



Healthy Keto with Jim Colbourne

MOVING TO AN HEALTHIER LIFESTYLE

Next Level Stir-Fry

5g NET Carbs (Low Carb Keto)

NOTE: Marcos will differ depending on the brand and variety of Frozen Veggies. Check Macros on the back of packaging before purchase.

Very easy and simple way to enjoy your vegetables while enjoying the low carb lifestyle. These ingredients make an incredible meal the entire family will love. Add strips of meat or serve over a bed of cauliflower rice for a full course meal. Enjoy!

INGREDIENTS

4 Cups of Frozen Vegetables
2 Tbsp of Oyster Sauce
1 Tbsp of Soy Sauce
2 Tbsp Garlic Powder



4 Servings - 1 serving = Sodium 15mg / Potassium 140mg / Carbs 7g /
Net Carbs 5g / Sugar 3g / Fiber 2g / Protein 2g

1 Tbsp Ginger Powder
1 Tbsp Coconut oil
1 tsp Mustard Powder
1 tsp Black Pepper

Instructions:

1. Add coconut oil to pan on medium to high heat
2. Add Frozen vegetables to pan and keep stirring until all water is evaporated.
3. Add all ingredients and a little water to help mix the ingredients together. Cook until water is evaporated.
4. Remove from heat and enjoy.