



TABLE OF CONTENTS

Keto Grocery List

Foods to EAT and Avoid

Intermittent Fasting Guide

Week 1 Meal Plan

Week 2 Meal Plan

Week 3 Meal Plan

Week 4 Meal Plan

16:8 Fasting Schedule Example

OMAD Schedule Example

Keto Cheat Sheet

Congratulations!!! You purchased “**THE CHEAT CODE**” 30 Day Meal Plan. This Guide is designed to take the guesswork out of Keto and give you the necessary tools for success. “**THE CHEAT CODE**” includes: Keto Grocery List, Foods to Eat and Avoid List, Intermittent Fasting Guide, Weeks 1-4 Meal Plans, and the Keto Cheat Sheet!

You can mix and match meals from the plan as desired and refer to the Keto Cheat Sheet to substitute foods out on the meal plan.

Please Note- You will still need to purchase your food scale and measuring cups to make sure all your amounts are correct. ***This meal plan is based on a 1500 calorie/ 80g of protein/ 20 net carbs/ 120g of fat macros.*** However, many of the meals are below these target macros for your convenience. Remember you do NOT need to “meet” your macros especially when you begin to intermittent fast daily.

Be sure to restore your electrolytes through a sodium source or supplement daily and drink half your body weight in ounces.

This easy and simple guide will lead you to success on your Ketogenic Lifestyle.

Coach Char

Follow me on IG [@theketobombshell](https://www.instagram.com/theketobombshell) Facebook [@theketobombshell](https://www.facebook.com/theketobombshell) or my website www.theketobombshell.com

Be sure to download this pdf file to your computer or device for safe keeping!



KETO GROCERY LIST

Below is a FULL Grocery List of items that are keto approved!
Sticking to this list will help you be successful!



Veggies

- Kale
- Tomatoes
- Mushrooms
- Napa Cabbage
- Okra
- Mushrooms
- Radishes
- Romaine Lettuce
- Artichokes
- Broccoli
- Brussel Sprouts
- Cabbage
- Cauliflower
- Celery
- Cucumbers
- Asparagus
- Avocado
- Bean Sprouts
- Bell Peppers (green, red, yellow, orange)
- Bok Choy
- Eggplant
- Fresh Spinach
- Green Onions
- Greens
- Jalapenos
- Lettuce
- Leeks
- Mushrooms



Veggies

- Cabbage
- Okra
- Portabella Mushrooms
- Radishes
- Spaghetti Squash
- Spinach
- Onions
- Squash
- Zucchini



Proteins

- Beef
- Chicken
- Pork
- Seafood
- Game Meats
- Turkey
- Eggs



Dairy

- Cheddar
- Colby Jack
- Mozzarella
- Parmesan
- Blue cheese
- Goat cheese
- Monterey Jack
- Cream Cheese
- Swiss



KETO GROCERY LIST



Dairy

- Fetta
- Sour Cream (Only Full fat dairy)



Liquids

- Heavy Whipping Cream
- Almond Milk (unsweetened)
- Half & Half
- Coconut Milk (unsweetened)
- Almond Milk (unsweetened)
- Cashew Milk (unsweetened)



Nuts / Seeds

- Macadamia
- Nuts
- Pecans
- Cashews
- Almonds
- Sunflower seeds
- Pumpkin Seeds (Be aware of carb content and serving size)



Fats

- MCT oil
- Coconut Oil
- Avocado Oil
- Ghee
- Butter
- Lard
- Duck Fat
- Olive Oil (Try to stay away from peanut, vegetable, sunflower, etc.)



Fruits

- Strawberry
- Blueberries
- Blackberries
- Raspberries
- Lemon
- Lime



Sweeteners

- Monk Fruit
- Stevia
- Erythritol



Other

- Pork Rinds
- Ranch dressing
- Vinegar
- Worcestershire Sauce
- Yellow and Brown Mustard
- Sugar-Free Ketchup
- Sugar-Free Syrup
- Blue Cheese Dressing
- Hot Sauce
- Soy Sauce
- Broth (All Kinds)
- All Seasonings without carbs
- Almond Flour
- Coconut Flour
- Cocoa Powder
- Xanthum gum
- Psyllium Husk
- Flax seeds
- Chia Seeds

FOOD TO EAT AND AVOID

Below is a list of helpful tips to get started on your ketogenic journey!

✔ Please Note: KEEP YOUR CARBS BELOW < **20 NET** DAILY!!



EAT FATTY CUTS OF MEAT INSTEAD OF LEAN MEATS.



STAY AWAY FROM SUGAR OR ANY FORM OF SUGAR.



INCORPORATE AT LEAST 5 CUPS OF DARK GREEN VEGGIES DAILY.



ELIMINATE LOW CARB TORTILLA, BREAD, OR SUGAR FREE ITEMS WITH HARMFUL INGREDIENTS.



USE OILS AND BUTTER ON YOUR FOOD TO INCREASE FAT INTAKE: AVOCADO OIL, MCT OIL, OLIVE OIL, COCONUT OIL, GRASS FED BUTTER



DO NOT CONSUME COMPLEX CARBS SUCH AS BREADS, PASTA, POTATOES, RICE, BEANS, HIGH SUGAR FRUITS SUCH AS BANANAS, ETC.



KEEP YOUR MEALS SIMPLE: PROTEIN, FAT, VEGGIE



LIMIT YOUR FAST FOOD INTAKE AS THIS SLOWS YOUR PROGRESS



.RESTORE YOUR ELECTROLYTES THROUGH BROTH OR PICKLE JUICE OR AN ELECTROLYTE SUPPLEMENT



WATCH FOR HIDDEN CARBS IN FOOD **DO NOT SKIP YOUR VEGGIES DO NOT** SKIP YOUR FAT INTAKE

INTERMITTENT FASTING REGIMEN

IT IS IMPORTANT TO NOTE THAT ONCE YOUR BODY REACHES KETOSIS YOU CAN BEGIN INTERMITTENT FASTING!

- ✔ **INTERMITTENT FASTING SHOULD ONLY BE PRACTICED ONCE YOUR BODY REACHES KETOSIS. YOU CAN CHECK TO SEE IF YOUR IN KETOSIS BY USING URINE TEST STRIPS OR A BLOOD METER.**
- ✔ WHILE IMPLEMENTING A KETOGENIC LIFESTYLE YOU SHOULD ALWAYS BE PRACTICING WHAT IS CALLED INTUITIVE EATING. INTUITIVE EATING SIMPLY MEANS **ONLY** EAT WHEN YOU ARE HUNGRY
- ✔ PRACTICING INTUITIVE EATING ALLOWS US TO INTERMITTENT FAST. THE BENEFITS OF INTERMITTENT FASTING ARE ENDLESS. SIMPLY PUT IT IS A WAY TO HEAL YOUR BODY FROM THE INSIDE OUT.
- ✔ INTERMITTENT FASTING SHOULD ONLY BE PRACTICED ONCE YOUR BODY REACHES KETOSIS. YOU CAN CHECK TO SEE IF YOUR IN KETOSIS BY USING URINE TEST STRIPS OR A BLOOD METER.
- ✔ **INTERMITTENT FASTING SHOULD ONLY BE PRACTICED ONCE YOUR BODY REACHES KETOSIS. YOU CAN CHECK TO SEE IF YOUR IN KETOSIS BY USING URINE TEST STRIPS OR A BLOOD METER.**

HOW DO INTERMITTENT FAST?

