

| RECIPE | BOOK | PAGE | CALORIES | FAT | PROTEIN | CARBS | FIBER |
|--|--------------------|------|----------|-----|---------|-------|-------|
| Salmon French Eggs | Carnovore Cookbook | 102 | 464 | 63 | 30 | 1 | 0 |
| Bon Vie Scrambler | Carnovore Cookbook | 104 | 330 | 25 | 29 | 1 | 0 |
| Ham Hocks and Fried Eggs | Carnovore Cookbook | 106 | 462 | 37 | 30 | 0.4 | 0 |
| Breakfast Kabobs | Carnovore Cookbook | 108 | 295 | 23 | 22 | 1 | 0 |
| Bacon Knots | Carnovore Cookbook | 110 | 140 | 12 | 8 | 0 | 0 |
| Pork Fried Eggs | Carnovore Cookbook | 112 | 464 | 38 | 27 | 2 | 0 |
| Bacon Cheeseburger Scrambled Eggs | Carnovore Cookbook | 114 | 460 | 35 | 34 | 2 | 0 |
| Breakfast Patties | Carnovore Cookbook | 116 | 429 | 36 | 39 | 0 | 0 |
| Breakfast Pie | Carnovore Cookbook | 118 | 336 | 26 | 24 | 2 | 0 |
| Carnivore Eggs Benedict | Carnovore Cookbook | 120 | 507 | 40 | 32 | 2 | 0 |
| Steak and Eggs | Carnovore Cookbook | 122 | 241 | 12 | 20 | 0.4 | 0 |
| Ham 'n' Cheese Frittata | Carnovore Cookbook | 124 | 428 | 31 | 35 | 3 | 0 |
| Carnivore Omelet | Carnovore Cookbook | 126 | 716 | 53 | 54 | 3 | 0 |
| Carnivore Waffle | Carnovore Cookbook | 128 | 628 | 53 | 34 | 1 | 0 |
| Carnivore Egg Cups | Carnovore Cookbook | 130 | 641 | 52 | 38 | 1 | 0 |
| Breakfast Meatballs | Carnovore Cookbook | 132 | 303 | 23 | 28 | 0.2 | 0 |
| Breakfast Burgers | Carnovore Cookbook | 134 | 592 | 47 | 39 | 0.4 | 0 |
| Meat Lollipops | Carnovore Cookbook | 138 | 358 | 29 | 24 | 0 | 0 |
| Braunschweiger | Carnovore Cookbook | 140 | 433 | 36 | 23 | 2 | 0 |
| Beef Pemmican | Carnovore Cookbook | 142 | 651 | 57 | 29 | 0 | 0 |
| Head Cheese | Carnovore Cookbook | 144 | 183 | 9 | 23 | 0 | 0 |
| Bacon Burger Lover'S Deviled Eggs | Carnovore Cookbook | 146 | 178 | 15 | 9 | 0.4 | 0 |
| Bone Marrow | Carnovore Cookbook | 148 | 630 | 67 | 6 | 0 | 0 |
| Smoky Chicken Salad | Carnovore Cookbook | 150 | 350 | 29 | 21 | 0 | 0 |
| Tuna Salad | Carnovore Cookbook | 152 | 290 | 21 | 24 | 0 | 0 |
| Smoky Salmon Salad | Carnovore Cookbook | 154 | 330 | 27 | 23 | 0 | 0 |
| Egg Salad | Carnovore Cookbook | 156 | 328 | 30 | 13 | 1 | 0 |
| Ham Salad | Carnovore Cookbook | 158 | 343 | 32 | 12 | 0 | 0 |
| Chicken in Aspic | Carnovore Cookbook | 160 | 281 | 11 | 43 | 0 | 0 |
| Chitterlings | Carnovore Cookbook | 162 | 430 | 38 | 23 | 0 | 0 |
| Chicken Wings | Carnovore Cookbook | 164 | 325 | 22 | 30 | 0 | 0 |
| Fried Goat Cheese Ravioli | Carnovore Cookbook | 166 | 236 | 19 | 18 | 2 | 0 |
| Bacon-Wrapped Chicken Nuggets | Carnovore Cookbook | 168 | 270 | 18 | 25 | 0 | 0 |
| Carnivore Mozzarella Sticks | Carnovore Cookbook | 170 | 274 | 20 | 24 | 0 | 0 |
| Venison or Beef Jerky | Carnovore Cookbook | 172 | 86 | 1 | 17 | 0 | 0 |
| Carnivore Gummies | Carnovore Cookbook | 174 | 10 | 0.2 | 2 | 0 | 0 |
| Samosas | Carnovore Cookbook | 176 | 237 | 19 | 16 | 0 | 0 |
| Smoky Chicken Pate | Carnovore Cookbook | 178 | 477 | 39 | 28 | 0 | 0 |
| Reverse Sear Long-Bone | Carnovore Cookbook | 182 | 911 | 72 | 70 | 0 | 0 |
| Carnivore Shabu Shabu | Carnovore Cookbook | 184 | 587 | 51 | 30 | 0 | 0 |
| Salisbury Steak | Carnovore Cookbook | 186 | 363 | 30 | 21 | 0 | 0 |
| Slow Cooker Short Ribs with Brown Butter | Carnovore Cookbook | 188 | 579 | 53 | 25 | 0 | 0 |
| Brisket | Carnovore Cookbook | 190 | 779 | 59 | 57 | 0 | 0 |
| Grilled Lamb Chops | Carnovore Cookbook | 192 | 510 | 41 | 30 | 0 | 0 |

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|--|--------------------|-----|-----|----|----|-----|---|
| Meatballs | Carnovore Cookbook | 194 | 281 | 19 | 26 | 1 | 0 |
| Smoked Meatloaf | Carnovore Cookbook | 196 | 281 | 19 | 26 | 1 | 0 |
| Bacon-Wrapped Juicy Lucy | Carnovore Cookbook | 198 | 498 | 35 | 42 | 0 | 0 |
| Baked Lamb and Feta Patties | Carnovore Cookbook | 200 | 327 | 25 | 22 | 1 | 0 |
| Bacon-Wrapped Filet Mignons | Carnovore Cookbook | 202 | 237 | 13 | 27 | 0 | 0 |
| Egg-cellent Meatloaf Cupcakes | Carnovore Cookbook | 204 | 488 | 35 | 43 | 0 | 0 |
| Roast Beef | Carnovore Cookbook | 206 | 321 | 21 | 29 | 0 | 0 |
| Bacon-Wrapped Tenderloin | Carnovore Cookbook | 208 | 242 | 9 | 38 | 0 | 0 |
| Basted Top Sirloin | Carnovore Cookbook | 210 | 570 | 47 | 34 | 0 | 0 |
| Air-Fried T-Bone Steaks with Smoked Butter | Carnovore Cookbook | 212 | 680 | 54 | 44 | 0 | 0 |
| Smoky Beef Tartare | Carnovore Cookbook | 214 | 297 | 15 | 38 | 1 | 0 |
| Beef Tongue | Carnovore Cookbook | 216 | 512 | 50 | 44 | 0 | 0 |
| Butter Burgers | Carnovore Cookbook | 218 | 446 | 40 | 21 | 0 | 0 |
| Grilled Lamb Kofta | Carnovore Cookbook | 220 | 283 | 22 | 19 | 0 | 0 |
| Grilled Porterhouse | Carnovore Cookbook | 222 | 600 | 41 | 55 | 0 | 0 |
| Black 'n' Blue Strip Steak | Carnovore Cookbook | 224 | 781 | 64 | 50 | 0 | 0 |
| Creamy Parmesan Beef Tips | Carnovore Cookbook | 226 | 543 | 36 | 52 | 1 | 0 |
| Shredded Beef with Brown Butter Jus | Carnovore Cookbook | 228 | 519 | 34 | 51 | 0 | 0 |
| Oxtail | Carnovore Cookbook | 230 | 360 | 25 | 31 | 0 | 0 |
| Rouladen | Carnovore Cookbook | 232 | 260 | 20 | 21 | 0 | 0 |
| Grilled Sweetbreads | Carnovore Cookbook | 234 | 429 | 35 | 36 | 0 | 0 |
| Traditional Terrine | Carnovore Cookbook | 236 | 442 | 25 | 51 | 0 | 0 |
| Short Rib Terrine | Carnovore Cookbook | 238 | 687 | 64 | 26 | 0 | 0 |
| Smoked Beef Roast | Carnovore Cookbook | 240 | 507 | 33 | 49 | 0 | 0 |
| Smoked Short Ribs | Carnovore Cookbook | 242 | 560 | 50 | 26 | 0 | 0 |
| Beef Heart Steaks | Carnovore Cookbook | 244 | 509 | 25 | 63 | 0 | 0 |
| Smoked Baby Back Ribs | Carnovore Cookbook | 248 | 702 | 54 | 54 | 0 | 0 |
| Homemade Brats | Carnovore Cookbook | 250 | 310 | 25 | 20 | 0 | 0 |
| Scotch Eggs | Carnovore Cookbook | 252 | 793 | 60 | 78 | 1 | 0 |
| Bacon-Wrapped Pork Chops | Carnovore Cookbook | 254 | 380 | 28 | 30 | 0 | 0 |
| Riblets | Carnovore Cookbook | 256 | 297 | 25 | 17 | 0 | 0 |
| Sous Vide Pork Chop | Carnovore Cookbook | 258 | 305 | 23 | 22 | 0 | 0 |
| Chicken Confit | Carnovore Cookbook | 262 | 373 | 28 | 19 | 0 | 0 |
| Brick Chicken | Carnovore Cookbook | 264 | 615 | 40 | 63 | 0 | 0 |
| Braised Pheasant with Soft-Boiled Eggs | Carnovore Cookbook | 266 | 461 | 26 | 53 | 0.4 | 0 |
| Smoked Turkey | Carnovore Cookbook | 268 | 453 | 11 | 82 | 0 | 0 |
| Cornish Game Hens | Carnovore Cookbook | 270 | 454 | 34 | 34 | 0 | 0 |
| Roast Chicken | Carnovore Cookbook | 272 | 384 | 28 | 32 | 0 | 0 |
| Prosciutto-Wrapped Stuffed Chicken | Carnovore Cookbook | 274 | 684 | 39 | 78 | 0 | 0 |
| Crispy Chicken Legs | Carnovore Cookbook | 276 | 637 | 38 | 68 | 1 | 0 |
| Chicken Fingers | Carnovore Cookbook | 278 | 329 | 16 | 42 | 1 | 0 |
| Chicken Cordon Bleu Roulade | Carnovore Cookbook | 280 | 318 | 17 | 38 | 1 | 0 |
| Easy Baked Chicken Livers | Carnovore Cookbook | 282 | 154 | 8 | 19 | 0 | 0 |
| Slow Cooker Shredded Chicken with Creamy Cheddar and Bacon | Carnovore Cookbook | 284 | 624 | 45 | 54 | 1 | 0 |
| Braised Rabbit | Carnovore Cookbook | 286 | 360 | 19 | 44 | 0 | 0 |

