

Nutritional Facts for Keto Eats & Treats w/ Mrs. Wilson

Breakfast

Keto Cinnamon Rolls

Nutrition Facts
Keto Cinnamon Rolls
Amount Per Serving (1 cinnamon roll)
Calories 302
Net Carbs 5g

Keto Blueberry/Krispy Kreme Donuts

Nutrition Facts
Keto Blueberry or Krispy Kreme Donuts
Amount Per Serving (1 donut)
Calories 285

Net Carbs 5g

Keto Waffles

Nutrition Facts

Keto Treats & Eats w/ Mrs. Wilson

Keto Waffles
Amount Per Serving (1 waffle or 2 Chaffles)
Calories 434 Calories from Fat 373
Net Carbs 4g

Keto Pancakes

Nutrition Facts
Keto Pancakes
Amount Per Serving (1 pancake)
Calories 192
Net Carbs 4g

Keto French Toast

Nutrition Facts
Keto French Toast
Amount Per Serving (1 slice)
Calories 237
Net Carbs 3g

Keto McGriddle Breakfast Sandwich

Nutrition Facts

Keto Treats & Eats w/ Mrs. Wilson

Keto McGriddle
Amount Per Serving (1)
Calories 133
Net Carbs 6g

Regular Omelet w/ Bacon

Nutrition Facts
Omelet
Amount Per Serving (1)
Calories 153
Net Carbs 2g

Egg White Omelet w/ Sausage

Nutrition Facts
Egg White Omelet
Amount Per Serving (1)
Calories 288
Net Carbs 3g

Keto Breakfast Tacos w/ Bacon

Keto Breakfast Tacos
Amount Per Serving (3 tacos)

Keto Treats & Eats w/ Mrs. Wilson

Calories 552

Net Carbs 3g

Keto Breakfast Quesadillas

Nutrition Facts
Keto Breakfast Quesadillas
Amount Per Serving (1)
Calories 375
Net Carbs 5g

Keto Breakfast Burrito

Nutrition Facts

Keto Breakfast Burrito
Amount Per Serving (1)
Calories 405
Net Carbs 6g

Cauliflower Hash Browns

Nutrition Facts
Cauliflower Hash Browns
Amount Per Serving (7)

Keto Treats & Eats w/ Mrs. Wilson

Calories 140
Net Carbs 4g

Menu for the Week

Keto Hot Cheetos Boudin Balls

Nutrition Facts
Keto Hot Cheetos Boudin Balls
Amount Per Serving (2 Balls and 1 2 oz. container)
Calories 485
Net 11g

Keto Jerk Chicken w/ Fried Cabbage

Amount Per Serving (1 32 oz. container)
Calories 430
Net Carbs 7g

Low Carb Meatball Casserole w/ Green Beans

Amount Per Serving (1 32 oz. container and 1 12 oz. container)
Calories 471
Net Carbs 11g

Keto Treats & Eats w/ Mrs. Wilson

Keto Beef/Fajita Chicken Smothered Burrito

Nutrition Facts
Amount Per Serving (1 32 oz. container)
Calories 390
Net Carbs 5g

Chicken Bacon Ranch Casserole

Nutrition Facts
Amount Per Serving (1 32 oz. container)
Calories 376
Net Carbs 7g

Keto Chili Dog Casserole

Amount Per Serving (1 32 oz. container)
Calories 477
Net Carbs 5g

Salad w/ Grilled Chicken or Keto Fried Chicken

Keto Treats & Eats w/ Mrs. Wilson

Nutrition Facts
Salad w/ Grilled Chicken or Keto Fried Chicken
Amount Per Serving (1)
Calories 342
Net Carbs 4-6g

Salad w/ Grilled Salmon

Nutrition Facts
Salad w/ Grilled Salmon
Amount Per Serving (1)
Calories 302
Net Carbs 6g

Taco Salad

Nutrition Facts
Taco Salad
Amount Per Serving (1)
Calories 487
Net Carbs 7g

Keto Treats & Eats w/ Mrs. Wilson

Cheeseburger Salad

Nutrition Facts
Cheeseburger Salad
Amount Per Serving (1)
Calories 415
Net Carbs 7g

