2 slices of bacon, pre-cooked and chopped
- 1 tbsp green onion, chopped
- Salt & Pepper

### Directions

1. Preheat oven to 425 degrees fahrenheit.
2. Fry bacon to desired consistency and chop into small pieces.
3. Cut avocados in half and remove the pit.
4. Scoop out about one or two tablespoons of avocado to make room for the egg. Place the avocado on a lined baking pan.
5. Carefully crack the egg into the avocado and sprinkle with salt and pepper to taste.
6. Cook in preheated oven for about 20 minutes until egg whites are cooked.
7. Top with bacon and green onion.