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|--|----------------------|-----|-----|-----|-----|-----|-----|
| Mouthwatering Lobster Tails | Carnovore Cookbook | 290 | 433 | 18 | 65 | 0 | 0 |
| Salt- Baked Fish | Carnovore Cookbook | 292 | 568 | 10 | 112 | 0.2 | 0 |
| Slow-Roasted Salmon with Bone Marrow | Carnovore Cookbook | 294 | 550 | 39 | 46 | 0 | 0 |
| Bacon-Wrapped Shrimp | Carnovore Cookbook | 296 | 490 | 36 | 41 | 0 | 0 |
| Grilled Whole Trout | Carnovore Cookbook | 298 | 350 | 22 | 35 | 0 | 0 |
| Simple Surf 'n' Turf | Carnovore Cookbook | 300 | 723 | 62 | 41 | 0 | 0 |
| Crispy Baked Fish Sticks | Carnovore Cookbook | 302 | 194 | 10 | 22 | 0.1 | 0 |
| Boiled King Crab Legs | Carnovore Cookbook | 304 | 497 | 28 | 53 | 0 | 0 |
| Carnivore Bone Broth | Carnovore Cookbook | 308 | 50 | 1 | 10 | 0 | 0 |
| Smoked Sea Salt | Carnovore Cookbook | 310 | 0 | 0 | 0 | 0 | 0 |
| Tallow and Cracklings | Carnovore Cookbook | 312 | 242 | 27 | 0.4 | 0 | 0 |
| Easy Carnivore Hollandaise | Carnovore Cookbook | 314 | 86 | 9 | 0.5 | 0.1 | 0 |
| Carnivore Blue Cheese Dressing | Carnovore Cookbook | 316 | 78 | 6 | 4 | 0.2 | 0 |
| Bacon Mayonnaise | Carnovore Cookbook | 318 | 82 | 9 | 0.2 | 0.1 | 0 |
| Salt-Cured Egg Yolks | Carnovore Cookbook | 320 | 55 | 5 | 3 | 1 | 0 |
| Mayonnaise **Mayo | Dairy-Free Ketogenic | 34 | 92 | 10 | 0.3 | 0.1 | 0 |
| Mayonnaise **Baconnaise | Dairy-Free Ketogenic | 34 | 123 | 13 | 0.3 | 0.2 | 0 |
| Egg-Free Mayo | Dairy-Free Ketogenic | 35 | 228 | 25 | 0.1 | 0.2 | 0 |
| Steak Sauce | Dairy-Free Ketogenic | 36 | 11 | 0.2 | 0.2 | 2 | 1 |
| Comeback Sauce | Dairy-Free Ketogenic | 37 | 124 | 13 | 0.1 | 1 | 0.3 |
| Creamy Lime Sauce | Dairy-Free Ketogenic | 38 | 138 | 15 | 0.1 | 1 | 0 |
| Cilantro Lime Dressing | Dairy-Free Ketogenic | 39 | 8 | 1 | 0.2 | 1 | 0.3 |
| Tartar Sauce | Dairy-Free Ketogenic | 40 | 180 | 20 | 0 | 0 | 0 |
| Bearnaise Sauce | Dairy-Free Ketogenic | 41 | 152 | 14 | 4 | 2 | 0.1 |
| Romanesco Sauce | Dairy-Free Ketogenic | 42 | 70 | 5 | 1 | 3 | 1 |
| Simple BBQ Sauce | Dairy-Free Ketogenic | 43 | 7 | 0.2 | 0.2 | 1 | 0.2 |
| Crab Louie Dressing | Dairy-Free Ketogenic | 44 | 184 | 20 | 0.1 | 1 | 0.1 |
| Creamy Ranch Dressing | Dairy-Free Ketogenic | 45 | 66 | 7 | 0.2 | 0.1 | 0 |
| Greek Vinaigrette | Dairy-Free Ketogenic | 46 | 126 | 14 | 0 | 1 | 0 |
| Cinnamon Syrup | Dairy-Free Ketogenic | 47 | 156 | 18 | 0 | 1 | 0.4 |
| Lemon Syrup | Dairy-Free Ketogenic | 48 | 116 | 14 | 0 | 0.4 | 0 |
| Iced Green Tea Latte | Dairy-Free Ketogenic | 52 | 38 | 1 | 1 | 7 | 0 |
| Cherry Almond Breakfast Shake | Dairy-Free Ketogenic | 54 | 203 | 1 | 9 | 7 | 3 |
| Amazing Protein Shake | Dairy-Free Ketogenic | 56 | 234 | 21 | 8 | 4 | 2 |
| Baked Eggs and Ham | Dairy-Free Ketogenic | 57 | 285 | 19 | 25 | 1 | 0.1 |
| French Toast Cereal | Dairy-Free Ketogenic | 58 | 426 | 42 | 15 | 2 | 1 |
| Breakfast Bacon Fat Bombs | Dairy-Free Ketogenic | 59 | 274 | 24 | 16 | 0 | 0 |
| Lemon Minute Muffins | Dairy-Free Ketogenic | 60 | 265 | 25 | 7 | 9 | 4 |
| Smoked Salmon, Egg, and Avocado | Dairy-Free Ketogenic | 62 | 283 | 21 | 18 | 6 | 4 |
| Loaded Scrambled Eggs | Dairy-Free Ketogenic | 64 | 281 | 22 | 19 | 2 | 0.3 |
| Breakfast Asparagus | Dairy-Free Ketogenic | 65 | 335 | 24 | 25 | 5 | 2 |
| Spicy Fried Eggs with Chorizo | Dairy-Free Ketogenic | 66 | 379 | 31 | 19 | 4 | 1 |
| Lemon Poppyseed Waffles | Dairy-Free Ketogenic | 67 | 268 | 24 | 15 | 2 | 0.5 |
| Breakfast Sausage Soup with Soft-Boiled Eggs | Dairy-Free Ketogenic | 68 | 379 | 31 | 20 | 5 | 1 |
| Silky Egg Breakfast Soup | Dairy-Free Ketogenic | 70 | 521 | 28 | 60 | 5 | 1 |

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|--|-----------------------------|------------|------------|------------|------------|------------|------------|
| Snickerdoodle Mini Muffins | Dairy-Free Ketogenic | 72 | 348 | 34 | 11 | 2 | 1 |
| Easy Breakfast Sandwich | Dairy-Free Ketogenic | 73 | 455 | 35 | 31 | 5 | 3 |
| Irish Breakfast | Dairy-Free Ketogenic | 74 | 305 | 26 | 16 | 2 | 1 |
| Soft-Boiled Eggs with Bacon-Wrapped Asparagus Dunkers | Dairy-Free Ketogenic | 76 | 231 | 17 | 16 | 2 | 1 |
| Reuben Eggs Benedict | Dairy-Free Ketogenic | 78 | 546 | 40 | 45 | 2 | 0.1 |
| Super Keto Pancakes | Dairy-Free Ketogenic | 79 | 186 | 14 | 12 | 3 | 1 |
| French Toast Pudding | Dairy-Free Ketogenic | 80 | 300 | 26 | 16 | 3 | 1 |
| Perfect Hard-Boiled Eggs | Dairy-Free Ketogenic | 81 | 180 | 14 | 18 | 0 | 0 |
| Shrimp Cocktail | Dairy-Free Ketogenic | 84 | 76 | 1 | 14 | 2 | 0.5 |
| Pico de Gallo | Dairy-Free Ketogenic | 85 | 32 | 0.1 | 1 | 6 | 1 |
| Citrus Avocado Salsa | Dairy-Free Ketogenic | 86 | 140 | 13 | 1 | 7 | 3 |
| Guacamole | Dairy-Free Ketogenic | 87 | 313 | 26 | 11 | 13 | 7 |
| Jicama Crostini-Two Ways **Tuna Salad | Dairy-Free Ketogenic | 88 | 31 | 3 | 0.2 | 2 | 1 |
| Jicama Crostini-Two Ways **Smoked Salmon | Dairy-Free Ketogenic | 88 | 27 | 0.4 | 2 | 3 | 2 |
| Almost Deviled Eggs | Dairy-Free Ketogenic | 90 | 94 | 8 | 6 | 0 | 0 |
| Bacon Chips with Dips | Dairy-Free Ketogenic | 91 | 402 | 34 | 11 | 18 | 9 |
| Amazing Marinated Olives | Dairy-Free Ketogenic | 92 | 173 | 19 | 0.3 | 2 | 1 |
| Simple Shrimp Parfait | Dairy-Free Ketogenic | 93 | 141 | 9 | 14 | 2 | 1 |
| Dry-Rubbed Baked Wings | Dairy-Free Ketogenic | 94 | 391 | 29 | 32 | 0.5 | 0.2 |
| Devilish Deviled Eggs | Dairy-Free Ketogenic | 95 | 83 | 7 | 6 | 1 | 1 |
| Deviled Green Eggs and Ham | Dairy-Free Ketogenic | 96 | 489 | 38 | 34 | 2 | 1 |
| Cute Kitty Deviled Eggs | Dairy-Free Ketogenic | 98 | 204 | 20 | 7 | 0.3 | 0.2 |
| Moroccan Deviled Eggs | Dairy-Free Ketogenic | 99 | 90 | 8 | 6 | 0.1 | 0 |
| Homemade Ginger Ale | Dairy-Free Ketogenic | 100 | 31 | 0.3 | 1 | 6 | 0.2 |
| Naked Gimlet | Dairy-Free Ketogenic | 102 | 22 | 2 | 0.3 | 3 | 1 |
| Virgin Strawberry Margarita | Dairy-Free Ketogenic | 103 | 4 | 0 | 0 | 1 | 0.1 |
| Super Fast Bone Broth | Dairy-Free Ketogenic | 106 | 21 | 1 | 2 | 1 | 0.2 |
| Chinese Beef and Broccoli Soup | Dairy-Free Ketogenic | 108 | 426 | 28 | 35 | 9 | 4 |
| Coconut Ginger Chicken Soup | Dairy-Free Ketogenic | 110 | 441 | 27 | 39 | 7 | 1 |
| Mexican Lime Chicken Soup | Dairy-Free Ketogenic | 111 | 207 | 13 | 21 | 3 | 1 |
| Caldo de Costilla (Colombian Beef Rib Broth) | Dairy-Free Ketogenic | 112 | 377 | 32 | 17 | 5 | 1 |
| Texas BBQ Brisket Soup | Dairy-Free Ketogenic | 114 | 399 | 30 | 23 | 9 | 3 |
| Pizza Soup | Dairy-Free Ketogenic | 115 | 430 | 35 | 15 | 17 | 5 |
| Cilantro Lime Meatball Soup | Dairy-Free Ketogenic | 116 | 309 | 23 | 21 | 3 | 1 |
| Chilled Tomato and Ham Soup | Dairy-Free Ketogenic | 118 | 406 | 36 | 15 | 8 | 2 |
| Turkey and "Orzo" Soup | Dairy-Free Ketogenic | 119 | 179 | 10 | 18 | 4 | 2 |
| Manhattan Clam Chowder | Dairy-Free Ketogenic | 120 | 306 | 14 | 32 | 13 | 3 |
| Steak Fajita Soup | Dairy-Free Ketogenic | 121 | 486 | 32 | 37 | 11 | 2 |
| Smoky Spicy Chicken Stew | Dairy-Free Ketogenic | 122 | 278 | 16 | 26 | 6 | 2 |
| Tuscan Sausage and "Rice" Stew | Dairy-Free Ketogenic | 124 | 583 | 45 | 33 | 8 | 1 |
| French Onion Meatball Soup | Dairy-Free Ketogenic | 126 | 385 | 31 | 22 | 5 | 1 |
| Ham and Fauxtato Soup | Dairy-Free Ketogenic | 128 | 118 | 8 | 7 | 4 | 2 |
| Slow Cooker Thai Soup | Dairy-Free Ketogenic | 129 | 466 | 32 | 37 | 7 | 2 |
| Chicken and "Rice" Soup | Dairy-Free Ketogenic | 130 | 223 | 14 | 20 | 4 | 1 |
| Italian "Orzo" Soup | Dairy-Free Ketogenic | 131 | 341 | 26 | 17 | 9 | 2 |

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| Thai Red Curry Shrimp Soup | Dairy-Free Ketogenic | 132 | 362 | 23 | 32 | 6 | 1 |
| Salmon Soup | Dairy-Free Ketogenic | 133 | 259 | 14 | 27 | 4 | 1 |
| Creamy Smoked Salmon Soup | Dairy-Free Ketogenic | 134 | 365 | 29 | 23 | 4 | 1 |
| Asparagus Cobb Salad with Ranch Dressing | Dairy-Free Ketogenic | 138 | 336 | 26 | 19 | 6 | 2 |
| BLT Grilled Romaine | Dairy-Free Ketogenic | 139 | 240 | 25 | 1 | 3 | 1 |
| Crab Louie Salad | Dairy-Free Ketogenic | 140 | 402 | 31 | 22 | 6 | 1 |
| Salad Kabobs | Dairy-Free Ketogenic | 141 | 561 | 44 | 37 | 5 | 1 |
| Chef's Salad | Dairy-Free Ketogenic | 142 | 373 | 31 | 19 | 5 | 2 |
| Grilled Avocado | Dairy-Free Ketogenic | 143 | 183 | 17 | 2 | 9 | 6 |
| Keto Brioche | Dairy-Free Ketogenic | 144 | 114 | 7 | 12 | 1 | 0.1 |
| Brioche Croutons | Dairy-Free Ketogenic | 146 | 68 | 5 | 6 | 0.4 | 0 |
| Keto "Rice" | Dairy-Free Ketogenic | 147 | 194 | 14 | 13 | 1 | 0.1 |
| Keto Fried "Rice" | Dairy-Free Ketogenic | 148 | 217 | 16 | 15 | 2 | 0.2 |
| Cauliflower Rice | Dairy-Free Ketogenic | 149 | 70 | 7 | 1 | 2 | 1 |
| Keto Tortillas | Dairy-Free Ketogenic | 150 | 68 | 4 | 7 | 0.3 | 0 |
| Cabbage Pasta | Dairy-Free Ketogenic | 152 | 117 | 11 | 1 | 4 | 2 |
| ChowChow | Dairy-Free Ketogenic | 153 | 30 | 0.2 | 1 | 6 | 2 |
| Bacon-Wrapped Portobello Fries | Dairy-Free Ketogenic | 154 | 230 | 18 | 15 | 3 | 1 |
| Asian Coleslaw | Dairy-Free Ketogenic | 155 | 100 | 9 | 2 | 5 | 2 |
| Chicken Shawarma | Dairy-Free Ketogenic | 158 | 358 | 26 | 28 | 5 | 1 |
| BLT Chicken Kabobs | Dairy-Free Ketogenic | 160 | 295 | 18 | 30 | 3 | 1 |
| Chicken Tinga with Keto Tortillas | Dairy-Free Ketogenic | 162 | 506 | 33 | 41 | 10 | 2 |
| Guacamole Lovers' Stuffed Chicken | Dairy-Free Ketogenic | 164 | 469 | 28 | 45 | 8 | 4 |
| Chicken and Asparagus Curry | Dairy-Free Ketogenic | 166 | 313 | 24 | 15 | 9 | 3 |
| Curry Braised Chicken Legs | Dairy-Free Ketogenic | 167 | 363 | 25 | 30 | 2 | 0.5 |
| Grilled Jerk Chicken Thighs | Dairy-Free Ketogenic | 168 | 408 | 27 | 33 | 7 | 2 |
| Easy Asian Chicken Legs | Dairy-Free Ketogenic | 169 | 322 | 16 | 33 | 6 | 2 |
| Chicken and Mushroom Kabobs | Dairy-Free Ketogenic | 170 | 436 | 36 | 24 | 6 | 1 |
| Chicken with Sausage and Greens | Dairy-Free Ketogenic | 172 | 539 | 41 | 36 | 4 | 1 |
| Tender Coconut Chicken | Dairy-Free Ketogenic | 174 | 515 | 40 | 32 | 4 | 1 |
| Lemon Pepper Chicken Tenders | Dairy-Free Ketogenic | 176 | 432 | 25 | 44 | 5 | 2 |
| Bundt Pan Chicken | Dairy-Free Ketogenic | 178 | 445 | 33 | 33 | 4 | 1 |
| Sheet Pan BBQ Chicken Breasts with Bacon-Wrapped Avocado Fries | Dairy-Free Ketogenic | 180 | 464 | 40 | 23 | 7 | 5 |
| Bacon-Wrapped Chicken Fingers | Dairy-Free Ketogenic | 181 | 451 | 27 | 51 | 0 | 0 |
| Simple Sesame Chicken | Dairy-Free Ketogenic | 182 | 301 | 22 | 24 | 3 | 0.1 |
| Paella | Dairy-Free Ketogenic | 184 | 433 | 28 | 36 | 9 | 2 |
| Greek Chicken Thighs | Dairy-Free Ketogenic | 186 | 647 | 60 | 21 | 10 | 6 |
| Tender Chicken Livers | Dairy-Free Ketogenic | 188 | 170 | 9 | 19 | 1 | 0 |
| Dijon Chicken | Dairy-Free Ketogenic | 189 | 335 | 22 | 30 | 1 | 0.1 |
| Curry Chicken Meatballs | Dairy-Free Ketogenic | 190 | 367 | 22 | 32 | 7 | 2 |
| Grilled Chicken and Avocado | Dairy-Free Ketogenic | 191 | 248 | 18 | 17 | 7 | 4 |
| Chicken Satay with Dipping Sauce | Dairy-Free Ketogenic | 192 | 461 | 39 | 26 | 6 | 2 |
| Easy Chicken and Asparagus Stir-Fry | Dairy-Free Ketogenic | 194 | 274 | 16 | 25 | 6 | 3 |
| Mole Chicken Legs | Dairy-Free Ketogenic | 195 | 310 | 19 | 30 | 4 | 1 |
| Devil Chicken | Dairy-Free Ketogenic | 196 | 366 | 19 | 31 | 1 | 0.3 |