Dessert

Keto Milk/White Chocolate Covered Strawberries

Nutrition Facts
Keto Milk/White Chocolate Covered Strawberries
Amount Per Serving (1)
Calories 75
Net Carbs 1g

Keto Milk/White Chocolate Almond Bark

Amount Per Serving (1)
Calories 107
Net Carbs 3g

Keto Treats & Eats w/ Mrs. Wilson

Keto Rice Crispy Treats

Nutrition Facts

Keto Rice Crispy Treats

Amount Per Serving (1)

Calories 41

Net Carbs 4g

Keto Peach Cobbler/Nachos

Nutrition Facts

Keto Peach Cobbler

Amount Per Serving (1)

Calories 169

Net Carbs 10g

Keto "Banana" Cookie Pudding

Keto Cookie Pudding
Amount Per Serving (1)
Calories 273

Net Carbs	2 g		
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Keto Treats & Eats w/ Mrs. Wilson

Nutrition Facts

Keto "Banana" Pudding Cookies

Nutrition Facts
Keto Banana Pudding Cookies
Amount Per Serving (1)
Calories 111
Net Carbs 6g

Keto Copycat Crumbl Chocolate Chip Cookie

Keto Copycat Chocolate Chip Crumbl Cookie
Amount Per Serving (1)
Calories 164
Net Carbs 2g

Nutrition Facts

Keto Copycat Pink Velvet Crumbl Cookie

Nutrition Facts
Keto Copycat Pink Velvet Crumbl Cookie
Amount Per Serving (1)
Calories 299

Net Carbs 4g

Keto Copycat Cornbread Crumbl Cookie

Nutrition Facts

Keto Copycat Cornbread Crumbl Cookie
Amount Per Serving (1)
Calories 350
Net Carbs 10.5 g

Keto Copycat Crumbl Birthday Cake Cookie

Nutrition Facts
Keto Copycat Birthday Cake Crumbl Cookie
Amount Per Serving (1)
Calories 164
Net Carbs 2g

Keto Butter Pecan Chocolate Chip Cookies

Nutrition Facts
Keto Butter Pecan Chocolate Chip Cookies
Amount Per Serving (1 cookie)
Calories 143

KetoTreats & Eats w/ Mrs. Wilson

Net Carbs 1g

Keto Cookies & Cream Cookies

Nutrition Facts

Keto Cookies & Cream Cookies
Amount Per Serving (1)
Calories 188
Net Carbs 2g

Keto Red Velvet Cake Slice/Bundt

Nutrition Facts
Keto Red Velvet Cake Slice/Bundt
Amount Per Serving (1)
Calories 374
Net Carbs 4g

Keto Sugar Cookie Cake Slice/Bundt

Keto Sugar Cookie Cake
Amount Per Serving (1)
Calories 257

Keto Treats & Eats w/ Mrs. Wilson

Net Carbs 4g

Keto Turtle Brownie Slice or Bundt

Nutrition Facts

Keto Turtle Brownie Slice or Bundt
Amount Per Serving (1)
Calories 290
Net Carbs 4g

Keto Vanilla Cake Slice/Bundt

Nutrition Facts
Keto Vanilla Cake
Amount Per Serving (1)
Calories 183
Net Carbs 3g

Keto Carrot Cake Slice/Bundt

Keto Carrot Cake
Amount Per Serving (1)
Calories 162
Net Carbs 5g

Keto Treats & Eats w/ Mrs. Wilson

Keto Lemon

Icebox Pie

Keto Lemon Icebox Pie
Amount Per Serving (1)
Calories 377
Net Carbs 3g

pie Keto Pecan

Keto Pecan Pie
Amount Per Serving (1 slice)
Calories 577

Net Carbs 4g

Meat

Baked Chicken Leg

Quarter

Baked Leg Quarter
Amount Per Serving (1)
Calories 12
Net Carbs 0g

Grilled Chicken Breast

Nutrition Facts

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Keto Treats & Eats w/ Mrs. Wilson

