

My PCOS Kitchen

# The LCHF Egg Fast Mini Cookbook

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The egg fast diet is ONLY suitable for people who have been doing a low carb high fat diet for many months and haven't been losing weight in the last month or for a few weeks. It's a good stall breaker to make you lose weight again.

You usually do the egg fast minimum 3 days + 2 days of regular LCHF, slowly introducing vegetables and meat in your diet again. 5 days + 2 days is recommended for optimal weight loss. Some people can lose 1 lb and some can lose 12, it really depends on you and your body. It is usually normal to gain a pound or two after going back to the LCHF diet. You can do more than 5 days. Some do 10, 20, or even 30. It honestly just depends on if you're getting sick of eggs or not.

I personally did this with the recipes in this book and lost 2.5kg in one week and gained 0.4kg afterwards. You can eat 1 recipe per day or more depending on your calorie goals and how much eggs you have consumed during the day.

## Egg Fast Rules

1. Must eat eggs as the primary source of fat and protein. (no meat just eggs)
2. 1 tablespoon of butter used per egg consumed.
3. I must eat an egg no later than 30 minutes after waking.\*
4. The egg meals ideally should be eaten every 3 hours, but not more than every 5 hours.\*
5. I will follow this schedule even if I'm not hungry, however I'll only have 1 egg when that happens.
6. Cheese will be permitted up to one ounce(2 tbsp) per egg. (real cheese only) try to keep to a max of 4oz (1/2 cup) a day.
7. A minimum of a half-dozen eggs must be consumed daily.
8. The eggs will be local pastured eggs loaded with healthy omega-3 fats and vitamin D. (this is a personal preference, do what you can afford)
9. Egg consumption will cease three hours before bedtime.
10. The creator of the egg fast originally said that you could drink diet soda, but I personally don't drink anything like that, especially since I know it's not manmade and you can't re-create it at home, plus it's usually full of sugar or fake sugar.

There is not a maximum amount of eggs to eat in a day however like anything just use common sense and adapt to your own needs.

Drink your water, 2L/day minimum.

Keep up your salt and vitamins/supplements including magnesium & potassium.

\*The 30 minute rule doesn't work with my schedule and so I usually eat 1 hour after I wake.

\*I'm a teacher and don't always have the opportunity to eat something so I may go more than 5 hours depending on my schedule.



# Notes

## Egg Danish

The egg danish can be made with unsalted butter, lard, ghee, beef tallow or coconut oil (strong coconut taste). I have tried making it with mayo, salted butter and cream cheese, but the danish didn't rise as well as the other options. The mayo and salted butter tasted like scrambled eggs.

The danish will rise considerably high in the oven, but once taken out it will deflate immensely. All of the pictures that I took for each meal is when the danish has deflated so you should expect those results.

When using one egg, you should use a large muffin pan (preferably silicone), when using more than 2 eggs, use a small baking dish or a 6" cast iron skillet covered with parchment paper. Also when using more than 2 eggs, increase the baking time by 2-3 minutes.

The egg danish can be stored in an air-tight container and can also be toasted.

## Rolled Omelette

To make the rolled omelette, you need a rectangular frying pan. I have put a link on my website just above the cookbook where you can buy it. For more details on this recipe, check out my blog post about it: [www.mypcoskitchen.com/japanese-rolled-omelette/](http://www.mypcoskitchen.com/japanese-rolled-omelette/)

## The Ultimate Keto Buns

You can make the buns with lard or unsalted butter. Salted butter will NOT work. Do not add baking powder as the batter will rise too much and make the bun hollow. Measure the blanched almond flour, eyeballing it will not work. I used a stick blender and silicone jumbo muffin molds to do this recipe. I haven't tried making it with a non-stick muffin pan, but if you try, cook for 18 minutes or so and check after as the metal gets hotter than silicone. For further instructions, you can read my original recipe on my blog: [www.mypcoskitchen.com/ultimate-keto-buns/](http://www.mypcoskitchen.com/ultimate-keto-buns/)

## Recipes

There are 11 recipes here for the Egg Fast and 5 transition recipes that introduce either a bit of meat, veggies or nuts back into your diet.