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|---|----------------------|-----|-----|-----|----|-----|-----|
| South of the Border Steak | Dairy-Free Ketogenic | 200 | 329 | 23 | 25 | 6 | 4 |
| Spanish Spiced Lamb Chops | Dairy-Free Ketogenic | 202 | 529 | 44 | 31 | 1 | 0.3 |
| Slow Cooker Philly Steak Sandwiches | Dairy-Free Ketogenic | 204 | 353 | 28 | 23 | 3 | 1 |
| T-Bone Steaks with Romanesco Sauce | Dairy-Free Ketogenic | 206 | 591 | 43 | 44 | 2 | 0.4 |
| Easy BBQ Brisket | Dairy-Free Ketogenic | 208 | 543 | 40 | 39 | 4 | 1 |
| Herby Broth Fondue | Dairy-Free Ketogenic | 210 | 9 | 0.3 | 1 | 0.1 | 0 |
| Curry Short Ribs | Dairy-Free Ketogenic | 212 | 528 | 47 | 24 | 1 | 0.1 |
| Simple Spaghetti | Dairy-Free Ketogenic | 213 | 347 | 25 | 21 | 8 | 2 |
| Saucy BBQ Wraps | Dairy-Free Ketogenic | 214 | 322 | 23 | 21 | 7 | 2 |
| Hungarian Goulash | Dairy-Free Ketogenic | 216 | 381 | 23 | 25 | 17 | 5 |
| Jamaican Jerk Pot Roast | Dairy-Free Ketogenic | 217 | 411 | 27 | 33 | 8 | 2 |
| Fajita Kabobs | Dairy-Free Ketogenic | 218 | 370 | 28 | 21 | 10 | 2 |
| Simple Lamb Chops with Lemon Mustard Gravy | Dairy-Free Ketogenic | 220 | 730 | 57 | 48 | 1 | 0.4 |
| Kung Pao Meatballs in Lettuce Cups | Dairy-Free Ketogenic | 222 | 373 | 29 | 22 | 5 | 3 |
| Chinese Five-Spice Roast Beef | Dairy-Free Ketogenic | 224 | 418 | 26 | 41 | 2 | 0.1 |
| Cowboy Steak for Two | Dairy-Free Ketogenic | 225 | 823 | 64 | 61 | 1 | 0.3 |
| Shan Beef Stir-Fry | Dairy-Free Ketogenic | 226 | 581 | 48 | 34 | 5 | 1 |
| Lamb Chops with Gyro Salad | Dairy-Free Ketogenic | 228 | 596 | 53 | 27 | 5 | 3 |
| Italian Beef Tips | Dairy-Free Ketogenic | 230 | 667 | 51 | 39 | 2 | 1 |
| Citrus Pork Shoulder with Spicy Cilantro-Ginger Sauce | Dairy-Free Ketogenic | 234 | 713 | 59 | 39 | 3 | 1 |
| Spring Ham Bake with Dijon Sauce | Dairy-Free Ketogenic | 236 | 356 | 31 | 15 | 2 | 1 |
| Easy Barbecue Ribs | Dairy-Free Ketogenic | 238 | 602 | 46 | 44 | 2 | 0.5 |
| Saucy Barbecue Pork Chops | Dairy-Free Ketogenic | 239 | 756 | 63 | 37 | 7 | 1 |
| Ginger Lime Pork Lettuce Cups | Dairy-Free Ketogenic | 240 | 353 | 27 | 23 | 8 | 3 |
| Pork Chops with Dijon Gravy | Dairy-Free Ketogenic | 242 | 287 | 17 | 25 | 1 | 0.3 |
| Sausage Zucchini Ravioli | Dairy-Free Ketogenic | 244 | 217 | 15 | 12 | 9 | 3 |
| Juicy Pork Tenderloin | Dairy-Free Ketogenic | 246 | 216 | 8 | 32 | 1 | 0.1 |
| Thai Pulled Pork with Keto Fried "Rice" | Dairy-Free Ketogenic | 248 | 442 | 34 | 29 | 2 | 0.2 |
| 30-Minute Porchetta | Dairy-Free Ketogenic | 249 | 341 | 24 | 30 | 1 | 0.3 |
| Sweet 'n' Sour Pork Meatballs | Dairy-Free Ketogenic | 250 | 351 | 26 | 23 | 5 | 2 |
| Deviled Ham | Dairy-Free Ketogenic | 252 | 531 | 46 | 24 | 0 | 0 |
| Mustard-Glazed Ham | Dairy-Free Ketogenic | 253 | 558 | 38 | 49 | 0 | 0 |
| Hawaiian Luau Pork | Dairy-Free Ketogenic | 254 | 567 | 42 | 40 | 6 | 4 |
| Cilantro Lime Slow Cooker Ribs | Dairy-Free Ketogenic | 256 | 623 | 53 | 31 | 2 | 0.3 |
| Bacon-Wrapped Scallops with Avocado Cream | Dairy-Free Ketogenic | 260 | 461 | 44 | 14 | 6 | 4 |
| Halibut Confit | Dairy-Free Ketogenic | 262 | 375 | 31 | 23 | 1 | 0.5 |
| Baked Sole with Zucchini | Dairy-Free Ketogenic | 264 | 239 | 16 | 22 | 5 | 2 |
| Pan-Fried Fish with Tartar Sauce | Dairy-Free Ketogenic | 266 | 402 | 31 | 29 | 0 | 0 |
| Halibut Smothered in Tomato Basil Cream | Dairy-Free Ketogenic | 267 | 233 | 12 | 24 | 5 | 1 |
| Salmon Burgers with Dill Sauce | Dairy-Free Ketogenic | 268 | 443 | 38 | 23 | 4 | 2 |
| Crab Claws with Spicy Mustard Sauce | Dairy-Free Ketogenic | 270 | 498 | 40 | 30 | 1 | 0.3 |
| Easy Pickled Shrimp with Curry Mayo | Dairy-Free Ketogenic | 271 | 398 | 31 | 28 | 0.3 | 0.1 |
| Bacon-Wrapped Cod | Dairy-Free Ketogenic | 272 | 399 | 36 | 18 | 0 | 0 |
| Camarones Cucarachas (Deviled Shrimp) | Dairy-Free Ketogenic | 274 | 180 | 6 | 29 | 3 | 1 |
| Shrimp Adobo | Dairy-Free Ketogenic | 275 | 205 | 9 | 30 | 1 | 0.1 |

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| Ahi Poke | Dairy-Free Ketogenic | 276 | 332 | 22 | 31 | 2 | 0.4 |
| Fish in Puttanesca Sauce | Dairy-Free Ketogenic | 278 | 339 | 26 | 17 | 8 | 2 |
| Garlic Lime Broiled Shrimp | Dairy-Free Ketogenic | 279 | 253 | 16 | 28 | 1 | 0.3 |
| Personal Salmon en Papillote | Dairy-Free Ketogenic | 280 | 187 | 9 | 23 | 5 | 1 |
| Salt-Crusted Fish | Dairy-Free Ketogenic | 282 | 390 | 21 | 46 | 2 | 1 |
| Cajun Shrimp | Dairy-Free Ketogenic | 284 | 208 | 9 | 28 | 3 | 0.4 |
| Avocado Salmon Ceviche | Dairy-Free Ketogenic | 285 | 192 | 15 | 9 | 6 | 3 |
| Asian-Style Salmon Lettuce Cups | Dairy-Free Ketogenic | 286 | 360 | 28 | 24 | 4 | 2 |
| Yellow Curry Shrimp over Keto Fried "Rice" | Dairy-Free Ketogenic | 287 | 214 | 10 | 29 | 5 | 1 |
| Super Fast Shrimp Fajitas | Dairy-Free Ketogenic | 288 | 224 | 9 | 29 | 7 | 2 |
| Simple Scallops with Garlic Sauce | Dairy-Free Ketogenic | 289 | 255 | 15 | 26 | 5 | 0.2 |
| Shrimp Fried "Rice" | Dairy-Free Ketogenic | 290 | 386 | 21 | 45 | 3 | 0.2 |
| Sweet 'n' Sour Cauliflower over Vegetarian Fried "Rice" | Dairy-Free Ketogenic | 294 | 251 | 19 | 13 | 9 | 3 |
| Vegetarian Curry | Dairy-Free Ketogenic | 296 | 174 | 14 | 13 | 3 | 1 |
| Italian Baked Eggs | Dairy-Free Ketogenic | 298 | 214 | 16 | 13 | 2 | 0.4 |
| Egg Roll in a Bowl | Dairy-Free Ketogenic | 300 | 266 | 19 | 13 | 12 | 3 |
| Chipotle Lime Egg Salad Wraps | Dairy-Free Ketogenic | 302 | 304 | 29 | 12 | 1 | 0.2 |
| Creamy Egg Bhurji | Dairy-Free Ketogenic | 303 | 219 | 18 | 8 | 7 | 2 |
| Vegetarian Doro Watt | Dairy-Free Ketogenic | 304 | 314 | 27 | 18 | 4 | 1 |
| Avocado Toast | Dairy-Free Ketogenic | 306 | 276 | 24 | 11 | 5 | 3 |
| Gazpacho | Dairy-Free Ketogenic | 308 | 112 | 8 | 1 | 9 | 2 |
| Egg Masala | Dairy-Free Ketogenic | 309 | 468 | 38 | 22 | 18 | 4 |
| Vegetarian Fajitas with Avocado | Dairy-Free Ketogenic | 310 | 354 | 29 | 25 | 1 | 0 |
| Vegetarian Fajita Stew | Dairy-Free Ketogenic | 312 | 372 | 25 | 15 | 26 | 6 |
| Grand Marnier Chocolate Candies | Dairy-Free Ketogenic | 316 | 168 | 20 | 0.3 | 1 | 0.3 |
| Sour Patch Candy | Dairy-Free Ketogenic | 317 | 25 | 0 | 6 | 0 | 0 |
| Snickerdoodle Bites | Dairy-Free Ketogenic | 318 | 235 | 28 | 0 | 0.2 | 0.2 |
| Berry Ice Pops | Dairy-Free Ketogenic | 319 | 2 | 0 | 0.1 | 1 | 0.2 |
| Personal Flourless Chocolate Tortes | Dairy-Free Ketogenic | 320 | 414 | 40 | 8 | 8 | 6 |
| Mint Chocolate Chunk Gelato | Dairy-Free Ketogenic | 322 | 447 | 48 | 6 | 1 | 0.3 |
| Mocha Fudge Mug Cakes | Dairy-Free Ketogenic | 324 | 164 | 14 | 5 | 4 | 2 |
| Classic Sherbet | Dairy-Free Ketogenic | 326 | 92 | 9 | 1 | 1 | 0 |
| Dirt Cake | Dairy-Free Ketogenic | 327 | 327 | 32 | 6 | 5 | 4 |
| Gummy Worms | Dairy-Free Ketogenic | 328 | 19 | 0 | 5 | 0 | 0 |
| Mexican Chocolate Mousse | Dairy-Free Ketogenic | 329 | 304 | 29 | 6 | 6 | 4 |
| Banana Bread | Dairy-Free Ketogenic | 330 | 182 | 16 | 11 | 1 | 0.3 |
| Malted Milk Push Pops | Dairy-Free Ketogenic | 332 | 228 | 23 | 2 | 7 | 2 |
| Chocolate Pudding Pops | Dairy-Free Ketogenic | 333 | 76 | 7 | 3 | 1 | 1 |
| Hibiscus Strawberry Ice Lollies | Dairy-Free Ketogenic | 334 | 0 | 0 | 0 | 0 | 0 |
| Tapioca Pudding | Dairy-Free Ketogenic | 335 | 395 | 36 | 14 | 2 | 0 |
| Keto Pink Squirrels **Ice cream | Dairy-Free Ketogenic | 336 | 242 | 26 | 3 | 0.4 | 0 |
| Keto Pink Squirrels **drink | Dairy-Free Ketogenic | 336 | 502 | 57 | 6 | 0.8 | 0 |
| Strawberry Hibiscus Sorbet | Dairy-Free Ketogenic | 338 | 103 | 10 | 2 | 1 | 0 |
| Keto Custard | Dairy-Free Ketogenic | 339 | 93 | 6 | 7 | 1 | 0.1 |
| Strawberries and Cream Panna Cotta | Dairy-Free Ketogenic | 340 | 103 | 10 | 2 | 1 | 0 |