- ✔ **8 HOUR EATING WINDOW:** THIS MEANS YOU FAST FOR 16 HRS OF THE DAY INCLUDING WHEN YOU SLEEP AND EAT YOUR MEALS WITHIN 8 HOURS. YOU CAN EAT 3 MEALS OR 2 MEALS ON THIS SCHEDULE.
- ✔ **6 HOUR EATING WINDOW:** ONCE YOU HAVE MASTERED THE 8 HOUR EATING WINDOW, YOU CAN INCREASE YOUR FASTED WINDOW TO 18 HOURS. IT IS IMPORTANT TO NOTE THAT YOU WILL PROBABLY CUT OUT ONE OF YOUR MEALS AND ONLY EAT **2 MEALS DAILY!**
- ✔ **ONE MEAL A DAY (OMAD):** 1-4 HOUR EATING WINDOW. THE TERM OMAD IS USED TO SIGNIFY ONLY EATING ONE MEAL A DAY. YOUR FASTED TIME SHOULD BE BETWEEN 20-23 HRS DAILY. ITS IMPORTANT TO NOTE THAT YOU CAN HAVE ADDITIONAL FOOD DOING OMAD AS LONG AS ITS NSIDE YOUR 1-4 HOUR EATING WINDOW!

WEEK 1:DAY 1

MEATLOVERS OMELETTE



SCRAMBLE 3 LARGE EGGS
2 OZ OF BACON OR SAUSAGE
1/4 CUP OF SPINACH
1 OZ OF DICED TOMATO
1OZ OF CHEDDAR CHEESE

MACROS:

NET CARBS 37G FAT 41G CARBS 4G CALS 540

CHICKEN SALAD



MIX 5 OZ OF SHREDDED ROTISERRE CHICKEN
3 TBS OF MAYO
2 BOILED EGGS
2 TBS DILL RELISH
SEASONINGS TO TASTE
1 CUP SIDE SALAD (LETTUCE, TOMATO,
CUCUMBER, CHEESE)

MACROS:

NET CARBS 3G PROTEIN 14G FAT 62G CALS 726

HOT WINGS AND STEAMED BROCCOLI



6 HOT WINGS
MUST BE NAKED FRIED NO BREADING
1TBS OF RANCH DRESSING
SIDE OF CELERY

MACROS:

NET CARBS 5G PROTEIN 28G FAT 41G CALS505

DAILY TOTAL:

NET CARBS: 12 PROTEIN: 66G FAT: 120G TOTAL CALS 1508

WEEK 1:DAY 2

BOILED EGGS AND BACON



- 2 BOILED EGGS
- 2 SLICES OF BACON

MACROS:

NET CARBS 1G PROTEIN 18G FAT 16G CALS 230

LETTUCE WRAPPED DELI SANDWICH



- USE 2 SLICES OF DELI HAM OR TURKEY
- 2 SLICES OF TOMATO
- 1OZ OF PICKLES
- 1 TBS OF MAYO OR MUSTARD
- WRAPPED IN LARGE ROMAINE LETTUCE LEAVES
- 2 DILL PICKLE SPEARS ON THE SIDE

SPINACH SALAD

- 1/2 CUP SPINACH
- 1 OZ TOMATOES
- 1 CHOPPED BOILED EGG
- 1 PIECE CHOPPED BACON
- 2 TBS RANCH DRESSING

MACROS:

NET CARBS 5G PROTEIN 35G FAT 43G CALS 540

KETO CHILI



- 1 CUP OF KETO CHILI (MAKES A 10 SERVINGS)
- 1 LB OF GROUND BEEF
- 2 CANS OF DICED TOMATOES
- 1/2 WHITE ONION
- 1 CUP OF BEEF BROTH
- 1 PACKAGE OF DRY CHILI SEASONING
- SEASONING TO TASTE
- 1 OZ OF CHEDDAR CHEESE
- 2 TBS OF SOUR CREAM
- 1 TBS OF BUTTER

MACROS:

NET CARBS 5G PROTEIN 28G FAT 41G CALS505

DAILY TOTAL:

NET CARBS 11G PROTEIN 76G FAT 95G CALS 1206

WEEK 1:DAY 3

STRAWBERRIES AND CREAM CHEESE



- 1/4 CUP OF STAWBERRIES
- 1 OZ OF CREAM CHEESE SPREAD
- 2 SAUSAGE PATTIES (TURKEY OR BEEF)

MACROS:

NET CARBS 4G PROTEIN 2G FAT 10G CALS 113

BUNLESS BURGER & SIDE SALAD



FAST FOOD OPTION:

- 2 CUPS OF CEASAR SALAD (NO CROUTONS)
- BUNLESS DOUBLE CHEESE BURGER (NO REG. KETCHUP)

MACROS:

NET CARBS 5G PROTEIN 49G FAT 75G CALS 887

CHICKEN THIGHS AND LOADED BROCCOLI



- 4 OZ CHICKEN THIGH
- SEASONED TO TASTE
- 1 CUP OF BROCCOLI 1 OZ OF CHEDDAR CHEESE
- 1TBS OF BUTTER
- 1 TBS OF SOUR CREAM
- 1 OZ OF BACON BITS

MACROS:

NET CARBS 2G PROTEIN 34G FAT 14G CALS 370

DAILY TOTAL:

NET CARBS 10G PROTEIN 85G FAT 100G CALS 1370

WEEK 1:DAY 4

CHEESE EGGS AND SAUTEED SPINACH



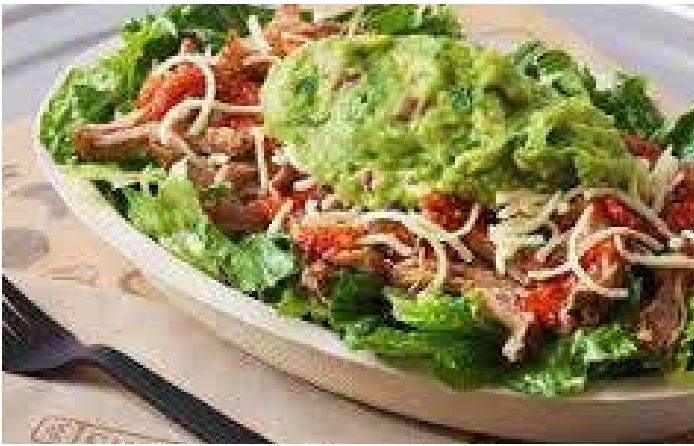
3 SCRAMBLED EGGS

ADD 1/2 CUP OF SAUTEED SPINACH ON SIDE

MACROS:

NET CARBS 3G PROTEIN 21G FAT 20G CALS 283

CHIPOTLE SALAD



CHICKEN OR BEEF

FAJITA MIX

CHEESE

PICO DE GALLO

SOUR CREAM

LETTUCE
(NO RICE, BEANS, CORN)

MACROS:

NET CARBS 7G PROTEIN 32G FAT 42G CALS 590

GRILLED PORK CHOPS AND KETO COLESLAW



4 OZ OF GRILLED PORK CHOP

1 CUP OF COLESLAW

(1 CUP OF COLESLAW MIX

2 TBS OF MAYO

2 TBS OF APPLE CIDER VINEGAR
SALT/PEPPER TO TASTE)

MACROS:

NET CARBS 3G PROTEIN 34G FAT 32G CALS 455

DAILY TOTAL:

NET CARBS 13G PROTEIN 87G FAT 94G CALS 1328

WEEK 1:DAY 5

BULLET PROOF COFFEE OR TEA



8 OZ OF BLACK COFFEE OR TEA

2 TBS OF UNSALTED BUTTER

3 TBS OF HALF & HALF

MACROS:

