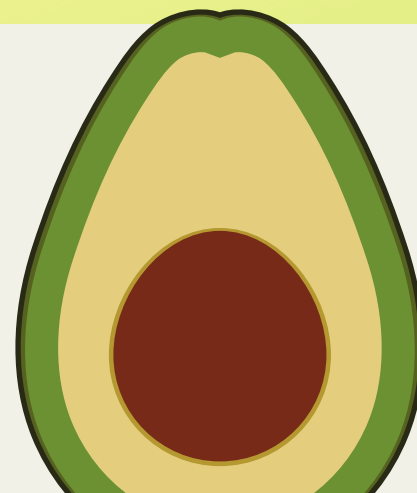




Prep Time

TOTAL TIME: 60 MIN

- Prep: 10 min
- Cook: 50-60 min



Directions

Ingredients

PREHEAT OVEN:

- 350 degrees F

MEASURE THESE OUT:

- 1 1/4 c almond flour
- 5 tbsp psyllium hull powder
- 3 egg whites
- 3/4 tsp sea salt
- 2 tsp baking powder
- 2 tsp apple cider vinegar
- 1 cup boiling water
- Everything bagel seasoning @ Trader Joe's or seasoning of choice (sesame seeds)

1. Put the 1 cup of water in a small pot to boil on the stove.

2. In a bowl, add the almond flour, psyllium, egg whites, salt, baking powder, and apple cider vinegar.

3. Mix until combined, then add boiling water and continue mixing another 30-60 sec.

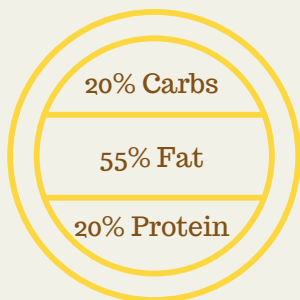
4. When cool enough to handle, roll out 6 balls using your hands and place on a parchment lined baking sheet. Sprinkle seasoning of choice on top and press in.

5. Bake for 50-60 minutes.

Daily Macro Plan

IDEAL MEAL PLAN GOALS FOR LOW CARB, HIGHER FAT, MODERATE PROTEIN

Your whole day should fall somewhere in these ranges- keep track with CarbManager



Each plate should be balanced close to this chart to help you stay full