Grilled Chicken Breast
Amount Per Serving (1)
Calories 147
Net Carbs 0g

Keto Fried Chicken Breast/Strips

Nutrition Facts
Keto Fried Chicken Breast
Amount Per Serving (1)
Calories 364
Net Carbs 1g

Blackened Tilapia

Nutrition Facts
Blackened Tilapia
Amount Per Serving (1)
Calories 110
Net Carbs 1g

Salmon

Nutrition Facts

Keto Treats & Eats w/ Mrs. Wilson

Alaskan Salmon
Amount Per Serving (1)
Calories 310
Net Carbs 2g

Blackened CaWish

Blackened Catfish
Amount Per Serving (1)
Calories 181
Net Carbs 1g

Nutrition Facts

Grilled Porkchop

Grilled Porkchop
Amount Per Serving (1)
Calories 145
Fat 5g
Carbohydrates 0g
Fiber 0g
Protein 24g

Keto Treats & Eats w/ Mrs. Wilson

Keto Fried Porkchop

Nutrition Facts

Keto Fried Porkchop

Amount Per Serving (1)

Calories 340

Net Carbs 3g

Keto Treats & Eats w/ Mrs. Wilson

Grilled Steak

Nutrition Facts
Grilled Steak
Amount Per Serving (1)
Calories 213
Net Carbs 0g

Sides

Cauliflower Mac and Cheese

Nutrition Facts
Cauliflower Mac and Cheese
Amount Per Serving (1 cup)
Calories 360
Net Carbs 5g

Cauliflower Mashed Potatoes

Cauliflower Mashed Potatoes	
Amount Per Serving (1 cup)	
Calories 177	
Net Carbs 4g	

Cabbage

Keto Treats & Eats w/ Mrs. Wilson

Nutrition Facts
Cabbage
Amount Per Serving (1 cup)
Calories 35
Net Carbs 4g

Carrots

Nutrition Facts
Carrots
Amount Per Serving (1/2 cup)
Calories 23
Net Carbs 3g

Broccoli

Nutrition Facts
Broccoli
Amount Per Serving (1 cup)
Calories 52
Carbohydrates 4g

Green Beans

Keto Treats & Eats w/ Mrs. Wilson

Nutrition Facts
Green Beans
Amount Per Serving (1 cup)
Calories 28
Net Carbs 3g

Vegetable Medley

Nutrition Facts

Vegetable Medley
Amount Per Serving (1 cup)
Calories 33
Net Carbs 4g

Spinach

Spinach
Amount Per Serving (1 cup)
Calories 90
Net Carbs 2g

Creamy Spinach

Nutrition Facts

Keto Treats & Eats w/ Mrs. Wilson

Creamy Spinach
Amount Per Serving (1 cup)
Calories 80
Net Carbs 4g

Asparagus

Nutrition Facts
Asparagus
Amount Per Serving (5 spears)
Calories 17
Net Carbs 1g

Zucchini & Squash

Nutrition Facts
Zucchini & Squash
Amount Per Serving (11 pieces)
Calories 15
Net Carbs 2g

Side Salad

Keto Treats & Eats w/ Mrs. Wilson

Nutrition Facts

Side Salad
Amount Per Serving (1 cup)
Calories 41
Net Carbs 2g

Corn

Nutrition Facts
Corn
Amount Per Serving (1 cup)
Calories 148
Net Carbs 29g

Black Beans

Nutrition Facts

Black Beans
Amount Per Serving (1 cup)
Calories 227
Net Carbs 26g

Brown Rice

Nutrition Facts

Keto Treats & Eats w/ Mrs. Wilson

Brown Rice
Amount Per Serving (1 cup)
Calories 248

Net Carbs 48g

Cauliflower Rice

Nutrition Facts
Cauliflower Rice
Amount Per Serving (1 cup)
Calories 43
Net Carbs 3g

Yellow Rice

Nutrition Facts
Yellow Rice
Amount Per Serving (1 cup)
Calories 576

Net Carbs 129g

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