NET CARBS 3G PROTEIN 21G FAT 20G CALS 283

BAKED LEMON PEPPER WINGS & GARDEN SALAD



4OZ OF LEMON PEPPER WINGS

SEASON AND BAKE WINGS ON 400 DEGREES FOR 40 MINUTES

2 CUPS OF GARDEN SALAD

2 TBS OF RANCH DRESSING

MACROS:

NET CARBS 2G PROTEIN 37G FAT 33G CALS 461

BLACKENED CATFISH AND CREAMED SPINACH (🐟PESCATARIAN)



4 OZ OF BLACKENED CATFISH

1 CUP OF CREAMED SPINACH

MAKES 8 SERVINGS

15 CUPS OF RAW SPINACH

4 CUPS ASIAGO CHEESE

4 TBS CREAMED CHEESE

2 TBS BUTTER

1/2 CUP HEAVY CREAM

1 CUP GRATED PARMESAN CHEESE

MACROS:

NET CARBS 3G PROTEIN 34G FAT 32G CALS 455

DAILY TOTAL:

NET CARBS 4G PROTEIN 76G FAT 86G CALS 1121

WEEK 1:DAY 6

MIXED BERRIES & AVOCADO



- 1/4 CUP OF BLUEBERRIES
- 1/4 CUP OF STRAWBERRIES
- 1/2 AVOCADO SLICED

MACROS:

NET CARBS 7G PROTEIN 2G FAT 11G CALS 142

TUNA SALAD (🐟 PESCATARIAN)



- MIX 4 OZ OF CANNED TUNA IN WATER
- 3 TBS OF MAYO
- 2 BOILED EGGS
- SEASONINGS TO TASTE

MACROS:

NET CARBS 1G PROTEIN 40G FAT 35G CALS 487

CHICKEN AND BROCCOLI STIRFRY



- 4 OZ OF CHICKEN
- 2 CUPS OF BROCCOLI
- 1 OZ OF ONION
- 1 OZ OF GREEN PEPPER
- 1OZ MIXED COLOR PEPPERS
- 3 TBS SOY SAUCE
- 1 OZ LIQUID AMINOS
- 3 TBS OF BUTTER
- SEASONINGS TO TASTE

MACROS:

NET CARBS 9G PROTEIN 36G FAT 31G CALS 469

DAILY TOTAL:

NET CARBS 7G PROTEIN 78G FAT 76G CALS 1080

WEEK 1:DAY 7

SPINACH AND MUSHROOM OMELETTE



2 EGG SPINACH/ MUSHROOM OMELETTE
1/4 CUP OF STRAWBERRIES

MACROS:

NET CARBS 7G PROTEIN 2G FAT 11G CALS 142

BAKED CHICKEN AND ROASTED BROCCOLI



3 BAKED CHICKEN WINGS
1 CUP ROASTED PARMESAN BROCCOLI
1 CUP OF BROCCOLI
SEASON W/ GARLIC SALT
SEASONING SALT
PEPPER

COAT WITH OLIVE OIL AND ROAST ON 400 DEGREES FOR 30 MIN

TOP WITH PARMESAN CHEESE

MACROS:

NET CARBS 1G PROTEIN 40G FAT 35G CALS 487

POT ROAST AND GREEN BEANS



4OZ POT ROAST
1/2 CUP OF GREEN BEANS

MACROS:

NET CARBS 11G PROTEIN 74G FAT 85G CALS 1131

DAILY TOTAL:

NET CARBS 7G PROTEIN 78G FAT 76G CALS 1080

WEEK 2:DAY 1

KETO WAFFLES & SAUSAGE PATTIE



1 / CUP ALMOND FLOUR
1/3 CUP ALMOND MILK
3 TBSP BUTTER
1 EGG
2 TSP STEVIA POWDER
1 TSP VANILLA ESSENCE
1 TSP BAKING POWDER
1 TBSP OIL OR SPRAY OIL
MIX WET INGREDIENTS AND DRY AND COOK ON A WAFFLE IRON

1 SAUSAGE PATTIE

MACROS:

NET CARBS 1G PROTEIN 40G FAT 35G CALS 487

STEAK SALAD



4 OZ OF RIBEYE STEAK
1 CUP OF GARDEN SALAD
1 OZ OF AVOCADO
2 STRIPS OF BACON
1 OZ OF CHEDDAR CHEESE
2 TBS OF RANCH DRESSING

MACROS:

NET CARBS 4G PROTEIN 32G FAT 23G CALS 365

KETO FRIED CATFISH & COLESLAW (🐟PESCATARIAN)



4 OZ FRIED KETO CATFISH
1 CUP OF KETO COLESLAW

MACROS:

NET CARBS 2G PROTEIN 22G FAT 24G CALS 319

DAILY TOTAL:

NET CARBS 9G PROTEIN 70G FAT 92G CALS 1212

WEEK 2:DAY 2

GREEN SMOOTHIE



- 2 CUPS OF FRESH OR FROZEN SPINACH
- 1/4 CUP OF STRAWBERRIES
- 1 CUP OF UNSWEETENED ALMOND MILK
- 1/2 OF RIPE AVOCADO
- 2 TBS OF GREEK YOGURT OR CREAM CHEESE
- 3 TBS OF SWEETENER OF CHOICE
- 2 TBS OF AVOCADO OIL OF MCT OIL

MACROS:

NET CARBS 4G PROTEIN 3G FAT 19G CALS 204

CHICKEN SALAD



- 2 CUPS OF LETTUCE
- 4 OZ OF CHICKEN THIGHS
- 1TBS OF TOMATOES
- 1 OZ OF CHEEDAR CHEESE
- 2 OZ OF AVACADO SLICES
- 2TBS OF BACON BITS
- 1/4 CUP OF CUCUMBER
- 2 TBS OF RANCH DRESSING
- 1TBS OF AVACADO OIL

MACROS:

NET CARBS 4G PROTEIN 49G FAT 32G CALS 526

RIBEYE AND SAUTEED SPINACH



- 4 OZ OF GRILLED RIBEYE
- 1 CUP OF SAUTEED SPINACH
- 1 TBS OF GARLIC BUTTER

MACROS:

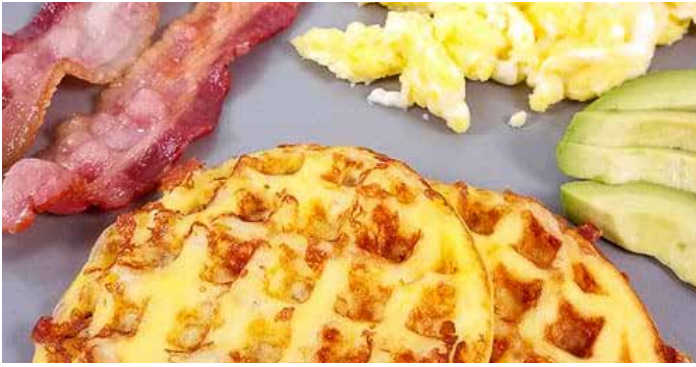
NET CARBS 2G PROTEIN 34G FAT 41G CALS 515

DAILY TOTAL:

NET CARBS 12G PROTEIN 86G FAT 91G CAL 1245

WEEK 2:DAY 3

KETO CHAFFLES AND BACON



- 1 CUP SHREDDED CHEDDAR CHEESE
- 1 LARGE EGG
- SALT, TO TASTE
- COOKING OIL, TO BRUSH THE WAFFLE IRON
- 2 STRIPS OF BACON

MACROS:

NET CARBS 1G PROTEIN 14G FAT 1G CALS 156

TACO SALAD



- 3 OZ OF GROUND BEEF
- 2 CUPS OF LETTUCE
- 1 OZ OF CHEDDAR CHEESE
- 1 OZ OF SALSA
- 1 OZ OF JALEPENO PEPPERS

MACROS:

NET CARBS 5G PROTEIN 38G FAT 51G CALS 650

BAKED SALMON AND ASPARAGUS



- 4OZ OF BAKED SALMON
- 1 CUP OF ASPARAGUS
- SAUTEE IN 1 TBS OF BUTTER
- MINCED GARLIC
- SEASONINGS TO TASTE

MACROS:

NET CARBS 3G PROTEIN 32G FAT 41G CALS 517

DAILY TOTAL:

NET CARBS 12G PROTEIN 86G FAT 91G CAL 1245

WEEK 2:DAY 4

SOUTHWESTERN EGG SCRAMBLE



2 EGGS

1 OZ CHIRIZO

1 OZ OF PICO DE GALLO

1 OZ OF CHEDDAR CHEESE

MACROS:

NET CARBS 2G PROTEIN 29G FAT 29G CALS 404

CHICKEN ZUCHINI ZOODLES



4 OZ CHICKEN THIGH

SEASONED TO TASTE

1/4 CUP OF SUGAR FREE TOMATO SAUCE

1 OZ ONION/GREEN PEPPER

2 CUPS OF ZUCHINNI ZOODLES

MACROS:

NET CARBS 8G PROTEIN 30G FAT 23G CALS 373

STEAK TACO SALAD



4 OZ OF STEAK THINLY SLICED

2 CUPS OF LETTUCE

1 OZ TOMATO

1 TBS PICO DE GALLO

1 OZ CHEDDAR CHEESE

1 TBS SOUR CREAM

1 TBS TACO SAUCE

1 TBS GUACAMOLE

MACROS:

NET CARBS 7G PROTEIN 17G FAT 30G CALS 379

DAILY TOTAL:

NET CARBS 17G PRTOEIN 77G FAT 82G CALS 1157

WEEK 2:DAY 5

CREAMY STRAWBERRY/ AVOCADO SMOOTHIE



- 1 CUP UNSWEETENED VANILLA ALMOND MILK
- 1/2 AVOCADO
- 1/2 CUP FROZEN STRAWBERRIES
- 1/4 CUP HWC
- 1/4 CUP CREAM CHEESE
- 1 TBS AVOCADO OIL
- 3 TBS MONK FRUIT
- 1 TBS CHIA SEEDS

MACROS:

NET CARBS 4G PROTEIN 3G FAT 19G CALS 204

CHEESE SHELL TACOS



- 4 OZ GROUND BEEF (80/20%)
- 1/4 CUP OF SHREDDED LETTUCE
- 2 TBS SOUR CREAM
- 1 TBS PICO DE GALLO
- 2 TBS GUACAMOLE
- 6 OZ GRATED CHEESE
(FRY CHEESE IN SKILLET FOR 1 MIN THEN FLIP, LET COOL, FILL WITH TOPPINGS ABOVE)

MACROS:

NET CARBS 5G PROTEIN 29G FAT 35G CALS 450

CHICKEN CEASAR SALAD



- 4 OZ OF GRILLED CHICKEN BREAST
- 2 CUPS OF ICEBURG LETTUCE
- 1 OZ OF SHAVED PARMESAN CHEESE
- 2 TBS OF CEASAR DRESSING

MACROS:

NET CARBS 4G PROTEIN 46G FAT 20G CALS 392

DAILY TOTAL:

NET CARBS 13G PROTEIN 78G FAT 74G CALS 1040

WEEK 2:DAY 6

CHEESE EGG BITES



- 2 EGGS
- 1 OZ OF BACON BITS
- 1 OZ OF CHEDDAR CHEESE
- 1 TBS PICO DE GALLO
- SEASONINGS TO TASTE

MACROS:

NET CARBS 1G PROTEIN 17G FAT 21G CALS 274

KETO STUFFED PEPPERS



- 1 GREEN PEPPER
- 3 OZ GROUND BEEF
- 1 OZ TOMATO SAUCE
- 1TBS OF ONIONS
- 2 TBS OF SHREDDED CHEDDAR CHEESE

MACROS:

NET CARBS 7G PROTEIN 31G FAT 19G CALS 335

SHRIMP AND CABBAGE ALFREDO



- 6 OZ SAUTEED JUMBO SHRIMP
- 1 OZ OF WHITE ONION
- 2 GLOVED OF GARLIC
- 1/4 CUP HEAVY CREAM
- 1/8 HALF AND HALF
- 1 TBS CHICKEN BULLION
- CAJUN SEASONING
- SALT/PEPPER
- 2 TBS OF BUTTER

MACROS:

NET CARBS 6G PROTEIN 31G FAT 48G CALS 568

DAILY TOTAL:

S NET CARBS 14G PROTEIN 79G FAT 88G CALS 1176

WEEK 2:DAY 7

FRIED CHICKEN AND WAFFLES



3 OZ CHICKEN BREAST

1 CUP OF UNFLAVORED PROTEIN POWDER

1 CUP OF GRATED PARMESAN

EGG WASH

SEASONINGS

SEASON CHICKEN AND DIP IN EGG WASH AND THEN COAT IN PROTEIN POWDER GRATED PARMESAN MIXTURE

FRY ON 350 DEGREEES FOR 10-15 MIN

2 KETO WAFFLES

1 TBS SUGAR FREE SYRUP

MACROS:

NET CARBS 2G PROTEIN 34G FAT 26G CALS 427

STUFFED CHICKEN BREASTS & CAULIFLOWER MASH



5 OZ STUFFED CHICKEN BREAST

1 OZ OF CREAM CHEESE

1 OZ SHREDDED CHEDDAR

1 TBS OF DRY RANCH DRESSING

CAJUN SEASONING

1 CUP CAULIFLOWER MASH

1 TBS BUTTER

1 TBS HEAVY CREAM

SEASONINGS TO TASTE

MACROS:

NET CARBS 6G PROTEIN 46G FAT 42G CALS 591

BUNLESS BURGER & SIDE SALAD



2 CUPS OF COOKED COLLARD GREENS

3 OZ OF SMOKED TURKEY

MACROS:

NET CARBS 4G PROTEIN 4G FAT 5G CALS 72

DAILY TOTAL:

NET CARBS 12G PROTEIN 84G FAT 73G CALS 1090

WEEK 3:DAY 1

CHIA SEED PUDDING (🌱VEGETARIAN/🐟PESCATARIAN)



- 1/4 CUP OF CHIA SEEDS
- 1 CUP OF UNSWEETENED COCONUT MILK
- 1 TBS OF MONK FRUIT SWEETENER
- LET SOAK OVERNIGHT
- 1/4 CUP FRESH STRAWBERRIES/BLUEBERRIES

MACROS:

NET CARBS 3G PROTEIN 9G FAT 17G CALS 282

SHRIMP LETTUCE WRAP (🐟PESCATARIAN)



- 2 LETTUCE WRAPS
- 4 OZ OF GRILLED SHRIMP
- 2 AVOCADO SLICES
- 1 OZ OF TOMATO SLICES
- 1 OZ DILL PICKLE SLICES
- 2 TBS OF CHIPOTLE MAYO

MACROS:

NET CARBS 3G PROTEIN 42G FAT 11G CALS 284

VEGGIE STIRFRY W/ ZUCCHINI NOODLES (🌱VEGETARIAN)



