*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