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|---------------------------------------|----------------|-----|-----|-----|----|-----|-----|
| Bacon-and-Eggs Avocado | Keto Air Fryer | 22 | 536 | 46 | 18 | 18 | 14 |
| Double-Dipped Mini Cinnamon Biscuits | Keto Air Fryer | 24 | 546 | 51 | 14 | 13 | 6 |
| Meritage Eggs | Keto Air Fryer | 26 | 331 | 29 | 16 | 2 | 0.2 |
| Breakfast Pizza | Keto Air Fryer | 28 | 357 | 25 | 24 | 9 | 2 |
| Denver Omelet | Keto Air Fryer | 30 | 476 | 32 | 41 | 3 | 1 |
| Easy Bacon | Keto Air Fryer | 32 | 140 | 12 | 8 | 0 | 0 |
| Valerie's Breakfast Sammies | Keto Air Fryer | 34 | 269 | 19 | 22 | 1 | 0 |
| Gyro Breakfast Patties with Tzatziki | Keto Air Fryer | 36 | 396 | 31 | 23 | 4 | 0.4 |
| The Best Keto Quiche | Keto Air Fryer | 38 | 333 | 26 | 20 | 6 | 2 |
| Easy Mexican Shakshuka | Keto Air Fryer | 40 | 258 | 17 | 14 | 11 | 4 |
| Green Eggs and Ham | Keto Air Fryer | 42 | 307 | 24 | 14 | 10 | 7 |
| Everything Bagels | Keto Air Fryer | 44 | 224 | 19 | 12 | 4 | 2 |
| Keto Danish | Keto Air Fryer | 46 | 160 | 12 | 8 | 2 | 0.3 |
| French Toast Pavlova | Keto Air Fryer | 48 | 115 | 11 | 3 | 2 | 0.3 |
| Breakfast Cobbler | Keto Air Fryer | 50 | 623 | 55 | 23 | 8 | 3 |
| Buffalo Cauliflower | Keto Air Fryer | 54 | 185 | 15 | 9 | 4 | 2 |
| Ranch Kale Chips | Keto Air Fryer | 56 | 11 | 0.2 | 1 | 2 | 0.4 |
| Crispy Nacho Avocado Fries | Keto Air Fryer | 58 | 282 | 22 | 15 | 9 | 7 |
| Bacon-Wrapped Pickle Poppers | Keto Air Fryer | 60 | 87 | 8 | 4 | 1 | ? |
| Bourbon Chicken Wings | Keto Air Fryer | 62 | 545 | 30 | 42 | 3 | 0.1 |
| Doro Wat Wings | Keto Air Fryer | 64 | 317 | 24 | 24 | 0.1 | 0 |
| Salt and Vinegar Pork Belly Chips | Keto Air Fryer | 66 | 240 | 21 | 13 | 0 | 0 |
| Crispy Prosciutto-Wrapped Onion Rings | Keto Air Fryer | 68 | 318 | 28 | 14 | 3 | 0.4 |
| Bacon-Wrapped Asparagus | Keto Air Fryer | 70 | 241 | 22 | 7 | 6 | 3 |
| Reuben Egg Rolls | Keto Air Fryer | 72 | 321 | 29 | 13 | 1 | 0.1 |
| Mozzarella Sticks | Keto Air Fryer | 74 | 337 | 27 | 23 | 4 | 1 |
| Crispy Calamari Rings | Keto Air Fryer | 76 | 287 | 13 | 28 | 11 | 3 |
| Bloornin' Onion | Keto Air Fryer | 78 | 51 | 3 | 4 | 3 | 0.4 |
| Prosciutto-Wrapped Guacamole Rings | Keto Air Fryer | 80 | 132 | 9 | 5 | 10 | 4 |
| Prosciutto Pierogi | Keto Air Fryer | 82 | 150 | 11 | 11 | 2 | 1 |
| Keto Tots | Keto Air Fryer | 86 | 166 | 13 | 5 | 5 | 2 |
| Loaded Bacon-Wrapped Keto Tots | Keto Air Fryer | 88 | 385 | 31 | 16 | 6 | 2 |
| Tomatoes Provencal | Keto Air Fryer | 90 | 68 | 3 | 5 | 6 | 1 |
| Burrata-Stuffed Tomatoes | Keto Air Fryer | 92 | 108 | 7 | 6 | 5 | 2 |
| Crispy Brussels Sprouts | Keto Air Fryer | 93 | 149 | 12 | 4 | 10 | 4 |
| Caramelized Broccoli | Keto Air Fryer | 94 | 107 | 9 | 3 | 6 | 2 |
| Perfect Zoodles | Keto Air Fryer | 95 | 29 | 0 | 2 | 6 | 2 |
| Marinated Turmeric Cauliflower Steaks | Keto Air Fryer | 96 | 69 | 4 | 4 | 8 | 4 |
| Caramelized Ranch Cauliflower | Keto Air Fryer | 97 | 62 | 0.1 | 6 | 12 | 6 |
| Fried Cauliflower Rice | Keto Air Fryer | 98 | 30 | 0 | 3 | 4 | 1 |
| Garlic Thyme Mushrooms | Keto Air Fryer | 99 | 82 | 9 | 1 | 1 | 0.2 |
| Sweet Fauxtato Casserole | Keto Air Fryer | 100 | 421 | 40 | 8 | 10 | 5 |
| Spinach Artichoke Tart | Keto Air Fryer | 102 | 228 | 7 | 14 | 6 | 2 |
| Crunchy-Top Personal Mac 'n' Cheese | Keto Air Fryer | 104 | 305 | 26 | 12 | 6 | 3 |
| Parmesan Flan | Keto Air Fryer | 106 | 345 | 32 | 14 | 2 | 0.2 |

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|---|----------------|-----|-----|----|----|-----|-----|
| Garlic Butter Breadsticks | Keto Air Fryer | 108 | 301 | 26 | 14 | 6 | 2 |
| Bruschetta | Keto Air Fryer | 110 | 268 | 22 | 10 | 14 | 10 |
| Savory Beefy Poppers | Keto Air Fryer | 114 | 679 | 53 | 42 | 3 | 1 |
| Swedish Meatloaf | Keto Air Fryer | 116 | 395 | 32 | 23 | 3 | 1 |
| Carne Asada | Keto Air Fryer | 118 | 263 | 17 | 24 | 4 | 1 |
| Salisbury Steak with Mushroom Onion Gravy | Keto Air Fryer | 120 | 588 | 44 | 33 | 11 | 3 |
| Fajita Meatball Lettuce Wraps | Keto Air Fryer | 122 | 272 | 18 | 23 | 3 | 0.5 |
| Reuben Fritters | Keto Air Fryer | 124 | 527 | 50 | 18 | 2 | 0.1 |
| Greek Stuffed Tenderloin | Keto Air Fryer | 126 | 415 | 16 | 62 | 4 | 0.3 |
| Herb-Crusted Lamb Chops | Keto Air Fryer | 128 | 790 | 60 | 57 | 2 | 0.4 |
| Black 'n' Blue Burgers | Keto Air Fryer | 130 | 237 | 20 | 11 | 3 | 1 |
| Mojito Lamb Chops | Keto Air Fryer | 132 | 692 | 53 | 48 | 2 | 0.4 |
| Mushroom and Swiss Burgers | Keto Air Fryer | 134 | 345 | 23 | 30 | 5 | 1 |
| Deconstructed Chicago Dogs | Keto Air Fryer | 138 | 123 | 8 | 8 | 3 | 1 |
| Pork Milanese | Keto Air Fryer | 140 | 351 | 18 | 42 | 3 | 1 |
| Italian Sausages with Peppers and Onions | Keto Air Fryer | 142 | 576 | 49 | 25 | 8 | 2 |
| Scotch Eggs | Keto Air Fryer | 144 | 447 | 34 | 43 | 0.5 | 0 |
| Mama Maria's Savory Sausage Cobbler | Keto Air Fryer | 146 | 588 | 48 | 28 | 9 | 3 |
| Pork Tenderloin with Avocado Lime Sauce | Keto Air Fryer | 148 | 326 | 19 | 26 | 15 | 6 |
| Five-Spice Pork Belly | Keto Air Fryer | 150 | 365 | 32 | 19 | 2 | 0.3 |
| BBQRiblets | Keto Air Fryer | 152 | 319 | 26 | 19 | 3 | 0.3 |
| Dry Rub Baby Back Ribs | Keto Air Fryer | 154 | 515 | 40 | 37 | 3 | 1 |
| Bacon-Wrapped Stuffed Pork Chops | Keto Air Fryer | 156 | 578 | 45 | 37 | 16 | 1 |
| Chicken Kiev | Keto Air Fryer | 160 | 801 | 64 | 51 | 3 | 1 |
| Chicken Cordon Bleu Meatballs | Keto Air Fryer | 162 | 288 | 15 | 31 | 5 | 0.5 |
| Buffalo Chicken Drumsticks | Keto Air Fryer | 164 | 472 | 34 | 38 | 1 | 0.3 |
| Sesame Turkey Balls in Lettuce Cups | Keto Air Fryer | 166 | 322 | 19 | 32 | 2 | 0.3 |
| Porchetta-Style Chicken Breasts | Keto Air Fryer | 168 | 468 | 25 | 56 | 3 | 1 |
| Easy Thanksgiving Turkey Breast | Keto Air Fryer | 170 | 388 | 18 | 50 | 1 | 0.3 |
| Chicken Paillard | Keto Air Fryer | 172 | 526 | 33 | 53 | 3 | 1 |
| General Tso's Chicken | Keto Air Fryer | 174 | 254 | 10 | 34 | 5 | 1 |
| Chicken Strips with Satay Sauce | Keto Air Fryer | 176 | 359 | 16 | 49 | 2 | 1 |
| Bacon Lovers' Stuffed Chicken | Keto Air Fryer | 178 | 686 | 51 | 52 | 2 | 0 |
| Chicken Pesto Parmigiana | Keto Air Fryer | 180 | 558 | 43 | 40 | 4 | 1 |
| Crispy Taco Chicken | Keto Air Fryer | 182 | 486 | 29 | 54 | 3 | 0.2 |
| Thai Tacos with Peanut Sauce | Keto Air Fryer | 184 | 350 | 17 | 39 | 11 | 3 |
| Shrimp Scampi | Keto Air Fryer | 188 | 175 | 11 | 18 | 1 | 0.2 |
| Simple Scallops | Keto Air Fryer | 190 | 106 | 2 | 18 | 3 | 0.2 |
| Tuna Melt Croquettes | Keto Air Fryer | 192 | 528 | 36 | 48 | 2 | 0.3 |
| Coconut Shrimp with Spicy Mayo | Keto Air Fryer | 194 | 360 | 28 | 25 | 2 | 1 |
| Crispy Crab Rangoon Patties with Sweet 'n' Sour Sauce | Keto Air Fryer | 196 | 411 | 30 | 35 | 4 | 3 |
| Pecan-Crusted Catfish | Keto Air Fryer | 198 | 162 | 11 | 17 | 1 | 1 |
| Friday Night Fish Fry | Keto Air Fryer | 200 | 164 | 5 | 26 | 1 | 0.2 |
| Parmesan-Crusted Shrimp over Pesto Zoo dies | Keto Air Fryer | 202 | 397 | 26 | 31 | 10 | 3 |
| Asian Marinated Salmon | Keto Air Fryer | 204 | 311 | 18 | 31 | 9 | 1 |

