

# Keto Build-A-Sandwich



## Ingredients

- 1 or 2 slices of your favorite LOW-CARB or NO-CARB deli lunch meat (roasted turkey, chicken breast, roast beef are always pretty low or no carb...ham may have some carbs)
- Optional toppings based on your own preferences:
- A few slices of thin-sliced hard salami, ½ a slice of low or no-carb cheese, onion, tomato, dill pickles, avocados, cooked bacon, lettuce leaf, or anything else low-carb you think would fit onto this stack.
- Mayo (Hellman's Olive Oil or homemade) and / or your fave mustards, mixed together, if you wish

## Instructions

- Just start with your big slice(s) of deli meat, and start stacking. Spread the condiments on opposite the stack, then from STACKED side, start rolling up very tightly. We have found that \*TWO slices of the turkey works best as it falls apart easier. If it is so full it starts falling apart, just slice and eat it with a fork! Or wrap in paper towel or waxed paper to catch the fallout. Serve with your favorite side of pork rinds or Parmesan crisps. ENJOY!

*\*Hint: Our deli counter people will cut the meat on a thicker setting if you ask. They are fascinated by the fact we use our meat for bread....in fact, some of those people even joined Low Carb JC when they found out about it.*

#lowcarbkc