

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

Breakfast

**Keto Cinnamon Rolls**

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

**Keto Blueberry/Krispy Kreme Donuts**

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

Net Carbs 5g

**Keto Waffles**

<b>Nutrition Facts</b>
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Keto Waffles
<b>Amount Per Serving (1 waffle or 2 Chaffles)</b>
<b>Calories</b> 434 <b>Calories from Fat</b> 373
<b>Net Carbs</b> 4g

**Keto Pancakes**

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

**Keto French Toast**

<b>Nutrition Facts</b>
Keto French Toast
<b>Amount Per Serving (1 slice)</b>
<b>Calories</b> 237

**Net Carbs** 3g

**Keto McGriddle Breakfast Sandwich**

<b>Nutrition Facts</b>
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Keto McGriddle
Amount Per Serving (1)
<b>Calories</b> 133
<b>Net Carbs</b> 6g

**Regular Omelet w/ Bacon**

<b>Nutrition Facts</b>
Omelet
Amount Per Serving (1)
<b>Calories</b> 153
<b>Net Carbs</b> 2g

**Egg White Omelet w/ Sausage**

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

**Keto Breakfast Tacos w/ Bacon**

Keto Breakfast Tacos
Amount Per Serving (3 tacos)

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**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)

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<b>Calories 140</b>
<b>Net Carbs 4g</b>

**Menu for the Week**

**Keto Hot Cheetos Boudin Balls**

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

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

<b>Amount Per Serving (1 32 oz. container)</b>
<b>Calories 461</b>
<b>Net Carbs 5g</b>

**Keto Chicken Fajita Quesadillas w/ Spanish Cauliflower Rice**

<b>Amount Per Serving (4 pieces and 1 12 oz. container)</b>
<b>Calories 372</b>
<b>Net Carbs 8g</b>

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**Beef/Fajita Chicken Burrito Bowl**

<b>Nutrition Facts</b>
Amount Per Serving (1 32 oz. container)
Calories 472
Net Carbs 9g

**Keto Spaghetti w/ Side Salad**

<b>Nutrition Facts</b>
Amount Per Serving (1 32 oz. container and 1 12 oz. container)
Calories 373
Net Carbs 11g

**Cabbage Casserole**

Amount Per Serving (1 32 oz. container)
Calories 436
Net Carbs 4g

**Salad w/ Grilled Chicken or Keto Fried Chicken**

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

**Salad w/ Grilled Salmon**

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

**Taco Salad**

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

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**Cheeseburger Salad**

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

**Dessert**

**Keto Milk/White Chocolate Covered Strawberries**

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

**Keto Milk/White Chocolate Almond Bark**

Amount Per Serving (1)
<b>Calories</b> 107
<b>Net Carbs</b> 3g

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**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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## Nutrition Facts

### Keto "Banana" Pudding Cookies

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

### Keto Copycat Crumbl Chocolate Chip Cookie

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

## Nutrition Facts

### Keto Copycat Pink Velvet Crumbl Cookie

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

<b>Net Carbs 4g</b>
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**Keto Copycat Cornbread Crumbl Cookie**

<b>Nutrition Facts</b>
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Keto Copycat Cornbread Crumbl Cookie
<b>Amount Per Serving (1)</b>
<b>Calories 350</b>
<b>Net Carbs 10.5 g</b>

**Keto Copycat Crumbl Birthday Cake Cookie**

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

**Keto Butter Pecan Chocolate Chip Cookies**

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

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<b>Net Carbs 1g</b>
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**Keto Cookies & Cream Cookies**

### Nutrition Facts

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

**Keto Red Velvet Cake Slice/Bundt**

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

**Keto Sugar Cookie Cake Slice/Bundt**

Keto Sugar Cookie Cake
<b>Amount Per Serving (1)</b>
<b>Calories 257</b>

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<b>Net Carbs</b> 4g
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**Keto Turtle Brownie Slice or Bundt**

**Nutrition Facts**

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

**Keto Vanilla Cake Slice/Bundt**

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

**Keto Carrot Cake Slice/Bundt**

Keto Carrot Cake
<b>Amount Per Serving</b> (1)
<b>Calories</b> 162
<b>Net Carbs</b> 5g

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**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
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**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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Grilled Chicken Breast
<b>Amount Per Serving (1)</b>
<b>Calories</b> 147
<b>Net Carbs</b> 0g

**Keto Fried Chicken Breast/Strips**

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

**Blackened Tilapia**

<b>Nutrition Facts</b>
Blackened Tilapia
<b>Amount Per Serving (1)</b>
<b>Calories</b> 110
<b>Net Carbs</b> 1g

**Salmon**

<b>Nutrition Facts</b>
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Alaskan Salmon
<b>Amount Per Serving (1)</b>
<b>Calories</b> 310
<b>Net Carbs</b> 2g

**Blackened CaWish**

Blackened Catfish
<b>Amount Per Serving (1)</b>
<b>Calories</b> 181
<b>Net Carbs</b> 1g

Nutrition Facts

**Grilled Porkchop**

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

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**Keto Fried Porkchop**

**Nutrition Facts**

Keto Fried Porkchop

Amount Per Serving (1)

**Calories** 340

**Net Carbs** 3g

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**Grilled Steak**

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

**Sides**

**Cauliflower Mac and Cheese**

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

**Cauliflower Mashed Potatoes**

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

**Cabbage**

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

**Carrots**

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

**Broccoli**

<b>Nutrition Facts</b>
Broccoli
Amount Per Serving (1 cup)
Calories 52
Carbohydrates 4g

**Green Beans**

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

**Vegetable Medley**

**Nutrition Facts**

Vegetable Medley
Amount Per Serving (1 cup)
<b>Calories</b> 33
<b>Net Carbs</b> 4g

**Spinach**

Spinach
Amount Per Serving (1 cup)
<b>Calories</b> 90
<b>Net Carbs</b> 2g

**Creamy Spinach**

<b>Nutrition Facts</b>
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Creamy Spinach
<b>Amount Per Serving (1 cup)</b>
<b>Calories 80</b>
<b>Net Carbs 4g</b>

**Asparagus**

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

**Zucchini & Squash**

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

**Side Salad**

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## Nutrition Facts

Side Salad
<b>Amount Per Serving</b> (1 cup)
<b>Calories</b> 41
<b>Net Carbs</b> 2g

### Corn

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

### Black Beans

## Nutrition Facts

Black Beans
<b>Amount Per Serving</b> (1 cup)
<b>Calories</b> 227
<b>Net Carbs</b> 26g

### Brown Rice

<b>Nutrition Facts</b>
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Brown Rice
Amount Per Serving (1 cup)
Calories 248

Net Carbs 48g

**Cauliflower Rice**

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

**Yellow Rice**

<b>Nutrition Facts</b>
Yellow Rice
Amount Per Serving (1 cup)
Calories 576

Net Carbs 129g

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