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| BLT Crab Cakes | Keto Air Fryer | 206 | 341 | 28 | 22 | 3 | 1 |
| Mouthwatering Cod over Creamy Leek Noodles | Keto Air Fryer | 208 | 345 | 25 | 25 | 3 | 0.4 |
| Spicy Popcorn Shrimp | Keto Air Fryer | 210 | 199 | 9 | 27 | 1 | 0 |
| Breaded Shrimp Tacos | Keto Air Fryer | 212 | 194 | 8 | 28 | 3 | 0.5 |
| Ham 'n' Cheese Hand Pies | Keto Air Fryer | 216 | 484 | 41 | 26 | 6 | 2 |
| Cheeseburger Meatballs | Keto Air Fryer | 218 | 621 | 47 | 45 | 5 | 1 |
| Keto Turtles | Keto Air Fryer | 220 | 389 | 28 | 30 | 0.4 | 0.1 |
| No-Corn Dogs | Keto Air Fryer | 222 | 405 | 33 | 24 | 5 | 2 |
| Italian Dunkers | Keto Air Fryer | 224 | 332 | 22 | 36 | 1 | 0.3 |
| Hot Dog Buns | Keto Air Fryer | 226 | 145 | 11 | 6 | 10 | 7 |
| BLTSushi | Keto Air Fryer | 228 | 254 | 22 | 9 | 5 | 2 |
| Popcorn Chicken | Keto Air Fryer | 230 | 479 | 36 | 37 | 1 | 0.1 |
| Ham 'n' Cheese Ravioli | Keto Air Fryer | 232 | 269 | 20 | 16 | 4 | 0.3 |
| Chicken Patties | Keto Air Fryer | 234 | 352 | 25 | 28 | 4 | 3 |
| Little French Fudge Cakes | Keto Air Fryer | 238 | 414 | 38 | 12 | 11 | 5 |
| Flourless Cream-Filled Mini Cakes | Keto Air Fryer | 240 | 330 | 30 | 6 | 5 | 2 |
| Halle Berries-and-Cream Cobbler | Keto Air Fryer | 242 | 583 | 51 | 16 | 10 | 3 |
| Chocolate Meringue Cookies | Keto Air Fryer | 244 | 12 | 0.3 | 2 | 1 | 0.3 |
| Lemon Poppy Seed Macaroons | Keto Air Fryer | 246 | 71 | 7 | 1 | 3 | 2 |
| Lemon Curd Pavlova | Keto Air Fryer | 248 | 332 | 33 | 9 | 4 | 1 |
| Browned Butter Mocha Latte | Keto Comfort Foods | 36 | 273 | 27 | 4 | 5 | 2 |
| Lovers' Omelet | Keto Comfort Foods | 38 | 576 | 46 | 30 | 6 | 1 |
| Quiche Lorraine Dutch Baby | Keto Comfort Foods | 40 | 365 | 25 | 33 | 2 | 0.2 |
| Garlicky Cheddar Biscuits and Gravy | Keto Comfort Foods | 42 | 359 | 31 | 14 | 5 | 2 |
| Creamy Stuffed Blintzes | Keto Comfort Foods | 44 | 685 | 60 | 24 | 5 | 0 |
| Flappers | Keto Comfort Foods | 46 | 437 | 38 | 13 | 6 | 3 |
| Buttery Scones | Keto Comfort Foods | 48 | 246 | 23 | 7 | 6 | 3 |
| Cinnamon Roll Bread Pudding | Keto Comfort Foods | 50 | 223 | 20 | 8 | 2 | 0.3 |
| Cream Cheese Pumpkin Muffins | Keto Comfort Foods | 52 | 399 | 33 | 13 | 12 | 4 |
| Grandma Suzie's Kringle | Keto Comfort Foods | 54 | 271 | 23 | 11 | 5 | 2 |
| Sour Cream Coffee Cake with Browned Butter Glaze (w/almond flour) | Keto Comfort Foods | 56 | 536 | 51 | 11 | 9 | 4 |
| Sour Cream Coffee Cake with Browned Butter Glaze (w/coconut flour) | Keto Comfort Foods | 56 | 403 | 37 | 7 | 7 | 3 |
| Tiramisu Muffins | Keto Comfort Foods | 58 | 209 | 19 | 5 | 3 | 2 |
| Amazing Breakfast Sausage Bake | Keto Comfort Foods | 60 | 493 | 42 | 26 | 1 | 0.4 |
| Monte Cristo Crepes | Keto Comfort Foods | 62 | 452 | 38 | 20 | 4 | 0 |
| Chicken and Waffles with Hollandaise | Keto Comfort Foods | 64 | 639 | 48 | 60 | 2 | 1 |
| Glazed Chocolate Donuts | Keto Comfort Foods | 66 | 332 | 28 | 9 | 9 | 5 |
| Chocolate Donut Bread Pudding | Keto Comfort Foods | 68 | 220 | 19 | 6 | 5 | 3 |
| Red Velvet Pancakes with Cream Cheese Syrup | Keto Comfort Foods | 70 | 401 | 33 | 19 | 5 | 1 |
| Snickerdoodle Breakfast Pots de Creme | Keto Comfort Foods | 72 | 326 | 37 | 3 | 1 | 0.2 |
| BBQ Pulled Pork Hash with Eggs | Keto Comfort Foods | 74 | 482 | 36 | 29 | 7 | 2 |
| Maple Bacon Waffle Breakfast Sundaes | Keto Comfort Foods | 76 | 712 | 70 | 18 | 3 | 0.5 |
| Croque Madame Waffles | Keto Comfort Foods | 78 | 499 | 43 | 25 | 1 | 0 |
| Sweet Breakfast Biscuits with Chocolate or Caramel Mocha Gravy | Keto Comfort Foods | 80 | 345 | 34 | 6 | 5 | 2 |
| Crab Cake Eggs Benedict | Keto Comfort Foods | 82 | 554 | 41 | 40 | 1 | 0 |

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|---|---------------------------|------------|------------|-----------|-----------|------------|------------|
| BLT Party Cheese Ball | Keto Comfort Foods | 86 | 268 | 22 | 12 | 2 | 0 |
| BLT Stuffed Mushrooms | Keto Comfort Foods | 87 | 520 | 43 | 25 | 6 | 1 |
| Twice-Baked Mashed Fauxtato Bites | Keto Comfort Foods | 88 | 354 | 25 | 19 | 14 | 6 |
| Bacon Poppers | Keto Comfort Foods | 89 | 478 | 39 | 21 | 9 | 3 |
| Buffalo Chicken Cannoli | Keto Comfort Foods | 90 | 441 | 31 | 36 | 3 | 0.4 |
| Loaded Fries with Ranch | Keto Comfort Foods | 92 | 191 | 16 | 9 | 3 | 1 |
| Pizza Fat Bombs | Keto Comfort Foods | 94 | 142 | 13 | 4 | 1 | 0 |
| Bacon-Wrapped Stuffed Portobellos | Keto Comfort Foods | 95 | 271 | 23 | 13 | 2 | 0.2 |
| Loaded Chicken Nachos | Keto Comfort Foods | 96 | 229 | 13 | 24 | 3 | 1 |
| The Best Browned Butter Cheese Fondue | Keto Comfort Foods | 98 | 316 | 30 | 11 | 2 | 0 |
| Parmesan Chips | Keto Comfort Foods | 100 | 120 | 9 | 12 | 0 | 0 |
| Buffalo Chicken Wings with The Best Blue Cheese Dressing | Keto Comfort Foods | 101 | 585 | 43 | 45 | 1 | 0.1 |
| Baked Brie with Keto Cherry Jelly | Keto Comfort Foods | 102 | 262 | 23 | 13 | 3 | 1 |
| Spanakopita Flatbread | Keto Comfort Foods | 104 | 419 | 35 | 23 | 8 | 3 |
| Bacon-Wrapped Stuffed Meatballs | Keto Comfort Foods | 106 | 512 | 42 | 33 | 1 | 0.2 |
| Hush Puppies with Pimiento Mayo | Keto Comfort Foods | 108 | 127 | 12 | 5 | 1 | 0.1 |
| Seafood Bisque | Keto Comfort Foods | 112 | 521 | 39 | 29 | 8 | 1 |
| Clam Chowder | Keto Comfort Foods | 114 | 371 | 26 | 22 | 8 | 1 |
| Chicken "Wild Rice" Soup | Keto Comfort Foods | 116 | 642 | 54 | 33 | 4 | 1 |
| Cream of Chicken Soup | Keto Comfort Foods | 118 | 268 | 21 | 15 | 4 | 1 |
| Mushroom Truffle Bisque | Keto Comfort Foods | 119 | 304 | 27 | 8 | 6 | 1 |
| Fauxtato Leek Soup | Keto Comfort Foods | 120 | 195 | 16 | 6 | 4 | 1 |
| Beef Stew | Keto Comfort Foods | 122 | 245 | 17 | 13 | 7 | 2 |
| Slow Cooker Chipotle Lime Steak Soup | Keto Comfort Foods | 123 | 204 | 13 | 13 | 7 | 2 |
| Italian Sausage Soup | Keto Comfort Foods | 124 | 340 | 26 | 18 | 8 | 2 |
| Philly Cheesesteak Soup | Keto Comfort Foods | 126 | 409 | 31 | 25 | 4 | 1 |
| Warm Goat Cheese Salad with Bacon Vinaigrette | Keto Comfort Foods | 128 | 766 | 67 | 36 | 8 | 4 |
| Mashed Fauxtatoes | Keto Comfort Foods | 129 | 178 | 12 | 9 | 9 | 4 |
| Roasted Cauliflower with Bearnaise Sauce | Keto Comfort Foods | 130 | 147 | 13 | 3 | 6 | 2 |
| Steak Fries | Keto Comfort Foods | 131 | 171 | 12 | 17 | 2 | 1 |
| Brussels Sprouts with Soft-Boiled Eggs and Avocado | Keto Comfort Foods | 132 | 204 | 14 | 9 | 13 | 6 |
| Yorkshire Pudding | Keto Comfort Foods | 134 | 42 | 1 | 7 | 0.4 | 0 |
| Roasted Asparagus with Poached Eggs and Hollandaise | Keto Comfort Foods | 136 | 291 | 26 | 9 | 5 | 2 |
| Zucchini and Bacon Gratin | Keto Comfort Foods | 138 | 112 | 8 | 9 | 4 | 1 |
| "Cornbread" Muffins | Keto Comfort Foods | 139 | 192 | 17 | 5 | 4 | 2 |
| Stuffing Cupcakes | Keto Comfort Foods | 140 | 221 | 19 | 10 | 2 | 0.5 |
| Creamed Collards with Browned Butter and Bacon | Keto Comfort Foods | 142 | 284 | 25 | 7 | 11 | 5 |
| Scalloped Fauxtatoes with Bacon, Leeks, and Gruyere | Keto Comfort Foods | 144 | 415 | 41 | 12 | 6 | 3 |
| Pimiento Cheese Muffins | Keto Comfort Foods | 146 | 341 | 29 | 13 | 8 | 3 |
| Cordon Bleu Lasagna | Keto Comfort Foods | 150 | 314 | 26 | 16 | 3 | 1 |
| Poulet Grand-Mere | Keto Comfort Foods | 152 | 489 | 42 | 23 | 3 | 1 |
| Chicken and Gravy Cobbler | Keto Comfort Foods | 154 | 438 | 33 | 28 | 6 | 2 |
| Lemon Pepper Roast Turkey with Bacon Gravy | Keto Comfort Foods | 156 | 349 | 19 | 39 | 3 | 1 |
| Turkey Tetrizzini | Keto Comfort Foods | 158 | 372 | 24 | 33 | 6 | 1 |
| Skillet Enchilada Casserole | Keto Comfort Foods | 160 | 442 | 30 | 36 | 6 | 2 |

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| Turkey Meatloaf Cupcakes | Keto Comfort Foods | 162 | 329 | 13 | 42 | 10 | 2 |
| Saucy Crispy Chicken | Keto Comfort Foods | 164 | 544 | 42 | 40 | 0.2 | 0 |
| Braised Turkey Legs with Creamy Gravy | Keto Comfort Foods | 166 | 650 | 30 | 80 | 10 | 4 |
| Chicken Club Hand Pies | Keto Comfort Foods | 168 | 513 | 43 | 27 | 7 | 2 |
| Fried Chicken with Cheesy Grits | Keto Comfort Foods | 170 | 592 | 46 | 45 | 1 | 0 |
| Chicken Divan | Keto Comfort Foods | 172 | 691 | 63 | 29 | 4 | 1 |
| Smothered Fried Cabin Chicken | Keto Comfort Foods | 174 | 517 | 36 | 45 | 4 | 1 |
| Shredded Amish Chicken and Gravy | Keto Comfort Foods | 176 | 453 | 31 | 32 | 10 | 3 |
| BBQ Chicken Lasagna | Keto Comfort Foods | 178 | 345 | 21 | 31 | 8 | 2 |
| Turkey Goulash Over Mashed Fauxtatoes | Keto Comfort Foods | 180 | 342 | 18 | 32 | 12 | 4 |
| Red Curry Chicken Over Cauliflower Rice | Keto Comfort Foods | 182 | 355 | 27 | 16 | 10 | 3 |
| Herb Roasted Chicken | Keto Comfort Foods | 184 | 320 | 23 | 25 | 2 | 0.4 |
| Chicken Cordon Bleu | Keto Comfort Foods | 186 | 592 | 45 | 45 | 3 | 0 |
| Slow Cooker Creamy Picante Chicken | Keto Comfort Foods | 188 | 348 | 21 | 27 | 9 | 2 |
| Buffalo Chicken Casserole | Keto Comfort Foods | 190 | 430 | 29 | 32 | 8 | 2 |
| Duck a l'Orange | Keto Comfort Foods | 192 | 478 | 41 | 20 | 7 | 2 |
| Braised Duck Legs with Bacon and Mushrooms | Keto Comfort Foods | 194 | 393 | 33 | 19 | 6 | 1 |
| Chicken Pot Pies | Keto Comfort Foods | 196 | 631 | 50 | 38 | 9 | 3 |
| Sunday Supper Pot Roast Over Mashed Fauxtatoes | Keto Comfort Foods | 200 | 597 | 40 | 51 | 4 | 1 |
| Skillet Moussaka | Keto Comfort Foods | 202 | 428 | 33 | 23 | 9 | 3 |
| Philly Cheeses teak Cupcakes | Keto Comfort Foods | 204 | 504 | 39 | 33 | 5 | 1 |
| Gyro Loaf with Tzatziki Sauce | Keto Comfort Foods | 206 | 539 | 41 | 33 | 6 | 1 |
| Joe's Special | Keto Comfort Foods | 208 | 495 | 41 | 28 | 4 | 1 |
| Meatloaf Cordon Bleu | Keto Comfort Foods | 209 | 437 | 32 | 31 | 3 | 1 |
| Steak Frites with Bearnaise Sauce | Keto Comfort Foods | 210 | 655 | 61 | 24 | 6 | 2 |
| Rib- Eye Steak with Asparagus Puree and Bacon Custard | Keto Comfort Foods | 212 | 572 | 54 | 22 | 2 | 1 |
| Filet Mignons Florentine | Keto Comfort Foods | 214 | 497 | 43 | 20 | 6 | 2 |
| Meatballs with Brown Gravy | Keto Comfort Foods | 216 | 550 | 44 | 36 | 1 | 0.4 |
| Steak with Blue Cheese Whip | Keto Comfort Foods | 218 | 566 | 48 | 33 | 1 | 0.4 |
| Perfect Reverse-Sear Prime Rib with Tiger Sauce | Keto Comfort Foods | 220 | 703 | 49 | 60 | 2 | 1 |
| Greek Burgers with Feta Dressing | Keto Comfort Foods | 222 | 556 | 46 | 28 | 6 | 2 |
| Country-Fried Steak and Gravy | Keto Comfort Foods | 224 | 775 | 58 | 50 | 12 | 5 |
| Taco Pizza | Keto Comfort Foods | 226 | 518 | 42 | 29 | 12 | 4 |
| Pizza Supreme | Keto Comfort Foods | 228 | 507 | 42 | 28 | 10 | 4 |
| French Dip Sandwiches | Keto Comfort Foods | 230 | 623 | 47 | 39 | 4 | 3 |
| Garlic and Rosemary Rack of Lamb | Keto Comfort Foods | 232 | 344 | 27 | 17 | 4 | 1 |
| Shrimp Thermidor | Keto Comfort Foods | 236 | 785 | 57 | 56 | 5 | 1 |
| Walleye Simmered in Basil Cream | Keto Comfort Foods | 238 | 210 | 11 | 23 | 3 | 0.4 |
| Cheesy Tuna Casserole | Keto Comfort Foods | 240 | 344 | 22 | 31 | 3 | 1 |
| Charleston Shrimp 'n' Gravy Over Grits | Keto Comfort Foods | 242 | 500 | 34 | 41 | 5 | 1 |
| Seafood Risotto | Keto Comfort Foods | 244 | 368 | 24 | 29 | 9 | 4 |
| Surf and Turf for Two | Keto Comfort Foods | 245 | 526 | 49 | 19 | 0.4 | 0 |
| Crawfish Etouffee | Keto Comfort Foods | 246 | 372 | 21 | 36 | 7 | 2 |
| Halibut Smothered in Creamy Lemon-Dill Sauce | Keto Comfort Foods | 248 | 270 | 17 | 24 | 4 | 1 |
| Sole Meuniere | Keto Comfort Foods | 250 | 383 | 31 | 28 | 1 | 0.2 |