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## Egg Danish with Cream Cheese Dip

479 calories 45.65g fat 1.54g carbs 0g fiber 0.83g sugar 14.77g protein

1. Preheat the oven to 220C/410F.
2. Melt the butter in a small bowl in the microwave.
3. Add the melted butter, 2 eggs and a pinch of salt in a small bowl, preferably a long plastic cylinder, and pulse 4 times with a stick blender. Do not pulse more than 4 times. If using a hand mixer, mix for 5 seconds, if using a magic bullet, pulse 3 times.
4. Place a piece of parchment paper over a 6" cast iron skillet. Pour the egg mixture over the parchment paper and add the 2 tbsp of cream cheese in the middle of the egg mixture.
5. Bake in the oven for 22 minutes.
6. \*The egg danish will considerably rise in the oven, but once taken out it will deflate like in the picture.
7. \*\*I like to rip the egg danish and dip it in the melted cream cheese.

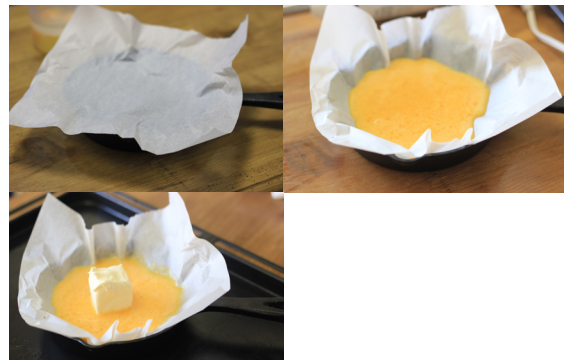
### Ingredients (1 portion)

**2 eggs**

**2 tbsp unsalted butter**

**1 pinch salt**

**2 tbsp cream cheese**







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## Egg Danish Egg Salad

550 calories 50.91g fat 1.16g carbs 0g fiber 1.16g sugar 18.87g protein

1. Preheat the oven to 220C/410F.
2. Melt the butter in a small bowl in the microwave.
3. Add the melted butter, 1 egg and a pinch of salt in a small bowl, preferably a long plastic cylinder, and pulse 4 times with a stick blender. Do not pulse more than 4 times. If using a hand mixer, mix for 5 seconds, if using a magic bullet, pulse 3 times.
4. Pour the egg mixture in a silicone extra-large muffin pan mould. If using metal muffin moulds, make sure they are absolutely non-stick as the eggs will stick, or brush some butter/lard.
5. Bake in the oven for 20 minutes. Carefully slice in half when its still hot (it will considerably deflate as it gets colder and it'll be harder to slice in half).
6. Mash the eggs, mayo, salt & pepper with a fork. Spread over the egg danish and make a sandwich!
7. \*The egg danish will considerably rise in the oven, but once taken out it will deflate like in the picture.

### Ingredients (1 portion)

**1 egg**  
**1 tbsp unsalted butter**  
**1 pinch salt**  
**2 hard-boiled eggs**  
**2 tbsp mayo**  
**pinch salt, pepper, parsley**





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## Egg "Waffle" Sandwich & Sunny Side-up Egg

663 calories 60.21g fat 1.8g carbs 0g fiber 1.8g sugar 26.06g protein

1. Preheat your waffle maker.
2. Melt the butter in a small bowl in the microwave.
3. Add the melted butter, 2 eggs and a pinch of salt in a small bowl, or preferably a long plastic cylinder, and pulse 4 times with a stick blender. If using a hand mixer, mix for 5 seconds, if using a magic bullet, pulse 3 times.
4. Pour the egg mixture in the waffle maker and top with the shredded gouda cheese. Bake 2-3 minutes until the eggs are ready.
5. While the waffle is cooking, melt the butter in a small non-stick frying pan and crack 1 egg open. Cook on low-heat, covered, until the egg white is cooked through and the yolk is still runny. Sprinkle the salt and pepper over the egg.
6. Slice the waffle in two, top with the sunny side-up egg and top with the other waffle.

