

BEEF AND BUTTER FAST CHALLENGE

<https://www.beefandbutterfast.com/>



BFAST



LUNCH



DINNER

DAY 1

Butter Coffee

Ground Beef
with Butter

Ground Beef
with Butter

DAY 2

Butter Coffee

Ground Beef
with Butter

Ground Beef
with Butter

DAY 3

Butter Coffee

Ground Beef
with Butter

Ground Beef
with Butter

DAY 4

Butter Coffee

Ground Beef
with Butter

Ground Beef
with Butter

Beef and Butter Bowl Seasonings Ideas

Chili Mac, Dill Pickle, Cajun, BBQ, Taco, Greek

These recipes can be found
here: <http://bit.ly/BeefButterRecipes>