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**PROTEIN SPARING MODIFIED FAST - Keto-Adapted**

**Teaspoons Coconut Aminos 1 Teaspoon Fine Sea Salt ½ Teaspoon Ground Black Pepper 1 Teaspoon Lard Or Coconut Oil ¼ Cup Diced Onions 1 Clove Garlic, Minced 1 Pound Lean Ground Turkey Or Ground Chicken For Garnish (optional): 1 Teaspoon Crushed Red Pepper Thinly Sliced Scallions Keto Fried Ric Mar 19th, 2024**

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