### Ingredients (1 portion)

**3 eggs**

**2 tbsp lard or unsalted butter**

**1 tsp butter**

**2 tsp butter**

**2 tbsp shredded gouda cheese**

**pinch of salt & pepper**







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## Cream Cheese Rolled Omelette

596 calories 54.67g fat 2.16g carbs 0g fiber 2.16g sugar 20.93g protein

1. In a large bowl, crack the eggs open and add the mayo and stevia. Mix well with a whisk.
2. Heat a the butter on medium-low heat into your rectangle frying pan and spread it around.
3. Add 1/3 of the eggs into the pan and make sure all areas are covered. While the omelette is cooking, add 1/2 the cream cheese all around. Once you can't see any runny egg on the surface of the omelette, you'll want to flip it. Using a silicone spatula, carefully roll the omelette around 2 times to one side of the pan.
4. Add another 1/3 of the egg mixture to the pan. Carefully lift the omelette and make sure that the newly added egg mixture flows under the omelette so that each "layer" stick to each other. While the new layer is cooking, rapidly add the last 1/2 cream cheese. When the egg is done, roll again.
5. Repeat this step with the last 1/3, but don't add any ingredients. Roll your omelette completely and place on a mat to cool down.

### Ingredients (1 portion)

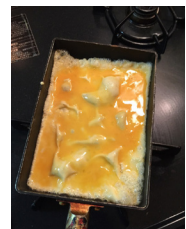
**3 eggs**

**2.5 tbsp mayo**

**0.5 tbsp butter**

**2 tbsp cream cheese**

**1/8 tsp stevia powder (optional)**



Original Recipe: <http://www.mypcoskitchen.com/japanese-rolled-omelette/>





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## Rolled Omelette

496 calories 45.67g fat 1.16g carbs 0g fiber 1.16g sugar 18.93g protein

1. In a large bowl, crack the eggs open and add the mayo and stevia. Mix well with a whisk.
2. Heat a the butter on medium-low heat into your rectangle frying pan and spread it around.
3. Add 1/3 of the eggs into the pan and make sure all areas are covered. Once you can't see any runny egg on the surface of the omelette, you'll want to flip it. Using a silicone spatula, carefully roll the omelette around 2 times to one side of the pan.
4. Add another 1/3 of the egg mixture to the pan. Carefully lift the omelette and make sure that the newly added egg mixture flows under the omelette so that each "layer" stick to each other. When the egg is done, roll again.
5. Repeat this step with the last 1/3, roll your omelette completely and place on a mat to cool down.

### Ingredients (1 portion)

**3 eggs**

**2.5 tbsp mayo**

**0.5 tbsp butter**

**2 pinches salt**



Original Recipe: <http://www.mypcoskitchen.com/japanese-rolled-omelette/>





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## Egg Danish Egg Benedict

520 calories 47.91g fat 1.16g carbs 0g fiber 1.16g sugar 18.87g protein

1. Preheat the oven to 220C/410F.
2. Melt the butter in a small bowl in the microwave.
3. Add 1 tbsp of melted butter, 1 egg + 1 egg white and a pinch of salt in a small bowl, preferably a long plastic cylinder, and pulse 4 times with a stick blender. Pour the egg mixture in a silicone extra-large muffin pan mould. If using metal muffin moulds, make sure they are absolutely non-stick as the eggs will stick, or brush some butter. Bake in the oven for 20 minutes.
4. Crack 1 egg into a measuring cup. Add water to a sauce pan and add the white vinegar. Simmer over medium heat. With one hand stir the water with a spatula in one direction until it's all spinning around. With the other hand, carefully add the egg into the center of the whirlpool. Turn off the heat and let it cook for 5-6 minutes untouched with the sauce pan covered. Carefully take the poached eggs out of the water with a slotted spoon and set aside.
5. Put 2-3 inches of water into a sauce pan and simmer. Do not let it boil. Put 1 egg yolk into a glass bowl and vigorously mix with a whisk.
6. Put the glass bowl over the sauce pan. While whisking, slowly drizzle 2 tbsp of melted butter into the yolks. Drizzle 1 tsp at a time really slowly until all is added. Continue whisking until your sauce starts to thicken. Take it off the heat and continue whisking. Once the desired thickness is achieved, sprinkle the salt and whisk in. Set aside.
7. Add the poached egg over the egg danish and cover with the hollandaise. Sprinkle a bit of pepper and paprika over the whole thing.
8. \*The egg danish will considerably rise in the oven, but once taken out it will deflate like in the picture. It will be the perfect "English muffin toast".