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|---|--------------------|-----|-----|----|----|----|-----|
| Creole Catfish | Keto Comfort Foods | 252 | 210 | 11 | 19 | 10 | 3 |
| Butter-Poached Lobster Tails Over Creamy Keto Risotto | Keto Comfort Foods | 254 | 775 | 69 | 38 | 1 | 0 |
| BBQ Pulled Pork Sandwiches with Wilted Bacon Slaw | Keto Comfort Foods | 258 | 645 | 47 | 45 | 5 | 1 |
| Saucy Stuffed Cabbage Rolls | Keto Comfort Foods | 260 | 317 | 23 | 14 | 14 | 5 |
| Schnitzel | Keto Comfort Foods | 262 | 464 | 36 | 37 | 2 | 0.5 |
| Smothered Pork Chops in Mushroom and Onion Gravy | Keto Comfort Foods | 264 | 691 | 59 | 30 | 10 | 2 |
| Ham 'n' Grits with Redeye Gravy | Keto Comfort Foods | 265 | 454 | 38 | 24 | 4 | 1 |
| Pork and Cheddar Sausages | Keto Comfort Foods | 266 | 413 | 36 | 21 | 1 | 0 |
| Bangers and Mash with Onion Gravy | Keto Comfort Foods | 268 | 641 | 50 | 33 | 13 | 5 |
| Crispy Pork Belly Over Grits with Bacon Jam | Keto Comfort Foods | 270 | 551 | 48 | 27 | 1 | 0 |
| Creamy Cajun Pasta | Keto Comfort Foods | 272 | 669 | 32 | 64 | 6 | 2 |
| Bomba Burgers | Keto Comfort Foods | 276 | 689 | 56 | 44 | 5 | 3 |
| Hot Beef Sundaes | Keto Comfort Foods | 278 | 824 | 65 | 50 | 8 | 3 |
| Grilled Cheese Waffles and Tomato Gorgonzola Bisque | Keto Comfort Foods | 280 | 508 | 42 | 24 | 7 | 2 |
| Cheeseburger Soup | Keto Comfort Foods | 282 | 586 | 48 | 31 | 4 | 0.3 |
| Chili Cheese Dog Casserole | Keto Comfort Foods | 284 | 668 | 48 | 43 | 10 | 2 |
| Pizza Waffles | Keto Comfort Foods | 286 | 270 | 24 | 13 | 1 | 0.3 |
| Chicken Parmesan Mini Meatloaves | Keto Comfort Foods | 288 | 254 | 16 | 27 | 1 | 0.2 |
| Ham 'n' Cheese Cones | Keto Comfort Foods | 290 | 315 | 29 | 12 | 1 | 0.2 |
| Chili Dogs | Keto Comfort Foods | 292 | 367 | 26 | 25 | 6 | 1 |
| Deconstructed Bacon Cheeseburger Pizza | Keto Comfort Foods | 294 | 283 | 23 | 17 | 3 | 1 |
| Italian Cream Soda | Keto Comfort Foods | 298 | 148 | 18 | 0 | 0 | 0 |
| Persian Hot Chocolate | Keto Comfort Foods | 300 | 134 | 10 | 4 | 6 | 3 |
| Pumpkin Dip with Pie Fries | Keto Comfort Foods | 302 | 282 | 25 | 5 | 8 | 3 |
| Malted Milk Ball Buche de Noel | Keto Comfort Foods | 304 | 587 | 55 | 10 | 12 | 5 |
| Gateau au Chocolat | Keto Comfort Foods | 306 | 361 | 35 | 6 | 6 | 4 |
| Pots de Creme | Keto Comfort Foods | 308 | 396 | 38 | 6 | 9 | 6 |
| Deconstructed Chocolate Cannoli Cookies | Keto Comfort Foods | 309 | 115 | 10 | 3 | 3 | 2 |
| Death by Chocolate Cheesecake | Keto Comfort Foods | 310 | 552 | 50 | 11 | 11 | 6 |
| French Silk Ice Cream | Keto Comfort Foods | 312 | 460 | 49 | 7 | 2 | 1 |
| "Keto Debbie" Chocolate Cupcakes | Keto Comfort Foods | 314 | 407 | 38 | 9 | 6 | 2 |
| Penuche (Italian Fudge) | Keto Comfort Foods | 316 | 157 | 16 | 1 | 1 | 1 |
| Peaches and Cream Sorbet | Keto Comfort Foods | 317 | 300 | 36 | 0 | 0 | 0 |
| Chocolate Ice Cream Cake with Almond Butter Swirl | Keto Comfort Foods | 318 | 385 | 35 | 11 | 8 | 4 |
| Deconstructed Chocolate Waffle Cones | Keto Comfort Foods | 320 | 810 | 82 | 19 | 7 | 4 |
| Maple Bacon Ice Cream in Bacon Cones | Keto Comfort Foods | 322 | 514 | 50 | 14 | 1 | 0 |
| Strawberries and Cream Snowballs | Keto Comfort Foods | 324 | 591 | 58 | 9 | 7 | 3 |
| Malted Milk Ball Cheesecake | Keto Comfort Foods | 326 | 358 | 31 | 8 | 9 | 3 |
| Can noli Mini Cheese Balls | Keto Comfort Foods | 328 | 417 | 40 | 6 | 7 | 3 |
| Mini Mocha Bundt Cakes | Keto Comfort Foods | 330 | 328 | 29 | 11 | 9 | 4 |
| Mint Chocolate Whoopie Pies | Keto Comfort Foods | 332 | 609 | 59 | 11 | 8 | 4 |
| Mint Chocolate Cheesecake Buche de Noel | Keto Comfort Foods | 334 | 343 | 35 | 4 | 4 | 3 |
| Decadent Black Forest Dessert for Two | Keto Comfort Foods | 336 | 613 | 65 | 7 | 4 | 2 |
| "Rice" Pudding | Keto Comfort Foods | 338 | 206 | 21 | 4 | 1 | 0.1 |
| Creamy Chocolate Mint Truffles | Keto Comfort Foods | 340 | 111 | 10 | 2 | 2 | 1 |

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|---|--------------------|-----|-----|-----|-----|-----|-----|
| Malted Milk Ball Truffles | Keto Comfort Foods | 342 | 123 | 10 | 2 | 4 | 2 |
| Pecan Pie Truffles | Keto Comfort Foods | 344 | 182 | 19 | 1 | 1 | 1 |
| Dark Chocolate Raspberry Truffles | Keto Comfort Foods | 346 | 116 | 11 | 2 | 2 | 1 |
| Pumpkin Cheesecake Truffles | Keto Comfort Foods | 348 | 137 | 12 | 2 | 2 | 1 |
| Bananas Foster for Two | Keto Comfort Foods | 350 | 650 | 69 | 7 | 4 | 2 |
| Banana Cream Pie' | Keto Comfort Foods | 352 | 212 | 21 | 3 | 3 | 2 |
| Bone Broth: Beef, Chicken, or Fish | Keto Comfort Foods | 356 | 10 | 2 | 0.7 | 0.8 | 0 |
| Bearnaise Sauce | Keto Comfort Foods | 357 | 152 | 14 | 4 | 2 | 0.1 |
| Hollandaise | Keto Comfort Foods | 358 | 175 | 19 | 1 | 1 | 0.1 |
| Pizza Sauce | Keto Comfort Foods | 358 | 52 | 3 | 4 | 3 | 1 |
| Mayonnaise | Keto Comfort Foods | 359 | 91 | 10 | 0.2 | 0.1 | 0 |
| Ranch Dressing | Keto Comfort Foods | 359 | 71 | 6 | 2 | 1 | 0 |
| Cilantro Lime Ranch Dressing | Keto Comfort Foods | 360 | 56 | 5 | 1 | 1 | 0.1 |
| The Best Blue Cheese Dressing | Keto Comfort Foods | 360 | 66 | 5 | 4 | 0.2 | 0 |
| Greek Feta Dressing | Keto Comfort Foods | 361 | 158 | 16 | 3 | 1 | 0 |
| Keto Grits | Keto Comfort Foods | 361 | 405 | 37 | 16 | 1 | 0 |
| Keto Buns | Keto Comfort Foods | 362 | 36 | 2 | 4 | 0.5 | 0 |
| Cauliflower Rice | Keto Comfort Foods | 362 | 70 | 7 | 1 | 2 | 1 |
| Zoodles-Two Ways | Keto Comfort Foods | 363 | 18 | 0.2 | 1.4 | 3.8 | 1.2 |
| Umami Broth | Keto Comfort Foods | 364 | 30 | 1 | 1 | 3 | 1 |
| Pumpkin Coffee Cake | Keto Instant Pot | 44 | 239 | 21 | 9 | 9 | 4 |
| Blueberry Cereal | Keto Instant Pot | 46 | 283 | 25 | 10 | 7 | 4 |
| Crustless Quiche Lorraine | Keto Instant Pot | 48 | 434 | 30 | 31 | 7 | 2 |
| Granola | Keto Instant Pot | 50 | 492 | 44 | 17 | 9 | 5 |
| Easy Baked Eggs | Keto Instant Pot | 52 | 592 | 51 | 33 | 3 | 0.2 |
| Pumpkin Pie Breakfast Pudding | Keto Instant Pot | 54 | 202 | 17 | 6 | 5 | 1 |
| Buffalo Wings with Blue Cheese Dressing | Keto Instant Pot | 58 | 213 | 15 | 15 | 6 | 3 |
| Crab Rangoon Dip | Keto Instant Pot | 60 | 491 | 40 | 24 | 5 | 1 |
| Pizza Hit Breadsticks | Keto Instant Pot | 62 | 214 | 13 | 12 | 10 | 4 |
| Pizza Dip | Keto Instant Pot | 64 | 262 | 21 | 17 | 4 | 1 |
| Tender Mexican Spice Wings | Keto Instant Pot | 66 | 164 | 14 | 10 | 2 | 1 |
| Crab-Stuffed Mushrooms | Keto Instant Pot | 68 | 113 | 8 | 8 | 2 | 1 |
| Mexican Meatballs | Keto Instant Pot | 70 | 676 | 51 | 41 | 8 | 1 |
| Gyro Mushrooms | Keto Instant Pot | 72 | 315 | 25 | 19 | 7 | 2 |
| Ham & Cauliflower au Gratin | Keto Instant Pot | 74 | 308 | 17 | 29 | 8 | 2 |
| French Onion Casserole | Keto Instant Pot | 76 | 278 | 22 | 11 | 11 | 2 |
| Sesame Broccoli | Keto Instant Pot | 78 | 78 | 4 | 3 | 9 | 5 |
| Buttery Mushrooms | Keto Instant Pot | 79 | 256 | 28 | 3 | 3 | 1 |
| Alfredo Veggies | Keto Instant Pot | 80 | 128 | 6 | 8 | 10 | 3 |
| Sweet 'n' Sour Eggplant | Keto Instant Pot | 82 | 125 | 5 | 4 | 19 | 7 |
| Nutty "Noodles" | Keto Instant Pot | 84 | 128 | 8 | 5 | 9 | 3 |
| Reuben Soup | Keto Instant Pot | 88 | 427 | 34 | 20 | 4 | 0.2 |
| Cream of Asparagus Soup | Keto Instant Pot | 90 | 270 | 15 | 13 | 20 | 5 |
| Chicken "Noodle" Soup | Keto Instant Pot | 92 | 253 | 15 | 21 | 11 | 1 |
| New England Clam Chowder | Keto Instant Pot | 94 | 552 | 41 | 34 | 10 | 1 |

