

Keto Egg Fast

♥ lowcarblove.com/blog/keto-egg-fast

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Egg fast:

Rules:

- Eat a minimum of 6-8 eggs per day
- Eat one tablespoon of a healthy fat per egg (mayo, butter, etc)
- Enjoy 5-7 ounces of cheese per day
- Eat an egg every 2-4 hours
- Drink 8-10 glasses of water per day
- Egg fast for a minimum of 3 days with a maximum of 5 days
- Condiments are fine (make sure to keep them under 15 net carbs)

Reasons to consider an egg fast:

1. Helps your body enter ketosis
2. Helps you bust through weight loss plateaus

3. Helps you with feeling full faster for a longer period of time
4. Helps prevent you from snacking on processed foods
5. Helps accelerate fat loss

meal ideas:

1. Keto Alfredo with Egg Noodles
2. Keto Flourless French Toast
3. Keto Egg Shake