### Ingredients (1 portion)

**3 eggs**

**3 tbsp unsalted butter**

**1 tbsp white vinegar + water**

**pinch salt**

**pinch salt, pepper, paprika**







## Egg Danish Grilled Cheese

726 calories 67.23g fat 1.5g carbs 0g fiber 1.06g sugar 26.7g protein

1. Preheat the oven to 220C/410F.
2. Melt the butter in a small bowl in the microwave.
3. Add 2 tbsp the melted butter, 2 eggs and a pinch of salt in a small bowl, preferably a long plastic cylinder, and pulse 4 times with a stick blender. Do not pulse more than 4 times. If using a hand mixer, mix for 5 seconds, if using a magic bullet, pulse 3 times.
4. Place a piece of parchment paper over a 6" cast iron skillet. Pour the egg mixture over the parchment paper and bake in the oven for 22 minutes.
5. Take it out of the oven, let it deflate and slice the danish in two in the middle. Add your shredded cheddar cheese over one slice, drizzle the mayo in, cover with the other half and spread the 0.5 tbsp of butter on both sides of the danish.
6. Grill in a non-stick frying pan on both sides until the cheese has melted.
7. \*The egg danish will considerably rise in the oven, but once taken out it will deflate like in the picture.

### Ingredients (1 portion)

**2 eggs**

**2.5 tbsp unsalted butter**

**pinch salt**

**60g (2oz) shredded cheddar cheese**

**1 tbsp mayo (optional\*\*)**

Add the mayo if you need more fat during the day.







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## Two Cheese Crustless Quiche

373 calories 33.21g fat 1.21g carbs 0g fiber 0.92g sugar 16.6g protein

1. Preheat the oven to 220C/410F.
2. Put all of the ingredients into a bowl and mix with a whisk.
3. Oil a 9 inch pie plate with the extra salted butter and pour the quiche ingredients inside.
4. Place in the oven and bake for 14 minutes.
5. Eat hot or cold!

### Ingredients (4 portions)

**6 eggs**

**4 tbsp mayo**

**2 tbsp melted salted butter**

**30g gouda cheese**

**90g cheddar cheese**

**1/4 tsp black pepper**

**1/4 tsp salt**

**salted butter for oiling dish**

**1/4 tsp onion powder (optional)**

**1/8 tsp garlic powder (optional)**

**1 tsp parsley (optional)**

Adding mayo to the eggs makes them extremely fluffy and juicy!





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## Deviled Eggs

525 calories 48.45g fat 1.16g carbs 0g fiber 1.16g sugar 18.87g protein

1. Put some water to boil in a pot. Once boiling, add your eggs in for 7 minutes. Transfer the eggs to an ice bath and peel.
2. Slice the eggs in half and carefully remove the yolks and place them into a bowl.
3. Add the mayo, salt, pepper and chili oil to the yolks. Mix until smooth. Put it in a piping bag attached with a star tip and pipe over the egg whites.
4. Sprinkle a bit of paprika powder over the eggs.