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|---|-------------------------|------------|------------|-----------|-----------|-----------|------------|
| Pumpkin Chili | Keto Instant Pot | 96 | 431 | 41 | 23 | 15 | 4 |
| Italian Chicken Chili | Keto Instant Pot | 98 | 251 | 12 | 26 | 7 | 1 |
| Tomato Basil Parmesan Soup | Keto Instant Pot | 100 | 146 | 10 | 8 | 4 | 1 |
| Provolone Chicken Soup | Keto Instant Pot | 102 | 373 | 18 | 49 | 2 | 0.3 |
| Cicoppino | Keto Instant Pot | 104 | 298 | 12 | 35 | 14 | 2 |
| Seafood Chowder | Keto Instant Pot | 106 | 234 | 15 | 17 | 8 | 1 |
| Broccoli & Brie Soup | Keto Instant Pot | 108 | 210 | 16 | 9 | 7 | 1 |
| Curry Beef Stew | Keto Instant Pot | 110 | 394 | 26 | 33 | 5 | 1 |
| Spicy Chicken Stew | Keto Instant Pot | 112 | 341 | 23 | 21 | 10 | 2 |
| African "Nut" Stew | Keto Instant Pot | 114 | 290 | 19 | 14 | 14 | 2 |
| Venison Stew | Keto Instant Pot | 116 | 359 | 21 | 32 | 9 | 3 |
| French Onion Soup | Keto Instant Pot | 118 | 329 | 11 | 15 | 11 | 4 |
| Creamy Chicken & Tomato Soup | Keto Instant Pot | 120 | 382 | 29 | 24 | 11 | 2 |
| Belgian Boovah | Keto Instant Pot | 122 | 273 | 15 | 22 | 13 | 4 |
| Supreme Pizza Soup | Keto Instant Pot | 124 | 260 | 21 | 6 | 9 | 2 |
| Green Borscht | Keto Instant Pot | 126 | 519 | 24 | 52 | 23 | 4 |
| EggRollSoup | Keto Instant Pot | 128 | 425 | 30 | 26 | 11 | 8 |
| Chicken Cordon Bleu Soup | Keto Instant Pot | 130 | 274 | 18 | 22 | 6 | 0.3 |
| Immune-Boosting Soup | Keto Instant Pot | 132 | 230 | 7 | 23 | 18 | 0.1 |
| Mexican Beef Soup | Keto Instant Pot | 134 | 456 | 36 | 25 | 6 | 2 |
| Broccoli Cheddar Soup | Keto Instant Pot | 136 | 227 | 16 | 12 | 9 | 1 |
| Cheesy Bacon Noodle Soup | Keto Instant Pot | 138 | 258 | 19 | 13 | 9 | 1 |
| Chicken & Asparagus Red Curry Soup | Keto Instant Pot | 140 | 235 | 13 | 24 | 8 | 2 |
| Lasagna Soup | Keto Instant Pot | 142 | 622 | 48 | 35 | 9 | 2 |
| Santa Fe Meatloaf | Keto Instant Pot | 146 | 318 | 24 | 21 | 4 | 1 |
| Mocha Pot Roast | Keto Instant Pot | 148 | 698 | 56 | 41 | 6 | 2 |
| Lamb Vindaloo | Keto Instant Pot | 150 | 535 | 35 | 46 | 5 | 1 |
| Mushroom & Swiss Mini Meatloaves | Keto Instant Pot | 152 | 282 | 21 | 20 | 3 | 0.3 |
| Mama Maria's Italian Meatballs | Keto Instant Pot | 154 | 583 | 45 | 33 | 10 | 3 |
| Swedish Meatballs | Keto Instant Pot | 156 | 249 | 20 | 13 | 1 | 0.2 |
| Ranch Mini Meatloaves | Keto Instant Pot | 158 | 314 | 25 | 19 | 1 | 0.2 |
| BBQ Short Ribs | Keto Instant Pot | 160 | 569 | 50 | 26 | 2 | 0.3 |
| Beef Stroganoff | Keto Instant Pot | 162 | 469 | 32 | 34 | 9 | 3 |
| Corned Beef & Cabbage | Keto Instant Pot | 164 | 548 | 40 | 39 | 7 | 3 |
| Smoky BBO Brisket | Keto Instant Pot | 166 | 522 | 40 | 38 | 1 | 0.1 |
| Blue Cheese Steak Roll-Ups | Keto Instant Pot | 168 | 417 | 28 | 37 | 3 | 2 |
| Asian Orange Short Ribs | Keto Instant Pot | 170 | 460 | 38 | 21 | 9 | 2 |
| Protein Noodle Lasaanas | Keto Instant Pot | 172 | 613 | 44 | 45 | 6 | 1 |
| Korean Rib Wraps | Keto Instant Pot | 174 | 547 | 48 | 18 | 9 | 5 |
| Spaghetti Bolognese | Keto Instant Pot | 176 | 460 | 34 | 24 | 13 | 3 |
| Barbacoa | Keto Instant Pot | 178 | 539 | 43 | 32 | 4 | 2 |
| Chili Cheese Dog Casserole | Keto Instant Pot | 180 | 541 | 41 | 33 | 7 | 2 |
| Unaai Ribs | Keto Instant Pot | 182 | 594 | 55 | 23 | 1 | 0.1 |
| Pork Lettuce Cups | Keto Instant Pot | 186 | 385 | 30 | 22 | 9 | 2 |
| Smoky Baby Back Ribs | Keto Instant Pot | 188 | 518 | 41 | 37 | 2 | 1 |

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| Perfect BBQ Pulled Pork | Keto Instant Pot | 190 | 584 | 34 | 60 | 7 | 1 |
| Melt-in-Your-Mouth Pork Belly | Keto Instant Pot | 192 | 349 | 30 | 18 | 2 | 0.2 |
| Sweet 'n' Sour Pork | Keto Instant Pot | 194 | 294 | 14 | 27 | 11 | 3 |
| Five-Ingredient Pork Roast | Keto Instant Pot | 196 | 560 | 33 | 58 | 5 | 1 |
| Stuffed Pork Tenderloin | Keto Instant Pot | 198 | 253 | 14 | 29 | 1 | 0.3 |
| Pot Roast Pork | Keto Instant Pot | 200 | 261 | 15 | 27 | 2 | 0.2 |
| Sausage Fajita Bowls | Keto Instant Pot | 202 | 204 | 16 | 9 | 4 | 1 |
| Sweet 'n' Sour Ribs | Keto Instant Pot | 204 | 695 | 35 | 88 | 3 | 1 |
| Pot Sticker Bowls | Keto Instant Pot | 206 | 267 | 19 | 17 | 8 | 4 |
| Toscana Paglia e Fieno | Keto Instant Pot | 208 | 378 | 34 | 13 | 9 | 3 |
| Brats with Onion Gravy | Keto Instant Pot | 210 | 424 | 45 | 17 | 11 | 3 |
| Amazing Asian-Inspired Pulled Pork | Keto Instant Pot | 212 | 559 | 41 | 40 | 5 | 3 |
| Chicken Adobo | Keto Instant Pot | 216 | 318 | 21 | 25 | 5 | 3 |
| Mama Maria's Italian Chicken Cupcakes | Keto Instant Pot | 218 | 637 | 41 | 74 | 1 | 0.2 |
| Greek Chicken | Keto Instant Pot | 220 | 764 | 63 | 40 | 13 | 7 |
| Roast Chicken | Keto Instant Pot | 222 | 593 | 23 | 88 | 4 | 1 |
| Buffalo Chicken Lettuce Wraos | Keto Instant Pot | 224 | 190 | 7 | 24 | 8 | 2 |
| Sesame Chicken | Keto Instant Pot | 226 | 355 | 29 | 20 | 3 | 0.1 |
| BBQ Chicken & "Cornbread" Casserole | Keto Instant Pot | 228 | 240 | 14 | 15 | 13 | 4 |
| Hot Chicken Caesar Sandwiches | Keto Instant Pot | 230 | 577 | 49 | 32 | 10 | 4 |
| Easy Reuben Chicken | Keto Instant Pot | 232 | 303 | 22 | 22 | 4 | 0.2 |
| Chicken Asparagus Rolls | Keto Instant Pot | 234 | 392 | 29 | 26 | 5 | 2 |
| Cornish Game Hens | Keto Instant Pot | 236 | 611 | 42 | 51 | 4 | 0.4 |
| Chicken Broccoli Casserole | Keto Instant Pot | 238 | 583 | 49 | 26 | 6 | 2 |
| Chicken with Mushroom Cream Sauce | Keto Instant Pot | 240 | 275 | 17 | 27 | 5 | 1 |
| Chicken Piccata | Keto Instant Pot | 242 | 442 | 23 | 54 | 6 | 1 |
| Chicken & Bacon Lasagna Roll-Ups | Keto Instant Pot | 244 | 644 | 46 | 51 | 4 | 0.3 |
| Chicken Cacciatore | Keto Instant Pot | 246 | 333 | 22 | 25 | 7 | 1 |
| Chicken Cordon Bleu | Keto Instant Pot | 248 | 239 | 15 | 25 | 1 | 0 |
| Chicken Fajita Bowls | Keto Instant Pot | 250 | 278 | 6 | 51 | 6 | 1 |
| Chicken Parmigiana | Keto Instant Pot | 252 | 604 | 46 | 41 | 6 | 2 |
| Crab-Stuffed Avocados | Keto Instant Pot | 256 | 549 | 46 | 19 | 19 | 14 |
| Italian Salmon | Keto Instant Pot | 258 | 243 | 9 | 34 | 5 | 1 |
| Easy Greek Fish | Keto Instant Pot | 260 | 595 | 55 | 20 | 8 | 2 |
| Gumbo | Keto Instant Pot | 262 | 538 | 38 | 37 | 10 | 3 |
| Shrimp Scampi | Keto Instant Pot | 264 | 393 | 26 | 33 | 8 | 2 |
| Garlicky Tuna Casserole | Keto Instant Pot | 266 | 429 | 27 | 29 | 12 | 2 |
| Lemonv Fish with Asnaraaus | Keto Instant Pot | 268 | 158 | 5 | 23 | 7 | 3 |
| Simple Salmon Packets | Keto Instant Pot | 270 | 207 | 10 | 28 | 2 | 1 |
| BBQShrimp | Keto Instant Pot | 272 | 266 | 14 | 31 | 2 | 0.2 |
| Pesto Fish Packets | Keto Instant Pot | 274 | 254 | 17 | 23 | 2 | 1 |
| Classic Tuna Hotdish | Keto Instant Pot | 276 | 276 | 16 | 25 | 5 | 1 |
| White Fish Poached in Garlic Cream Sauce | Keto Instant Pot | 278 | 314 | 14 | 44 | 2 | 0.2 |
| Jambalaya | Keto Instant Pot | 280 | 535 | 29 | 44 | 23 | 6 |
| Creme Brulee | Keto Instant Pot | 284 | 234 | 25 | 4 | 2 | 0 |

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| Lemon Ricotta Torte | Keto Instant Pot | 286 | 362 | 34 | 10 | 6 | 3 |
| Chocolate Fondue | Keto Instant Pot | 288 | 297 | 30 | 3 | 6 | 2 |
| Deconstructed Tiramisu | Keto Instant Pot | 290 | 243 | 25 | 5 | 2 | 0.2 |
| Cinnamon Roll Cheesecake | Keto Instant Pot | 292 | 401 | 37 | 8 | 4 | 1 |
| Chocolate Custard | Keto Instant Pot | 294 | 239 | 25 | 5 | 5 | 0.2 |
| Pumpkin Pie Spiced Pots de Creme | Keto Instant Pot | 296 | 242 | 25 | 4 | 3 | 0.4 |
| Bread Pudding | Keto Instant Pot | 298 | 248 | 22 | 8 | 7 | 3 |
| Flourless Chocolate Tortes | Keto Instant Pot | 300 | 407 | 37 | 8 | 9 | 5 |
| Glazed Pumpkin Bundt Cake | Keto Instant Pot | 302 | 382 | 35 | 10 | 10 | 4 |
| Chocolate Almond Fudae | Keto Instant Pot | 304 | 131 | 11 | 4 | 5 | 2 |
| Upside-Down Maple Bacon Mini Cheesecakes | Keto Instant Pot | 306 | 395 | 36 | 9 | 2 | 0 |
| Maple-Glazed Zucchini Bundt Cake | Keto Instant Pot | 308 | 507 | 45 | 9 | 12 | 6 |
| Gingerbread Cafe au Lait | Keto Instant Pot | 310 | 42 | 3 | 1 | 3 | 1 |
| Hot Chocolate | Keto Instant Pot | 312 | 263 | 21 | 6 | 9 | 5 |
| Homemade Chai | Keto Instant Pot | 313 | 28 | 2 | 1 | 3 | 1 |
| Ginger Ale | Keto Instant Pot | 314 | 19 | 0.2 | 1 | 5 | 1 |
| Homemade Root Beer | Keto Instant Pot | 316 | 3 | 0.1 | 0.1 | 1 | 0.3 |
| Healing Bone Broth | Keto Instant Pot | 320 | 21 | 1 | 2 | 1 | 0.2 |
| Homemade Ricotta | Keto Instant Pot | 322 | 154 | 14 | 4 | 5 | 0 |
| Roasted Garlic | Keto Instant Pot | 324 | 30 | 3 | 0.2 | 1 | 0.1 |
| Low-Carb Loaf Bread | Keto Instant Pot | 326 | 199 | 17 | 9 | 6 | 3 |
| Keto "Rice" | Keto Instant Pot | 328 | 194 | 14 | 13 | 1 | 0.1 |
| Mashed Cauliflower | Keto Instant Pot | 330 | 57 | 1 | 9 | 5 | 2 |
| Hard-Boiled Eggs | Keto Instant Pot | 331 | 77 | 5 | 6 | 0.5 | 0 |
| Mama Maria's Marinara Sauce | Keto Instant Pot | 332 | 75 | 3 | 2 | 10 | 3 |
| Stir-Fry Sauce | Keto Restaurant Favorites | 42 | 126 | 14 | 0.1 | 1 | 1 |
| Ginger Sauce | Keto Restaurant Favorites | 42 | 26 | 1 | 0.3 | 2 | 2 |
| Asian Dipping Sauce | Keto Restaurant Favorites | 43 | 25 | 1 | 0.2 | 4 | 2 |
| Sweet-and-Sour Sauce | Keto Restaurant Favorites | 43 | 28 | 1 | 1 | 3 | 1 |
| Zero-Carb Fried "Rice" | Keto Restaurant Favorites | 44 | 255 | 19 | 16 | 3 | 1 |
| Cauliflower Fried Rice | Keto Restaurant Favorites | 46 | 105 | 8 | 3 | 6 | 3 |
| Scallion Pancakes | Keto Restaurant Favorites | 48 | 236 | 20 | 9 | 3 | 0.2 |
| Break-Your-Fast Ramen | Keto Restaurant Favorites | 50 | 459 | 36 | 25 | 9 | 3 |
| Cucumber Kimchi | Keto Restaurant Favorites | 52 | 12 | 0.2 | 1 | 2 | 1 |
| Gyoza Meatballs | Keto Restaurant Favorites | 53 | 318 | 25 | 21 | 1 | 1 |
| Pot Stickers | Keto Restaurant Favorites | 54 | 322 | 25 | 15 | 12 | 7 |
| Crab Rangoon Puffs | Keto Restaurant Favorites | 56 | 138 | 10 | 9 | 2 | 0.3 |
| Gyoza (Japanese Dumplings) | Keto Restaurant Favorites | 58 | 397 | 39 | 10 | 2 | 1 |
| Cream Cheese Wontons | Keto Restaurant Favorites | 60 | 182 | 14 | 10 | 2 | 1 |
| Crab Rangoon Fritters | Keto Restaurant Favorites | 62 | 149 | 10 | 11 | 2 | 1 |
| General Tso's Chicken Drumsticks | Keto Restaurant Favorites | 64 | 350 | 24 | 31 | 2 | 1 |
| Chinese Sticky Rib Bites | Keto Restaurant Favorites | 66 | 316 | 26 | 18 | 3 | 1 |
| Po HoThng | Keto Restaurant Favorites | 68 | 100 | 8 | 6 | 1 | 0.3 |
| Hot-and-Sour Soup | Keto Restaurant Favorites | 70 | 210 | 15 | 13 | 7 | 3 |
| Simple Egg Drop Soup | Keto Restaurant Favorites | 72 | 317 | 22 | 24 | 6 | 1 |

