

# Goat Cheese



The presence of healthy fats in Goat cheese, especially medium-chain fatty acids makes one feel full which thereby aids in shedding extra kilos.

## Ingredients for 2 serving (US/Metric)

- 132g / 4.7oz Goat cheese

## Nutrition (US/Metric)

- **Protein:** 24%
- **Fat:** 76%
- **Net carbs:** 0%

## **Instructions**

Slice up the goat cheese into a plate and enjoy!