- 2 CUPS ZUCCHINI NOODLES
- 1/4 SPAGETTI SAUCE
- 1/4 CUP ONIONS AND PEPPERS
- 1 OZ MUSHROOMS
- 1 OZ CHEDDAR CHEESE
- SIDE VEGGIE SALAD
- 1 TBS RANCH DRESSING
- 2 TBS OF AVOCADO OIL DRIZZLED ON TOP

MACROS:

NET CARBS 12G PROTEIN 12G FAT 53G CALS 570

DAILY TOTAL:

NET CARBS 18G PROTEIN 63G FAT 80G CALS 1136

WEEK 3 :DAY 2

STRAWBERRY SURPRISE PROTEIN DRINK



- 2 SCOOPS OF PEA PROTEIN POWDER
- 1CUP OF UNSWEETNED ALMOND MILK
- 1/4 CUP STRAWBERRIES
- 2 TBS OF MONK FRUIT SWEETENE

MACROS:

NET CARBS 3G PROTEIN 24G FAT 6G CALS 170

CAJUN SALMON SALAD



- 4 OZ OF GRILLED CAJUN SALMON
- 2 CUPS OF LETTUCE
- 1 OZ OF TOMATO
- 1 TBS OF RED ONION
- 1 OZ OF CHEDDAR CHEESE
- 1 OZ OF CUCUMBER
- 1 OZ OF CHOPPED WALNUTS
- 1 TBS OF SUNFLOWER SEEDS
- 2 TBS OF AVACADO RANCH DRESSING

MACROS:

NET CARBS 8G PROTEIN 37G FAT 49G CALS 630

SEAFOOD STUFFED PEPPER



- 2OZ SAUTEED SHRIMP
- 1 OZ OF JUMBO LUMP CRAB MEAT
- 1 OZ GREEN PEPPERS/ONIONS DICED
- 1 OZ OF CAULIFLOWER RICE
- 1/5 CUP OF ALFREDO SAUCE
- 1 OZ OF MOZZERELA CHEESE
- SEASONINGS TO TASTE

MAKE "MEAT" SAUCE AND STUFF PEPPER AND BAKE 25 MIN ON 350 DEGREES

MACROS:

NET CARBS 7G PROTEIN 26G FAT 26G CALS 368

DAILY TOTAL:

NET CARBS 18G PROTEIN 88G FAT 80G CALS 1168

WEEK 3 :DAY 3

MIXED BERRY SMOOTHIE



- 2 CUPS OF SPINACH
- 8 OZ UNSWEETENED ALMOND MILK
- 1/4 CUP MIXED BERRIES
- 1 TBS ALMOND BUTTER

MACROS:

NET CARBS 5G PROTEIN 6G FATTIG CALS 149

SPAGETTI SQUASH MEAT BAKE



- 5 OZ SPAGETTI SQUASH
- 2 OZ MARINARA SAUCE
- 3 OZ GROUND BEEF
- 1 TBS MIXED PEPPERS
- 1 TBS MUSHROOMS
- 1TBS BUTTER

MACROS:

NET CARBS 6G PROTEIN 24G FAT 25G CALS 351

LETTUCE WRAPPED TACOS



- 4 OZ GROUND BEEF
- 4 LARGE LETTUCE WRAPS
- TOMATOES
- VEGAN CHEESE
- GRILLED ONIONS

MACROS:

NET CARBS 5G PROTEIN 50G FAT 33G CALS 531

DAILY TOTAL:

NET CARBS 16G PROTEIN 80G FAT 70G CALS 1031

WEEK 3:DAY 4

KETO CREAM CHEESE PANCAKES



MAKES 4-6 PANCAKES

SERVING SIZE 2

BLEND TOETHER:

1/3 CUP OF COCONUT FLOUR

4OZ OF CREAM CHEESE

4 EGGS

1/4 CUP OF MONK FRUIT

MACROS:

NET CARBS 5G PROTEIN 22G FAT 35G CALS 440

KETO CHICKEN PIZZA



MAKES WHOLE PIZZA

SERVING SIZE 2 SLICES

1 1/2 C SHREDDED MOZZARELLA CHEESE

2 OZ OF CREAM CHEESE

1 TSP OF BAKING POWDER

1 CUP OF ALMOND FLOUR

1 EGG

1/4 C SUGAR FREE BBQ SAUCE

1 CUP OF SHREDDED ROTISSERIE CHICKEN

1/8 CUP OF RED ONION

1/8 CUP OF GREEN PEPPER

1/4 CUP MILD CHEDDAR CHEESE

MACROS:

NET CARBS 7G PROTEIN 32G FAT 42G CALS 545

KETO ZUPPA TUSCANA SOUP



MAKES 10 SERVINGS

SERVING SIZE 1 CUP

1 BAG OF RAW KALE

1 PACKAGE OF MILD ITALIAN SAUSAGE

2 CUPS OF HEAVY CREAM

1/4 CUP OF CHICKEN BULLION

1/2 WHITE ONION

1/4 CUP SHAVED PARMESAN CHEESE

COOK DOWN MEAT AND VEGGIES, ADD IN HEAVY CREAM, BULLION/WATER.

ADD KALE AND COOK DOWN FOR 20 MIN ON MED. HEAT.

MACROS:

NET CARBS 3G PROTEIN 11G FAT 24G CALS 275

DAILY TOTAL:

NET CARBS 16G PROTEIN 66G FAT 101G CALS 1260

WEEK 3 :DAY 5

KETO YOGURT AND GRANOLA



1 CUP OF RATIO STRAWBERRY
1/8 CUP OF KETO GRANOLA

MACROS:

NET CARBS 4G PROTEIN 18G FAT 28G CALS 340

KETO FRIED CHICKEN AND GREEN BEANS



4 OZ OF BONELESS SKINLESS CHICKEN THIGHS
1 CUP OF GRATED PARMESAN
1 CUP OF UNFLAVORED PROTEIN POWDER
1 EGG (EGG WASH)
SEASONINGS TO TASTE
1 CUP OF SAUTEED GREEN BEANS
1TBS BUTTER

MACROS:

NET CARBS 6G PROTEIN 27G FAT 31G CALS 418

PAN SEARED SALMON AND ROASTED BRUSSELS



5 OZ OF SALMON FILLET
SEASONINGS TO TASTE
1 CUP OF ROASTED BRUSSELS
2 SLICED OF BACON
1/4 CUP OF WHITE ONION/GARLIC
SEASONINGS TO TASTE

MACROS:

NET CARBS 6G PROTEIN 36G FAT 47G CALS 608

DAILY TOTAL:

NET CARBS 16G PROTEIN 82G FAT 106G CALS 1366

WEEK 3:DAY 6

KETO STRAWBERRY FIELDS SMOOTHIE



1 CUP SPINACH
1/2 CUP UNSWEETENED COCONUT MILK
1/4 CUP STRAWBERRIES
1/4 CUP RASPBERRIES
1/4 CUP HWC
2 TBS CHIA SEEDS
1 TBS AVOCADO OIL
3 TBS MONK FRUIT
1 TBS UNSWEETENED COCONUT FLAKES

MACROS:
NET CARBS 4G PROTEIN 3G FAT 19G CALS 204

ROASTED CHICKEN THIGHS IN LEMON CREAM SAUCE AND LOADED BROCCOLI



MAKES 4 SERVINGS
SERVING SIZE 1 CHICKEN THIGH
4 OZ OF BONE-IN CHICKEN THIGHS W/ SKIN
1 TBS OF BUTTER
1OZ OF WHITE COOKING WINE
1/4 CUP OF HEAVY CREAM
SPRINKLE OF CHICKEN BULLION
FRESH LEMON

CLEAN AND SEASON YOUR THIGHS! IN A HOT SKILLET WITH AVOCADO OR OLIVE OIL COOK YOUR THIGHS FOR 10 MINUTES EACH SIDE ON MEDIUM HEAT.

