

Lunch Keto

PORK CHOP WITH CAULIFLOWER RICE and VEGGIES & DIP

\$2.27/SERVING EST



Ingredients and groceries scaled from original 1 serving

2 ¼ lb. Pork Chops (Bone-In)

9 cups cauliflower rice

7/8 cup olive oil

Prep: 5 mins Cook: 15 mins

1. Heat a skillet over medium high heat. Once hot, add pork chop and cook 3-4 minutes on the first side. Flip and cook another 3-4 minutes until golden brown and cooked through. Remove to a plate.
2. Heat olive oil in skillet over medium heat. Add cauliflower and sauté until heated through, about 3-4 minutes.
3. Serve pork chop with cauliflower rice.

VEGGIES & DIP

\$0.70/SERVING EST

Ingredients and groceries scaled from original 1 serving

Prep: 2 mins

1. Wash celery and baby carrots.
2. Slice celery into bite size pieces. Serve altogether with ranch dressing.