### Ingredients (1 portion)

**3 eggs**

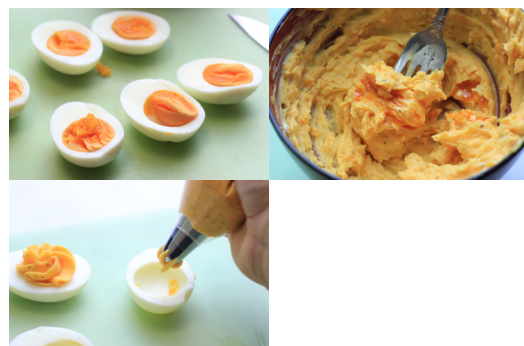
**3 tbsp mayonnaise**

**1/8 tsp salt**

**1/8 tsp black pepper**

**1/8 tsp chili oil (optional)**

**Pinch of paprika powder**







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## Dairy-free Cloud Bread

87 calories   7.99g fat   0.19g carbs   0g fiber   0.19g sugar   3.15g protein

1. Preheat the oven to 180C/350F. Place some parchment paper over 2 baking trays.
2. Separate the egg yolks and egg whites into 2 separate bowls. Beat the egg whites until stiff peaks form. Add the mayo and salt to the egg yolks and with the same hand mixer, beat for 2 minutes until it's a light and creamy yellow.
3. Carefully add 1/4 of the egg whites to the yolks and gently fold in. Repeat this step until all of the egg whites have been added.
4. Lightly pour the egg mixture making 3 circles that do not touch each other on each tray over the parchment paper (this recipe makes 6 cloud bread).
5. Bake for 23-5 minutes. Take out of the oven and let cool completely before lifting them off the paper.

### Ingredients (6 slices)

**3 eggs**

**3 tbsp mayo**

**1/4 tsp salt**



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## Cream Cheese Waffles

274 calories 26.08g fat 1.16g carbs 0g fiber 0.44g sugar 8.48g protein

1. Preheat your waffle maker.
2. Add the cream cheese to a bowl with the mayo and beat until creamy with a whisk. Add one egg at a time and whisk until there are no more cream cheese bumps.
3. Pour the eggs inside the waffle maker and cook 5-7 minutes until there's no more steam coming out of the machine. This will give them a nice golden crust.

### Ingredients (2 waffles)

**2 eggs**

**2 tbsp mayo**

**1/4 cup cream cheese (2 oz)**

**pinch salt**







## Egg Danish with Cream Cheese & Bacon

522 calories 49.83g fat 1.68g carbs 0g fiber 0.83g sugar 18.47g protein

1. Preheat the oven to 220C/410F.
2. Melt the butter in a small bowl in the microwave.
3. Add the melted butter, 2 eggs and a pinch of salt in a small bowl, preferably a long plastic cylinder, and pulse 4 times with a stick blender. Do not pulse more than 4 times. If using a hand mixer, mix for 5 seconds, if using a magic bullet, pulse 3 times.
4. Place a piece of parchment paper over a 6" cast iron skillet. Pour the egg mixture over the parchment paper and add the 2 tbsp of cream cheese in the middle of the egg mixture.
5. Bake in the oven for 22 minutes.
6. While the danish is baking, fry your bacon slices in a skillet until crispy. Top over the danish when it's done baking.
7. \*The egg danish will considerably rise in the oven, but once taken out it will deflate like in the picture.
8. \*\*I like to rip the egg danish and dip it in the cream cheese.

