

Still Hungry?

If you are feeling hungry after meals, add on a fat bomb, Green smoothie or 1-2 slices of bread (toasted and topped w/ coconut oil and powdered Monk Fruit extract - no erythritol):

Fat Bombs + Treats:

Mint Fudge Fat Bombs:

<https://jacobthurston.com/wp-content/uploads/2023/01/Mint-Fudge-Fat-Bombs-1.pdf>

Cinnamon Roll Fat Bombs:

<https://jacobthurston.com/wp-content/uploads/2023/01/Cinnamon-Roll-Fat-Bombs-.pdf>

Chocolate Macadamia Fat Bombs:

<https://jacobthurston.com/wp-content/uploads/2023/01/Chocolate-Macadamia-Fat-Bombs.pdf>

Frosted Cinnamon Swirl Fat Bombs:

<https://jacobthurston.com/wp-content/uploads/2023/01/Frosted-Cinnamon-Swirl-Fat-Bombs-1.pdf>

Fudgy Fat Bombs:

<https://jacobthurston.com/wp-content/uploads/2023/01/Fudgy-Fat-Bombs-1.pdf>

Dark Chocolate Coconut Fudge:

<https://jacobthurston.com/wp-content/uploads/2023/01/Dark-Chocolate-Coconut-Fudge-1.pdf>

Delectable Divine Chocolate Pudding:

<https://jacobthurston.com/wp-content/uploads/2023/01/Delectably-Divine-Chocolate-Pudding-1-2.pdf>

Still Hungry?

Green Smoothies:

Creamy Green Smoothie:

<https://jacobthurston.com/wp-content/uploads/2023/01/Creamy-Green-Smoothie-1-1.pdf>

Revitalizing Green Smoothie:

<https://jacobthurston.com/wp-content/uploads/2023/01/Revitalizing-Green-Smoothie-1.pdf>

Bread:

<https://jacobthurston.com/wp-content/uploads/2023/01/Gut-Friendly-Bread-4.pdf>

(Nut Free):

<https://www.primaledgehealth.com/best-purpose-keto-bread/>

(Egg Free):

<https://www.sweetashoney.co/keto-bread-loaf-no-eggs-low-carb/#recipe-card>

(Egg Free, Nut Free):

<https://lowcarbyum.com/gluten-free-egg-free-bread-psyllium/>