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Ketogenic Meal Plan - Ketogenic | Fasting | Dr. Jockers

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1 Cup Plain Greek Yogurt 1/4 Cup Fresh Parsley, Finely Chopped 4 Tsp Fresh Dill, Finely Chopped 1 Tsp Lemon Zest 1 Tbsp Lemon Juice 1 Tbsp Dijon Mustard 1 Tbsp Olive Oil 2 Cloves Garlic, Minced 1/4 Tsp Each Salt And Pepper 3 Cups Veggie Sticks (such As Carrots, Celery, Red ... Feb 6th, 2024

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