

THE 10 DAY FAT EXTERMINATOR SYSTEM



AMAZING & DELICIOUS LOW
CARB KETO BREAKFAST
RECIPES



BREAKFAST RECIPES

TIM ERNST

The 10 Day Fat Exterminator

BREAKFAST RECIPES

Breakthrough Diet Of The 21st Century

**A Fool Proof, Science Based Diet
That's 100% Guaranteed To Melt Fat,
Reverse Chronic Disease And Live
Longer!**

By Tim Ernst

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Specific results mentioned in this book should be considered extraordinary and there are no “typical” results. As individuals differ, then results will differ.

FIESTA EGG SCRAMBLE

Ingredients:

- 1 Tbsp Grass Fed Butter
- 4 Eggs
- 1/4 Cheese
- 2 Tbsp Sour Cream
- 2 Tbsp Pico De Galo
- Salt and Pepper to Taste

Calories: 510

Macros:

- 4g Carbs
- 39g Fat
- 31g Protein

Instructions:

1. Crack the eggs into a small bowl and use a fork to whisk them together with some salt and pepper.
2. Melt the butter in a non-stick skillet over medium heat. Watch carefully — the butter shouldn't turn brown!
3. Pour the eggs into the skillet and stir for 1–2 minutes, until they are creamy and cooked just shy of how you like them. Remember that the eggs will still be cooking even after you've put them on your plate.

KETO CHEDDER BEEF BREAKFAST BALLS

Ingredients:

1 lb. Ground Beef
1 Large Egg
1 Cup Almond Flour
8 Oz Cheddar Cheese
1/4 Cup Grated
Parmesan
1 Tbsp Butter (or
Coconut Oil)
2 tsp Baking Powder
1/4 tsp Salt

Calories: 124

Macros:

1g Carbs

11g Fat

6g Protein

Instructions:

1. Preheat oven to 350
2. Add eggs and spices to a bowl and beat until well incorporated
3. Add all other ingredients to egg mixture
4. Using a **melon ball or cooking scoop** and your hands roll beef mixture into 20-25 beef balls. Place sausage balls on parchment paper.
5. Bake for 16-20 minutes
6. Store covered in the fridge.

KETO PANCAKES

Ingredients:

1/2 Cup Bobs Red Mill
Almond Flour

4 Eggs

4 oz Cream Cheese

Total Calories: 1000

Calories Per Serving:

200 (Makes about 5)

Macros Per Serving:

2g Net Carbs

16.8g Fat

8.8g Protein

Instructions:

1. In a bowl, whisk together almond flour, cream cheese and eggs
2. In a nonstick pan over medium heat, spray pan. Pour in about 3 tablespoons batter and cook until golden, 2 minutes. Flip and cook 2 minutes more.
3. Serve topped with butter and sugar Carry's sugar free syrup

EGG AND BEEF BREAKFAST SKILLET

Ingredients:

2 Eggs

1/4 Cup Cheese

2 Tbsp Diced Onions

1/2 Avocado

4.5oz Grass Fed Beef

Salt and Pepper to Taste

Calories: 691

Macros:

7g Carbs

55g Fat

24g Protein

Instructions:

1. In a heavy skillet set over medium high heat melt 1 Tbsp of grass fed butter. When butter is melted, add onions, salt and pepper and cook until the onions are softened, about 2-3 minutes.
2. Add ground beef and continue cooking until the beef is no longer pink. Remove that to a plate.
3. Add eggs to the skillet and scramble them to your liking.
4. Return beef to the pan, add avocado and sliced onions.
5. Continue cooking just to slightly warm up the avocados for about 45 seconds to a minute.
6. Transfer to bowl, garnish with Italian seasoning if desired.

KETO MUSHROOM OMELET

Ingredients:

1 Tbsp Grass Fed Butter

3 Eggs

1/4 Cheese

Mushrooms

Spinach

Diced Onions

Salt and Pepper to Taste

Calories: 434

Macros:

3g Carbs

35g Fat

24g Protein

Instructions:

1. Crack the eggs into a small bowl and use a fork to whisk them together with some salt and pepper.
2. Melt the butter in a non-stick skillet over medium heat.
3. When the omelet begins to cook and get firm, but still has a little raw egg on top, sprinkle cheese, mushrooms and onion on top, cover pan.
4. Using a spatula, carefully ease around the edges of the omelet. When omelet is done use pan to flip onto a plate.

