

Nutritional Facts for Robbin Wilson, Keto Consultant Meal Preps and Desserts

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 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

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)
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 Chicken/Beef Enchiladas w/ Spanish Cauliflower Rice

Nutrition Facts

**Keto Chicken/Beef Enchiladas w/
Spanish Cauliflower Rice**

Amount Per Serving (2 enchiladas and 1 12 oz container)

Calories 552

Net Carbs 8g

Keto Shrimp and Grits

Nutrition Facts

Keto Shrimp and Grits

Amount Per Serving (1 32 oz container)

Calories 401

Net Carbs 5g

Keto Rotel Chicken Spaghetti w/ Side Salad

Nutrition Facts

**Keto Rotel Chicken Spaghetti w/
Side Salad**

Amount Per Serving (1 32 oz container and
1 12 oz container)

Calories 542

Net Carbs 8g

Jalapeno Popper Chicken Casserole w/ Green Beans

Nutrition Facts

**Jalapeno Popper Chicken
Casserole w/ Green Beans**

Amount Per Serving (1 32 oz container and 1 12 oz. container)
Calories 461
Net Carbs 5g

Keto Chicken and Waffles

Nutrition Facts
Keto Chicken and Waffles
Amount Per Serving (2 Waffles and 4 pieces of chicken/2 big strips)
Calories 378
Net Carbs 5g

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

DKeto 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

Nutrition Facts

Keto Cookie Pudding

Amount Per Serving (1)
Calories 273
Net Carbs 2g

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 2g

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 Catfish

Nutrition Facts

Blackened Catfish

Amount Per Serving (1)

Calories 181

Net Carbs 1g

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 129g

