



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
P.O. Box 1209
Cornelius, NC 28031

704.766.1000

www.LetsGetThinMD.com