MAKE AHEAD BREAKFAST CASSEROLE

Ingredients:

12 large eggs

¼ cup heavy whipping cream

1 cup ricotta cheese

¼ teaspoon salt

½ tablespoon Garlic and Herb seasoning

1 Bag Fresh Spinach

1 pound bacon sliced

Serves 15

Calories Per Serving:

150

Macros:

1.25g Carbs

9g Fat

15g Protein

Instructions:

1. Blend just four eggs, heavy whipping cream, ricotta cheese, and onion until smooth. Put to the side.
2. In another bowl, whisk together the rest of the eggs.
3. Add the blended mixture from step 1 to the eggs and whisk together.
4. Add salt and garlic seasoning until fully mixed
5. Spray a 9×13 casserole dish with cooking spray and pour the mixture into the dish.
6. Add cut up bacon and spinach into dish
7. Bake for 30-35 minutes at 350°F or until the top looks fully cooked.

KETO BREAKFAST

BURRITO

Ingredients:

4 Eggs

4 strips bacon

1/4 Cup

Shredded Cheese

1/2 Medium Avocado

2 Tbsp Sour Cream

1 medium dice tomato

Serves 2

Calories:

755

Macros:

12g Carbs

59g Fat

43g Protein

Instructions:

1. Whisk eggs in a mixing bowl.
2. Heat a skillet over medium heat and spray pan with cooking spray
3. Pour half of the mixture into the pan to coat the bottom thinly. Cover and cook for 3 minutes. Use a spatula to transfer to a plate.
4. Pour the remaining mixture into the skillet and cook for an additional 3 minutes, covered.
5. Top each egg "tortilla" with bacon, tomato, sour cream, cheese and avocado. Roll and enjoy!

CINNAMON KETO GRANOLA

BREAKFAST CERAL

Ingredients:

6 tbsp Erythritol

1 cup Almonds

1/2 cup Golden flaxseed meal

1 cup Hazelnuts

1 large Egg white

1 cup Pecans

1/4 cup Grass Fed Butter

1/3 cup Pumpkin seeds

1 tsp Vanilla extract

1/3 cup Sunflower seeds

Serves 4

Calories:

278

Macros:

7g Carbs

26g Fat

7g Protein

Instructions:

1. Preheat the oven to 325 degrees F. Line a large baking sheet, or two small ones, with parchment paper.
2. Pulse almonds and hazelnuts in a food processor intermittently, until most of the nuts are in chopped into large pieces (about 1/4 to 1/2 of the full size of the nuts).
3. Add the pecans. Pulse again, stopping when the pecans are in large pieces.
4. Add the pumpkin seeds, sunflower seeds, erythritol, and golden flaxseed meal. Pulse just until everything is mixed well.
5. Add the egg white to the food processor. Whisk together the melted butter and vanilla extract in a small bowl, and evenly pour that in, too.
6. Pulse a couple times, mix a little from the bottom toward the top with a spatula, then pulse a couple times again. Repeat as needed until everything is coated evenly. At the end of this step, you'll have a combination of coarse meal and nut pieces, and everything should be a little damp from the egg white and butter.
7. Transfer the nut mixture to the prepared baking sheet in a uniform layer, pressing together into a thin rectangle (about 1/4 to 1/3 in (.6-.8 cm) thick). Bake for 15-18 minutes, until lightly browned, especially at the edges.
8. Cool completely before breaking apart into pieces. (The granola will be soft when you remove it from the oven, but will crisp up as it cools.)

ITALIAN SAUSAGE EGG SCRAMBLE

Ingredients:

3 Eggs

1 tbsp Grass Fed Butter

2 tbsp Pico De Gallo

1/2 cup Mushrooms

1 Italian Sausage Link

1/4 cup Sharp Cheddar Cheese

Serves 1

Calories:

678

Macros:

6g Carbs

54g Fat

38g Protein

Instructions:

1. In non stick pan cook butter with mushrooms, pico de gallo and 1 Italian sausage link.
2. Add 3 eggs and continue to cook.
3. Add spinach and scramble all ingredients together.
4. Remove eggs from pan and top with cheddar cheese.
5. Enjoy!

BACON EGG & CHEESE BREAKFAST MUFFIN

Serves 12

Ingredients:

6 Eggs

12 Slices Bacon

6 oz Heavy Whipping Cream

1 Cup Shredded Cheddar Cheese

Salt and Pepper to taste

Calories Per Serving:

201

Macros:

0.3g Carbs

17.5g Fat

9g Protein

Instructions:

1. Cooked the bacon until close to done but not crispy.
2. Wrap one piece of bacon in each tin.
3. Whisk eggs and spices, pour into each muffin, leave some room for expansion
4. Cook for 20 minutes @ 350 degrees.
5. When they are mostly done, aka browning a little, add shredded cheese.
6. Remove and let cool after the cheese melts