



Healthy Keto with
Jim Colbourne

MOVING TO AN HEALTHIER LIFESTYLE

Chicken Cheesy Pizza Style

2g NET Carbs (Low Carb Keto)

Incredible taste, if you love Pizza, you will love this recipe!
Rao's Marinara Sauce, Italian Seasoning and 3 different
cheeses makes this a recipe your entire family will love. Low
Carb Keto Friendly will make this recipe one of your favs to
make over and over again.

INGREDIENTS

4 Chicken Legs or any pieces of your choosing
2 tbsp Rao's Marinara Sauce per Chicken Leg
1 tsp Italian Seasoning per chicken piece.
3 Different Cheeses of your Choosing. (¼ cup per cheese
type) I used Cheddar, Old Cheddar and Mozzarella Cheese.

Instructions:

1. Cook Chicken. Wait until there's about 10-15mins left to the cooking process then add Rao's Marinara Sauce, Italian seasoning and the 3 cheeses.
2. If using Air Fryer cook for another 5-10mins. Oven cook for another 15-20mins. Enjoy!



1 serving of Toppings = 2g Net Carbs / 1g Fiber / 7g Fat /
2g Protein / 100 Calories
Remaining Macros depends on which cut of chicken you
choose to use.