### Ingredients (1 portion)

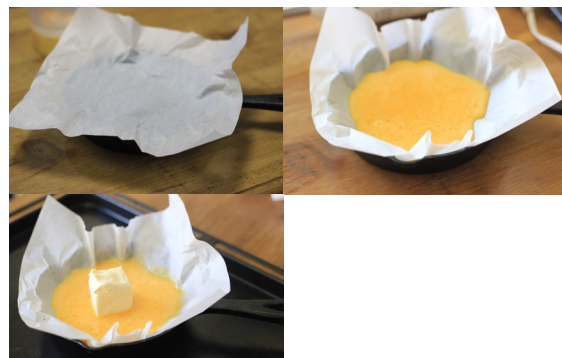
**2 eggs**

**2 tbsp unsalted butter**

**2 tbsp cream cheese**

**pinch of salt**

**2 slices bacon**







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## Savoury Egg Custard

114 calories   8.32g fat   0.71g carbs   0g fiber   0.47g sugar   8.4g protein

1. Mix the eggs, mayo and salt together. I heated the chicken bouillon in a sauce pan before making this.
2. Add the hot chicken bouillon to a large bowl and pour in the egg mixture through a sieve while mixing it in the bouillon.
3. Add 2 shrimps in 4 small ramekin (or 4 shrimps in 2 big ramekin). Pour the egg bouillon over the shrimps until covered.
4. In a large sauce pot, put about 5cm of water to boil. Once boiling, carefully place your ramekin inside. Cover, and let cook on medium heat for 7 minutes. Lower the heat to low and let cook for 3 minutes.
5. Uncover, carefully take out the ramekin from the water and eat hot.
6. You can add different types of vegetables or seafood inside this egg custard. Eat it with a spoon.

\*Feel free to eat more than 1 portion if your macros allow it.

### Ingredients (4 portions)

**2 eggs**

**2 tbsp mayo**

**400ml chicken bouillon**

**pinch salt**

**8 peeled raw shrimps**







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## The Ultimate Keto Buns

236 calories 21.31g fat 3.59g carbs 2g fiber 0.92g sugar 8.86g protein

1. Preheat the oven to 220C/410F.
2. Melt the butter in a small bowl in the microwave.
3. Add the melted melted butter, eggs, salt and almond flour in a long plastic cylinder, and pulse until combined with a stick blender.
4. Pour the egg mixture evenly in 6 silicone extra-large muffin pan mould.
5. Bake in the oven for 25 minutes until browned. Take them out of the oven and let cool. Once cooled, slice in half and enjoy.

### Ingredients (6 portions)

**4 eggs**

**4 tsbp unsalted butter (or lard)**

**1/2 tsp salt**

**100g blanched almond flour**

Original Recipe up on my blog.  
[www.mypcoskitchen.com/ultimate-keto-buns/](http://www.mypcoskitchen.com/ultimate-keto-buns/)





## Keto Bun BELTA

539 calories 47.88g fat 9.42g carbs 5.7g fiber 2.30g sugar 20.10g protein

1. Cook your bacon slices in a small frying pan until nice and crispy. Add the egg in the leftover bacon fat and cook on low-heat, sunny side-up, until cooked through.
2. Cut a slice off a tomato, thinly slice the avocado, and toast your keto bun.
3. Spread the mayo on the bun, and cover with the lettuce, tomato, avocado, bacon and egg.
4. Perfect for lunch!

### Ingredients (1 portion)

**1 keto bun**

**1 egg**

**1 tbsp mayo**

**2 slices bacon**

**1 slice tomato**

**1/4 avocado**

**1 lettuce leaf**

Original Recipe up on my blog.  
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## Blackberry Cream Cheese Egg Danish

466 calories 44.23g fat 5.13g carbs 1.9g fiber 2.72g sugar 15.27g protein

1. Preheat the oven to 220C/410F.
2. Melt the butter in a small bowl in the microwave.
3. Add the melted butter, eggs, vanilla and 1/16 tsp stevia powder in a small bowl, preferably a long plastic cylinder, and pulse 4 times with a stick blender. Do not pulse more than 4 times. If using a hand mixer, mix for 5 seconds, if using a magic bullet, pulse 3 times.
4. Mix 1/16tsp of the stevia powder with the cream cheese.
5. Place a piece of parchment paper over a 6" cast iron skillet. Pour the egg mixture over the parchment paper and add the 2 tbsp of cream cheese in the middle of the egg mixture. Place the blackberries around the cheese
6. Bake in the oven for 22 minutes.
7. \*The egg danish will considerably rise in the oven, but once taken out it will deflate like in the picture.

### Ingredients (1 portion)

**2 eggs**

**2 tbsp unsalted butter**

**1/4 tsp vanilla**

**1/16 tsp stevia powder**

**2 tbsp cream cheese**

**1/16 tsp stevia powder**

**1/4 cup blackberries**

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Based in Saitama, Japan

Thank you

Mira Fioramore