TAKE THIGHS OUT AND DRAIN ANY EXCESS OIL. ADD IN BUTTER, ONION/GARLIC, RED OR WHITE COOKING WINE, HEAVY CREAM, AND A PINCH OF CHICKEN BULLION FOR FLAVAAAAA ADD CHICKEN BACK IN AND COOK FOR 10 MIN ON 350 DEGREES IN THE OVEN.

MACROS:
NET CARBS 4G PROTEIN 57G FAT 39G CALS 618

KETO SKILLET LASGNA



1LB OF BROWN GROUND BEEF
1 WHITE ONION CHOPPED
3-4 CHOPPED GARLIC CLOVES
1 CAN OF SPAGHETTI SAUCE
1/4 CUP OF RICOTTA CHEESE
1/4 CUP OF CREAM CHEESE
1/4 CUP OF HEAVY CREAM
4 SLICES OF DELI MEAT (ANY KIND)
1 CUP OF SHREDDED CHEESE AND SEASONINGS TO TASTE

BROWN YOUR MEAT AND MIX IN SPAGHETTI SAUCE, SEASONINGS, AND RED COOKING WINE. ADD ONION AND GARLIC CHOPPED. SET ASIDE.

BLEND A CUP OF RICOTTA CHEESE, 1/4 CUP CREAM CHEESE AND 1/4 HEAVY CREAM. SEASON WITH ITALIAN HERBS AND SALT/PEPPER

LAYER IN A OVEN SAFE SKILLET...MEAT SAUCE, DELI MEAT (NOODLE) AND CHEESE MIXTURE ON TOPADD SHREDDED CHEESE TO TOP IT OFF. BAKE ON 25-30 MIN ON 375 DEGREES

MACROS:
NET CARBS 4G PROTEIN17G FAT 22G CALS 290

DAILY TOTAL:
NET CARBS 12G PROTEIN 78G FAT 79G CALS 1113

WEEK 3:DAY 7

16/8 FASTING SCHEDULE EXAMPLE

THIS FASTING SCHEDULE REQUIRES THAT YOU ONLY EAT 2 MEALS A DAY. EAT BOTH OF YOUR MEALS IN A 8 HOUR WINDOW OF TIME AND CUT OUT BREAKFAST AS A MEAL!

GARLIC AND HERB LAMB CHOPS



- 5 OZ OF LAMB CHOPS
- 1 CUP OF BRUSSEL SPROUTS
- 1 SLICE BACON
- 1/8 CUP OF WHITE ONION
- 1 TBS OF BUTTER

MACROS:

NET CARBS 5G PROTEIN 38G FAT 43G CALS 569

HOGGIE SALAD



- 3 CUPS OF SHREDDED LETTUCE
- 6 GRAPE TOMATOES
- 2 OUNCES OF SALAMI
- 1 OUNCE OF PEPPERONI
- 1 TBS OF RED ONION
- 2 SLICES OF CHEDDAR CHEESE
- 1 OUNCE OF CUCUMBER
- 2 TBS OF MAYO
- 1 TBS OF RED WINE VINEGAR
- SEASONING TO TASTE

MACROS:

NET CARBS 8G PROTEIN 30G FAT 66G CALS 757

DAILY TOTAL:

NET CARBS 13G PROTEIN 67G FAT 109G CALS 1326

WEEK 4:DAY 1

16:8 FASTING SCHEDULE EXAMPLE 2 MEALS PER DAY

JERK CHICKEN AND ASPARAGUS



5 OZ OF JERK CHICKEN

SEASON CHICKEN WITH WALKERWOOD JERK MARINADE AND SEASONINGS OF CHOICE

AIR FRY OR BAKE ON 350 DEGREES FOR 30-45 MINUTES UNTIL DONE

1 CUP OF ASPARAGUS

1 TSP OF BUTTER

MACROS:

NET CARBS 4 PROTEIN 37G FAT 35G CALS 487

SHRIMP SCAMPI (PESCATARIAN OPTION)



6 OZ OF JUMBO SHRIMP

1 CUP OF BROCCOLI

1/4 CUP OF BUTTER

1/4 CUP WHITE COOKING WINE

2 OZ OF WHITE ONION

1OZ OF GARLIC

SEASONINGS TO TASTE

MAKE SCAMPI SAUCE:

STEAM BOCCOLI OVER MEDIUM HEAT FOR 10 MINUTES MELT DOWN BUTTER ADD IN WINE AND ONION/GALRIC TO SAUTEE FOR 2-3 MINUTES. ADD IN SEASONINGS TO TASTE. THEN ADD SHRIMP FOR 2-3 MINUTES ONLY. GARNISH WITH PARSLEY AND ENJOY!

MACROS:

NET CARBS 12 PROTEIN 24G FAT 48G CALS 615

DAILY TOTAL:

NET CARBS 16G PROTEIN 61G FAT 83G CALS 1101

WEEK 4:DAY 2

16:8 FASTING SCHEDULE EXAMPLE 2 MEALS PER DAY

BEEF STIRFRY



5 OZ OF SHAVED BEEF

1 CUP OF MIRACLE OR SHIRTAKI NOODLES

1 OZ OF MIXED PEPPERS

1/4 LIQUID AMINOS

1 TBS OF CHILI PASTE

2 TBS OF SWERVE BROWN SUGAR

OVER LOW COMBINE LIQUID AMINOS OR SOY SAUCE, CHILI PASTE, SWERVE BROWN SUGAR, SEASONINGS TO TASTE FOR SAUCE. COOK SEASONED SHAVED BEEF OVER HIGH HEAT AND ADD NOODLES AND SAUCE.

MACROS:

NET CARBS 2G PROTEIN 23G FAT 12G CALS 215

CRAB LEGS IN BUTTER SAUCE



1/2 LB OF SNOW CRAB

1/4 CUP OF BUTTER

1/4 CUP WHITE COOKING WINE

SEASONINGS TO TASTE

1 CUP OF SAUTEED SPINACH

MACROS:

NET CARBS 1 PROTEIN 43G FAT 48G CALS 609

DAILY TOTAL:

NET CARBS 3G PROTEIN 65G FAT 60G CALS 824

WEEK 4:DAY 3

16:8 FASTING SCHEDULE EXAMPLE 2 MEALS PER DAY

GRILLED CHICKEN BREAST AND MIXED VEGGIES



4 OZ OF GRILLED CHICKEN BREAST

1 CUP OF MIXED VEGGIES

ZUCHINNI/ ONIONS/ PEPPERS

MACROS:

NET CARBS 5G PROTEIN 37G FAT 28G CALS 440

LEMON PEPPER SALMON AND BRUSSEL SPROUTS



5 OZ OF SALMON (AIRFRIED)

1 CUP OF BRUSSELS

1OZ OF BACON

1 TBS OF BUTTER

SEASONINGS TO TASTE

MACROS:

NET CARBS 7G PROTEIN 41G FAT 40G CALS 568

DAILY TOTAL:

NET CARBS 12G PROTEIN 77G FAT 69G CALS 1007

WEEK 4:DAY 4

16:8 FASTING SCHEDULE EXAMPLE 2 MEALS PER DAY

SHRIMP SALAD (PESCATARIAN OPTION)



- 4 OZ OF SHRIMP
- 2 CUPS OF LETTUCE
- 1 OZ OF TOMATO
- 1 OZ OF CUCUMBER
- 1 OZ OF CHEESE
- 2 TBS OF RANCH DRESSING

MACROS:

NET CARBS 4G PROTEIN 42G FAT 23G CALS 398

MEATLOAF AND CAULIFLOWER MASH



- MAKES 8 SERVINGS
- 1LB OF GROUND BEEF
- 1/4 CUP OF ONION & GARLIC
- 2 CANS OF TOMATO SAUCE
- SEASONINGS TO TASTE
- 1 CUP OF GROUND PORK RINDS
- 1 EGG

MIX ALL INGREDIENTS TOGETHER TO FORM A LOAF AND BAKE ON 375 DEGREES FOR 1 HOUR POUR SAUCE ON AFTER BAKED AND BAKE FOR 10 MINUTES.

