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

B*reakfast*

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 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 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) | |
| 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

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

Cauliflower Hash Browns

|  |
| --- |
| Nutrition Facts |
| Cauliflower Hash Browns |
| Amount Per Serving (7) |
| 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 |

Sausage Dip Stuffed Peppers

|  |
| --- |
| Amount Per Serving (1 32 oz. container) |
| Calories 356 |
| Net Carbs 10g |

Vegetable Medley Stuffed Chicken Breast w/ Side of Vegetable Medley

|  |
| --- |
| Amount Per Serving (1 32 oz. container and 1 12 oz. container) |
| Calories 377 |
| Net Carbs 7g |

Creamy Tuscan Chicken w/ Keto Creamy Spinach

|  |
| --- |
| Nutrition Facts |
| Amount Per Serving (1 32 oz. container and 1 12 oz. container) |
| Calories 389 |
| Net Carbs 9g |

Keto Taco Lasagna

Nutrition Facts

Amount Per Serving (1 32 oz. container)

Calories 740

Net Carbs 7g

Keto Rotel Chicken Spaghetti w/ Side Salad

|  |
| --- |
| Amount Per Serving (1 32 oz. container and 1 12 oz. container) |
| Calories 542 |
| Net Carbs 8g |

Salad w/ Grilled Chicken or Keto Fried Chicken

|  |
| --- |
| 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 |

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 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 | |  | | | |
| A black background with a black square  Description automatically generated with medium confidenceNet Carbs | A black background with a black square  Description automatically generated with medium confidence2 g | | | A black background with a black square  Description automatically generated with medium confidence |  | |
|  |  | | |  |  | |

## 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

## **Nutrition Facts**

Keto Copycat Chocolate Chip Crumbl

Cookie

Amount Per Serving (1)

Calories

164

Net Carbs 2

g

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 |
| 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 |
| 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 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

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

Blackened CaWish

Nutrition Facts



Blackened Catfish



Amount Per Serving (1)



Calories



181



Net Carbs



1



g



Grilled Porkchop

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

Keto Fried Porkchop

|  |
| --- |
| Nutrition Facts |
| Keto Fried Porkchop |
| Amount Per Serving (1) |
| Calories 340 |
| Net Carbs 3g |

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

|  |
| --- |
| 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

|  |
| --- |
| 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 |
| 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

## 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

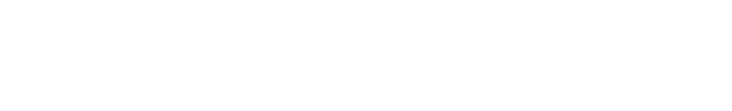
|  |
| --- |
| Nutrition Facts |
| Brown Rice |
| Amount Per Serving (1 cup) |
| Calories 248 |

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 129



g

