



## Dr. Jonie's Pepperoni Cheese Biscuit



**Let's Get Thin MD**  
The Dr. Girouard Advantage™

OFFERING MEDICALLY SUPERVISED WEIGHT LOSS PROGRAMS / DIET AND HEALTH TIPS  
RECIPIES AND NUTRITIONAL INFORMATION / ACCESS TO SIGNATURE PRODUCTS



### INGREDIENTS

- 1 cup almond flour (we like Bobs Red Mill Finely Ground Almond Meal/Flour)
- 1/3 cup soy flour (we like Hodgson Mill)
- 1/4 teaspoon garlic powder
- 1/4 teaspoon onion powder
- 1/2 teaspoon Italian seasoning
- 2 teaspoon baking powder
- 1/4 teaspoon salt
- 1/3 cup skim milk
- 1 tablespoon flaxseed meal
- 1 tablespoon butter – melted
- 1 tablespoon water
- 34 slices finely chopped turkey pepperoni (each slice is about 1.5 inches diameter)
- 1/3 cup shredded Swiss cheese
- 3/4 cup shredded Colby Jack cheese
- 2 teaspoon grated Parmesan cheese

**THIS RECIPE IS GLUTEN FREE !**

### INSTRUCTIONS

- Mix all ingredients together.
- Drop heaping tablespoon of combined ingredients onto greased baking sheet.
- Bake at 400 degrees for 20 minutes.
- Remove promptly from baking sheet.

### SERVING INFORMATION

- Makes 9 regular or 3 large sized biscuits.
- Each regular sized biscuit has 10 grams of protein and 2.4 grams of carbs.
- In keeping with our recommendation to eat 30 grams of protein within three hours of waking up, you can eat 3 of these regular sized biscuits for breakfast, or combine them with eggs or other sources of protein to get those 30 grams of protein and less than 10 net carbs!

**Overall, our patients lose more than 10,000 pounds per month!**

**We're here to help you reach your goals with 5 great locations in North Carolina to serve you.**

Let's Get Thin MD  
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