- 1 CUP OF MASHED CAULIFLOWER
- 2 TBS BUTTER
- SEASONINGS TO TASTE

MACROS:

NET CARBS 9G PROTEIN 23G FAT 37G CALS 470

DAILY TOTAL:

NET CARBS 14G PROTEIN 66G FAT 60G CALS 867

WEEK 4:DAY 5

16:8 FASTING SCHEDULE EXAMPLE 2 MEALS PER DAY

PAN SEARED CATFISH AND PARMESAN CAULIFLOWER RISOTTO (PESCATARIAN OPTION)



8 OZ OF CATFISH FILLET

SEASONING TO TASTE

1 CUP OF CAULIFLOWER RISOTTO

BLEND STEAMED CAULIFLOWER UNTIL CHUNKY SEASONINGS

1 TBS OF BUTTER

1TBS OF HEAVY CREAM

1 TSP OF GARLIC PASTE

1 OZ OF SHAVED PARMESAN

MACROS:

NET CARBS 3 G PROTEIN 46G FAT 20G CALS 397

VEGGIE STIRFRY (VEGETARIAN OPTION)



1 CUP OF CHOPPED ZUCCHINI

1/2CUP OF BROCCOLI

1/4 CUP OF ONION

1/4 CUP OF MIXED PEPPERS

1/4 CUP CHOPPED CANNED TOMATOES

1/4 CUP OLIVE OIL TO STIRFRY VEGGIES

1 OZ OF LOW SODIUM SOY SAUCE

SEASONINGS TO TASTE

MACROS:

NET CARBS 12 PROTEIN 5G FAT 55G CALS 563

DAILY TOTAL:

NET CARBS 15G PROTEIN 51G FAT 75G CALS 959

WEEK 4 :DAY 6

OMAD EXAMPLE DAY 1 MEAL PER DAY

RIBEYE AND LOADED BROCCOLI



10 OZ OF RIBEYE BONE-IN
1 CUP OF LOADED BROCCOLI
1 OZ OF CHEDDAR CHEESE
1 OZ OF SOUR CREAM
SEASONINGS TO TASTE

DAILY TOTAL:

NET CARBS 2G PROTEIN 91G FAT 57G CALS 919

WEEK 4 :DAY 7

OMAD EXAMPLE DAY 1 MEAL PER DAY

FISH TACOS (PESCATARIAN OPTION)



6 OZ OF KETO FRIED FISH (SALMON OR CAT-FISH)

SEASON FISH AND COAT IN MUSTARD. BREAD IN GRATED PARMESAN AND FRY ON 375 FOR 10 MINUTES.

1 OZ OF CHEESE

1 OZ OF SOUR CREAM

1/4 CUP OF CABBAGE SLAW

1 OZ OF TOMATOES

1/2 AVACADO OR GUACAMOLE

CILANTRO TO GARNISH

*WRAP IN LETUCE FOR LESS CARBS OR LOW CARB TORILLA FOR LOW CARB OPTION
MACROS BASED ON LETTUCE WRAPPED

DAILY TOTAL:

NET CARBS 8G PROTEIN 51G FAT 73G CALS 915

OMAD :DAY 8

ONE MEAL A DAY MACROS WILL LOOK DIFFERENTLY THAN THE MACROS FOR MULTIPLE MEALS. FOR OMAD IT IS PERFECTLY FINE TO BE UNDER YOUR MACRO LIMITS. HOWEVER, YOU WANT TO GET IN MINIMUM MACROS OF PROTEIN 50G FAT 60G CALS 600 WHILE DOING A OMAD FASTING SCHEDULE.

FRIED CHICKEN SALAD



6 OZ OF KETO FRIED CHICKEN

3 CUPS OF LETTUCE

1/4 CUP OF TOMATO

1/4 CUP OF CUCUMBERS

1/8 CUP OF RED ONION

1 OZ OF CHEDDAR CHEESE

2 OZ OF AVACADO SLICES

3 TBS OF AVACADO RANCH

2 TBS OF AVOCADO OIL

DAILY TOTAL:

NET CARBS 13G PROTEIN 63G FAT 60G CALS 881

OMAD :DAY 9

RED WINE BRAISED BEEF SHORT RIBS/CAULIFLOWER MASH/LOADED BROCCOLI



MAKES 6-8 RIBS

SERVING SIZE 3

2-3 LBS OF BEEF SHORT RIBS

1 CUP OF CHEAP RED WINE

1 CUP OF BEEF BROTH

1/2 CUP OF GARLIC/ONION/CELERY

1 TSP GARLIC POWDER

1 TSP ITALIAN SEASONING

1 TSP SALT/PEPPER

1 TSP GARLIC SALT

3 BAY LEAVES

2TBS OF TOMATO PASTE

DIRECTIONS:

BRAISE RIBS OVER HIGH HEAT IN A DUTCH OVEN. SEASON LIGHTLY WITH SALT/PEPPER

REMOVE AND SET ASIDE

POUR RED WINE, BEEF BROTH, WATER, TOMATO PASTE,VEGGIES, SEASONINGS TO TASTE AND STIR..ADD RIBS IN AND COOK 3 HOURS OVER LOW HEAT COVERED...

SHORT RIBS SHOULD BE TENDER TENDER. IF YOUR FORK DOESN'T GO THROUGH COOK THEM LONGER!!

CAULIFLOWER MASH

MAKES 4 SERVINGS

SERVING SIZE 1/2 CUP

1 HEAD OF CAULIFLOWER

3 TBS OF BUTTER

3 TBS OF HEAVY CREAM

1 OZ OF CHEDDAR CHEESE

1 TBS OF BACON BITS

1 TSP OF GARLIC PASTE

SEASONINGS TO TASTE

PARSLEY TO GARNISH

1 CUP OF STEAMED BROCCOLI

1 TBS OF BUTTER

DAILY TOTAL:

