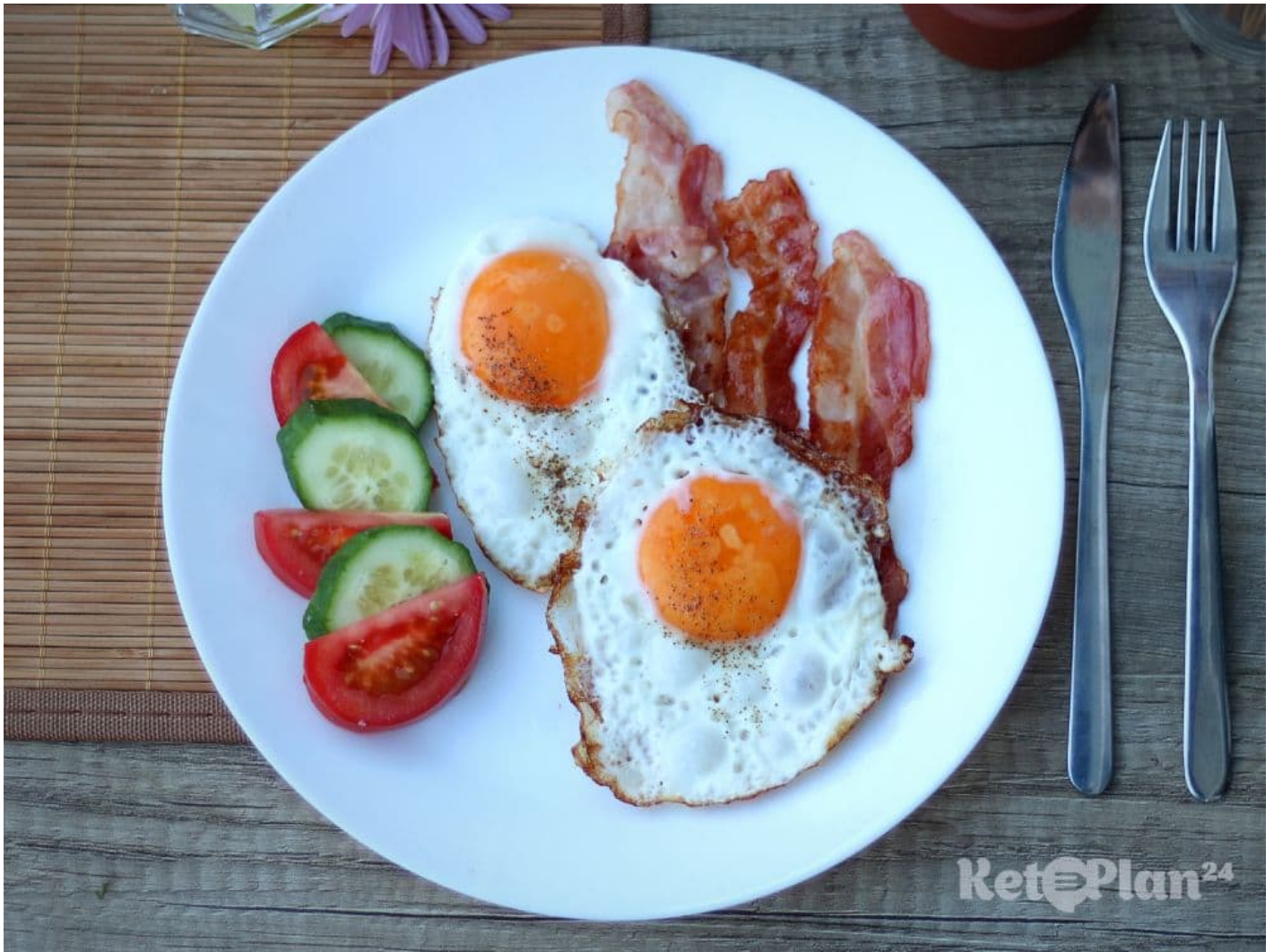


Classic Bacon and Eggs



This keto Bacon & Eggs recipe tops the charts of low-carb breakfast options! The best part- you can have as many servings of this drooling yummy dish as you want.

Ingredients for 2 serving (US/Metric)

- 4 *pieces* Eggs
- 6.5 *pieces* Bacon
- Salt & pepper to taste
- Fresh parsley

Nutrition (US/Metric)

- Protein: 31%
- Fat: 67%

- **Net carbs:** 2%

Instructions

1. Pan-fry the bacon till crisp at medium-high heat. Remove on a plate.
2. Cook the eggs (any way you like) in the leftover fat from the bacon. You may crack the egg in a bowl/directly in the pan. (*be cautious when adding egg directly)
3. To make sunny-side-up; crack the egg, cover, and cook! Do not flip!
4. To make easy cooked-over eggs; Cook one side first, flip to cook the other side for a minute, add halved cherry tomatoes and fry along with the egg.
5. Season with salt & pepper as per taste!