NET CARBS 13G PROTEIN 51G FAT 110G CALS 1274

KETOSNACKOPTIONS

LIMIT 2 SNACKS PER DAY ALWAYS READ THE LABEL FOR PORTION SIZE AND QUANTITY



**MOON CHEESE
1 SERVING PER
SNACK**



**PORK RINDS
1 CUP PER SNACK**



**WHISPS
1 CUP PER SNACK**



**NUTS
1/4 CUP PER SNACK**



**BERRIES
1/4 CUP PER SNACK**



**SUNFLOWER
1/2 CUP PER SNACK**



1/2 BAG PER SNACK



1/2 CUP PER SNACK



**CHEESE STICKS PER
SNACK**



KETO CHEAT SHEET

LEAFY VEGETABLES

Foods	Serving size	Net Carbs
Asparagus	1 cup	6 g
Sprouts	1 cup	0.1 g
Arugula	1 cup	2 g
Broccoli	1 cup	4 g
Cabbage	1 cup	5 g
Collard greens	1 cup	1.7 g
Endive	100 g	0.3 g
Kale	1 cup	1 g
Lettuce	1 cup	1.6 g
Napa cabbage	1 cup	2.2 g
Bak Choy	100 g	0.8 g
Spinach	1 cup	1 g
Swiss chard	1 cup	3 g
Watercress	1 cup	0.3 g
Cucumbers	1/2 cup	1.5 g
Artichokes	1/2 cup	10 g
Bamboo shoots	1/2 cup	1.2 g
Beets	1 cup	13 g
Bell peppers	1 cup	9 g
Cauliflower	1 cup	5 g
Celery	40 g	1.2 g
Chili peppers	1 cup	4 g
Eggplant	1 cup	4.8 g
Garlic	4 g	1 g
Green Beans	1 cup	10 g
Mushroom	1 cup	1.6 g
Okra	1/2 cup	2 g
Olives	1 cup	3 g
Onions	1/2	6 g
Radishes	1/2 cup	1 g
Rhubarb	1 cup	5.5 g
Rutabagas	1 cup	12 g
Sauerkraut	1 cup	7 g
Shallot	1/4 cup	6.7 g
Snap peas	1 cup	4 g
Squash	1 cup	7.8 g
Turnips	1 cup	6.1 g
Zucchini	1 cup	4 g

PROTEINS

Foods	Serving	Net Carbs
Salami	50 g	1.12 g
Pepperoni	50 g	0 g
Beef	50 g	0 g
Chicken	50 g	0 g
Bacon	50 g	0 g
Sausage	50 g	0 g
Ham	50 g	1 g
Pork belly	50 g	1.8 g
Pork	50 g	0 g
Other poultry	50 g	0 g
Turkey	50 g	0 g

NUTS & SEEDS

Nuts/seeds	Serving portion	Net Carbs
Almonds	1/4 cup	3 g
Brazilian nuts	30 g	3.7 g
Brazilian nuts	28 g	8.6 g
Chia seeds	28 g	6 g
Flaxseeds	28 g	11 g
Macadamia nuts	28 g	3.9 g
Pecan	28 g	4 g
Pistachios	26 g	7.7 g
Pumpkin seeds	28 g	5 g
Sesame seeds	1/4 g	8 g
Walnuts	28 g	3.8 g
Sunflower seeds	28 g	4 g

SWEETENERS

Sweeteners	Serving size	Net Carbs
Allulose	100 g	5 g
Inulin	100 g	1 g
Sucralose	100 g	0 g
Monk fruit	100 g	0 g

FLOURS

Baking goods	Serving	Net Carbs
Almond flour	1/4 cup	6 g
Sunflower meal	1/4 cup	7 g
Erythritol	1 tsp	4 g
Stevia	1 tsp	0.5 g
Xanthan gum	1tbsp	0 g
Chia seed powder	1tbsp	0.9 g
Coconut flour	1/4 cup	6 g
Psyllium husk	1tbsp	1.5 g
Glucomannan	0.5 g	0
Heavy cream	1 tbsp	0
Pork rind	14 g	0
Pecan flour	1/4 cup	1 g
Ground flaxseed	30 g	2 g
Hazelnut flour	28.3 g	2 g
Gelatin	35 g	4.6 g
Vanilla extract	100 g	0 g
Stevia	100 g	0 g
Cocoa powder (unsweetened)	1 tbsp	1 g

FAT

Oils & Fats	Serving	Net Carbs
Butter	14 g	0 g
MCT oils	14 g	0 g
Olive oils	15 g	0 g
Ghee	1 tsp	0 g
Coconut oil	13 g	0 g
Cocoa Butter	14 g	0 g
Avocado oil	1 tbsp	0 g
Red palm oil	13 g	0 g



KETO CHEAT SHEET



DAIRY

	Serving	Net Carbs
All types of cheeses	1/4 cup	0 - 1.8 g
Plain Cream cheese	2 oz	2 g
Hall & Half	50 ml	2.2 g
Heavy Whipping cream	15 g	0 g
Sour cream	115 g	3.3 g
Greek yogurt	120 g	4.2 g
Eggs	50 g	0.6 g
Heavy cream	30 g	0.8 g



BEVERAGES

Beverage	Serving	Net Carbs
Water	1 cup	0 g
Coffee	8 oZ	0 g
Tea	1 serving	0 g
Vegetable broth	100 g	1 g
Beef broth	100 g	1 g
Vodka	50 g	0 g
Low orb beer	12 OZ	2.9 - 10 g
Tequila	1 cup	0 g
wine	5 oz	3 - 3.5 g
Unswlnd almond milk	1 cup	1 g
unswtnd coconut milk	1 cup	7.1 g



SEAFOOD

Seafood	Serving size	Net Carbs
Fish	100 g	0 g
Seafood	100 g	1 g



FRUITS

	Serving	Net Carbs
Avocado	1/3 small	1 g
Blackberries	1/4 cup	1.5 g
Blueberries	1/2 cup	10.5 g
Coconut	1/3 cup	5 g
Lemon	1 medium	5 g
Limes	1 small	5 g
Rasberries	100 g	5.4 g
Strawberries	100 g	5.7 g
Tomatoes	1 cup	6 g



HERBS AND SPICES

Baking goods	Serving	Net Carbs
Paprika	1 tsp	0.9 g
Rosemary	1 tsp	0.31 g
Salt	1 tsp	0 g
Lemon zest	1 tsp	0.26 g
Cilantro	1 tsp	0.04 g
Cinnamon	1 tsp	1.3 g
Bay leaf	1 tsp	2.29 g
Black pepper	1 tsp	1.8 g



HERBS AND SPICES

Baking goods	Serving	Net Carbs
Beef bouillon	1 tsp	0.82 g
Cardamom	1 tsp	1.92 g
Cayenne	1 tsp	1.39 g
Celery seeds	1 tsp	1.4 g
Chili powder	1 tsp	0.7 g
Chives	1 tsp	0.09 g
Curry powder	1 tsp	0.12 g
Dill	1 tsp	0.23 g
Ginger	1 tsp	0.74 g
Allspice	1 tsp	2.4 g
Basil	1 tsp	2 g
Wasahi root	1 tsp	1 g
Spearmint	1 tsp	0.08 g
Turmeric	1 tsp	0.13 g
Thyme	1 tsp	0.49 g
White pepper	1 tsp	2.01 g



SAUCES & DIPS

Sauces & Dips	Serving	Net Carbs
Guacamole	2 tbsp	2.6 g
Balsamic vinegar	1 tbsp	2.7 g
Black olive tapenade	1 tbsp	0.8 g
Hot sauce	1 tbsp	0
Chimichurri sauce	1 tbsp	0.7 g
Cream cheese	1 tbsp	0.7 g
Balsamic vinaigrette	1 tbsp	1 g
Heavy cream	1 tbsp	0.4 g
Horseradish	1 tbsp	1.4 g
hummus	1 tbsp	3 g
Lemon/lime	1 tbsp	1-1.5 g
Marinara sauce	1/4 cup	5 g
Mayonnaise	1 tbsp	0 g
Mustard	1 tsp	0.1 g
Pests	1 tbsp	1.2 g
Salsa	18 g	1.2 g
Tabasco sauce	1 tsp	0 g
Ranch dressing	1 tbsp	2
Sugar free Ketchup	1 tbsp	2
Sugar Free BBQ sauce	1 tbs	2



TIP

Net Carbs = Total carbs - Fiber

Keto diet is 20 of carbs per day