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| Gyoza Meatball Soup | Keto Restaurant Favorites | 74 | 158 | 11 | 8 | 7 | 3 |
| Pot Sticker Soup | Keto Restaurant Favorites | 76 | 386 | 29 | 19 | 14 | 8 |
| Udon Soup with Bok Choy and Poached Eggs | Keto Restaurant Favorites | 78 | 172 | 11 | 11 | 6 | 4 |
| Asian Slow Cooker Short Ribs | Keto Restaurant Favorites | 80 | 605 | 46 | 44 | 1 | 0.1 |
| Moo Shu Pork and Pancakes | Keto Restaurant Favorites | 82 | 655 | 56 | 31 | 7 | 2 |
| Crispy Almond Chicken (Soo Guy) | Keto Restaurant Favorites | 84 | 494 | 33 | 52 | 2 | 1 |
| Chicken Chow Mein | Keto Restaurant Favorites | 86 | 346 | 23 | 28 | 9 | 3 |
| Chicken and Mushrooms w/cabbage pasta | Keto Restaurant Favorites | 88 | 326 | 22 | 26 | 9 | 3 |
| Chicken and Mushrooms w/Miracle Noodles | Keto Restaurant Favorites | 88 | 315 | 22 | 25 | 7 | 2 |
| Beef and Broccoli Stir-Fry | Keto Restaurant Favorites | 90 | 278 | 25 | 11 | 5 | 2 |
| Teriyaki Salmon | Keto Restaurant Favorites | 92 | 219 | 11 | 25 | 6 | 1 |
| Bulgogi Wraps | Keto Restaurant Favorites | 94 | 462 | 39 | 23 | 8 | 2 |
| Sweet-and-Sour Chicken | Keto Restaurant Favorites | 96 | 521 | 36 | 45 | 8 | 4 |
| Chop Suey | Keto Restaurant Favorites | 98 | 439 | 36 | 22 | 10 | 4 |
| Singapore Noodles | Keto Restaurant Favorites | 100 | 203 | 9 | 24 | 6 | 2 |
| Szechuan Beef | Keto Restaurant Favorites | 102 | 443 | 28 | 37 | 11 | 2 |
| Bourbon Chicken | Keto Restaurant Favorites | 104 | 495 | 32 | 44 | 8 | 3 |
| CharSiu | Keto Restaurant Favorites | 106 | 323 | 20 | 32 | 3 | 0.4 |
| Moo Go Gai Pan | Keto Restaurant Favorites | 108 | 469 | 32 | 44 | 6 | 2 |
| Kung Pow Shrimp | Keto Restaurant Favorites | 110 | 282 | 10 | 44 | 4 | 1 |
| Chinese Lemon Chicken | Keto Restaurant Favorites | 112 | 432 | 29 | 43 | 5 | 0.4 |
| Sushi Rolls | Keto Restaurant Favorites | 114 | | | | | |
| California Roll | Keto Restaurant Favorites | 114 | 166 | 10 | 10 | 12 | 7 |
| Smoked Salmon Roll | Keto Restaurant Favorites | 114 | 276 | 20 | 12 | 13 | 7 |
| Rainbow Roll | Keto Restaurant Favorites | 114 | 198 | 13 | 11 | 12 | 7 |
| Deconstructed Pot Sticker Bowl | Keto Restaurant Favorites | 118 | 242 | 18 | 17 | 4 | 1 |
| Green Tea Ice Cream | Keto Restaurant Favorites | 120 | 247 | 26 | 3 | 2 | 0 |
| Italian Dressing | Keto Restaurant Favorites | 124 | 97 | 10 | 1 | 0.2 | 0 |
| Alfredo Sauce | Keto Restaurant Favorites | 125 | 313 | 31 | 7 | 1 | 0.1 |
| Mama Maria's Marinara | Keto Restaurant Favorites | 126 | 134 | 11 | 2 | 8 | 2 |
| Mama Maria's Pizza Sauce | Keto Restaurant Favorites | 128 | 34 | 2 | 2 | 3 | 0.5 |
| Italian Wedding Soup | Keto Restaurant Favorites | 129 | 518 | 39 | 31 | 10 | 4 |
| Zuppa Toscana | Keto Restaurant Favorites | 130 | 398 | 29 | 25 | 6 | 2 |
| Italian Restaurant Salad | Keto Restaurant Favorites | 132 | 221 | 20 | 5 | 6 | 1 |
| Garlic Bread | Keto Restaurant Favorites | 134 | 177 | 15 | 6 | 8 | 5 |
| Mama Maria's Stuffed Mushrooms | Keto Restaurant Favorites | 136 | 455 | 37 | 18 | 11 | 2 |
| Mama Maria's Meatballs | Keto Restaurant Favorites | 138 | 449 | 34 | 29 | 6 | 1 |
| Cheesy Zucchini Agnolotti | Keto Restaurant Favorites | 140 | 222 | 18 | 7 | 10 | 3 |
| Five-Cheese "Ziti" | Keto Restaurant Favorites | 142 | 552 | 48 | 26 | 8 | 1 |
| Chicken Scaloppine | Keto Restaurant Favorites | 144 | 301 | 21 | 26 | 5 | 1 |
| Gnocchi- Three Ways | Keto Restaurant Favorites | 146 | 396 | 34 | 24 | 2 | 0.4 |
| Spaghetti and Meatballs | Keto Restaurant Favorites | 148 | 552 | 40 | 37 | 13 | 4 |
| Chicken Parmigiana | Keto Restaurant Favorites | 150 | 619 | 46 | 46 | 10 | 3 |
| Shrimp Caprese Pasta | Keto Restaurant Favorites | 152 | 734 | 62 | 45 | 7 | 2 |
| Sausage and Pepper Rustica | Keto Restaurant Favorites | 154 | 555 | 45 | 26 | 14 | 4 |

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| Stuffed Manicotti | Keto Restaurant Favorites | 156 | 592 | 48 | 34 | 4 | 0.2 |
| Steak Gorgonzola Alfredo | Keto Restaurant Favorites | 158 | 710 | 64 | 29 | 7 | 2 |
| Chicken Piccata | Keto Restaurant Favorites | 160 | 299 | 22 | 24 | 3 | 1 |
| Sugo Bianco | Keto Restaurant Favorites | 162 | 513 | 45 | 26 | 3 | 1 |
| Protein Noodle Lasagna | Keto Restaurant Favorites | 164 | 697 | 52 | 47 | 11 | 2 |
| Chicken Milanese | Keto Restaurant Favorites | 166 | 480 | 36 | 38 | 3 | 1 |
| Chicken Cacciatore | Keto Restaurant Favorites | 168 | 275 | 18 | 20 | 10 | 2 |
| Shrimp Porto fino | Keto Restaurant Favorites | 170 | 587 | 58 | 17 | 7 | 2 |
| Toscana Paglia e Fieno | Keto Restaurant Favorites | 172 | 408 | 39 | 13 | 6 | 2 |
| Salmon Sorrento | Keto Restaurant Favorites | 174 | 309 | 16 | 34 | 5 | 1 |
| Prosciutto-Stuffed Chicken | Keto Restaurant Favorites | 176 | 755 | 64 | 45 | 3 | 1 |
| Chicken Scarpariello | Keto Restaurant Favorites | 178 | 353 | 25 | 24 | 8 | 2 |
| Pasta Carbonara | Keto Restaurant Favorites | 180 | 207 | 13 | 15 | 8 | 3 |
| Craig's Special Pizza | Keto Restaurant Favorites | 182 | 425 | 36 | 23 | 8 | 3 |
| Calzones | Keto Restaurant Favorites | 184 | 412 | 34 | 26 | 6 | 3 |
| Deconstructed Chicken Parm Pizza | Keto Restaurant Favorites | 186 | 651 | 43 | 68 | 2 | 0.3 |
| Keto Cannoli | Keto Restaurant Favorites | 188 | 288 | 31 | 2 | 0 | 0 |
| Dessert Pizza | Keto Restaurant Favorites | 190 | 532 | 47 | 21 | 7 | 2 |
| Traditional Tiramisu | Keto Restaurant Favorites | 192 | 293 | 29 | 7 | 2 | 1 |
| Easy Blender Enchilada Sauce | Keto Restaurant Favorites | 196 | 27 | 1 | 1 | 4 | 2 |
| Pico de Gallo | Keto Restaurant Favorites | 197 | 32 | 0.1 | 1 | 6 | 1 |
| "Tortilla" Chips with Guacamole (just chips) | Keto Restaurant Favorites | 198 | 248 | 16 | 15 | 2 | 0 |
| Guacamole | Keto Restaurant Favorites | 198 | 174 | 14 | 3 | 13 | 7 |
| Soft Tortillas | Keto Restaurant Favorites | 200 | 105 | 8 | 4 | 6 | 4 |
| Keto Tortillas | Keto Restaurant Favorites | 201 | 78 | 5 | 6 | 1 | 0 |
| Breakfast Burritos | Keto Restaurant Favorites | 202 | 474 | 39 | 29 | 2 | 0.2 |
| Empanadas | Keto Restaurant Favorites | 204 | 575 | 45 | 34 | 8 | 1 |
| Chicken Quesadilla | Keto Restaurant Favorites | 206 | 360 | 27 | 24 | 6 | 4 |
| Tortilla Soup | Keto Restaurant Favorites | 208 | 295 | 19 | 21 | 11 | 3 |
| Carne en su Jugo | Keto Restaurant Favorites | 210 | 571 | 44 | 30 | 12 | 7 |
| Slow Cooker Posole Soup | Keto Restaurant Favorites | 212 | 350 | 25 | 25 | 8 | 2 |
| Chicken Enchilada Soup | Keto Restaurant Favorites | 214 | 456 | 30 | 28 | 13 | 3 |
| Easy Burrito Bowls | Keto Restaurant Favorites | 216 | 483 | 37 | 28 | 7 | 2 |
| Burritos | Keto Restaurant Favorites | 218 | 398 | 21 | 40 | 12 | 7 |
| Enchiladas | Keto Restaurant Favorites | 220 | 598 | 40 | 48 | 10 | 4 |
| Steak Fajitas | Keto Restaurant Favorites | 222 | 525 | 40 | 27 | 17 | 7 |
| Cheesy Chile Rellenos | Keto Restaurant Favorites | 224 | 799 | 71 | 31 | 7 | 1 |
| Enchiladas Verdes Lasagna | Keto Restaurant Favorites | 226 | 368 | 21 | 34 | 8 | 3 |
| Chicken Thigh Chili Verdes | Keto Restaurant Favorites | 228 | 304 | 23 | 17 | 7 | 2 |
| Simple Polio Asado | Keto Restaurant Favorites | 229 | 345 | 21 | 33 | 6 | 1 |
| Mouthwatering Carnitas | Keto Restaurant Favorites | 230 | 592 | 51 | 30 | 4 | 1 |
| Carne Asada Tacos | Keto Restaurant Favorites | 232 | 386 | 27 | 28 | 7 | 4 |
| Smoky Refried "Beans" | Keto Restaurant Favorites | 234 | 107 | 8 | 6 | 6 | 2 |
| Piia Colada | Keto Restaurant Favorites | 236 | 92 | 9 | 1 | 2 | 0.1 |
| Fried Ice Cream | Keto Restaurant Favorites | 237 | 429 | 36 | 23 | 5 | 3 |

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|---|---------------------------|-----|-----|----|-----|-----|-----|
| Flan | Keto Restaurant Favorites | 238 | 495 | 55 | 5 | 1 | 0.2 |
| Churros | Keto Restaurant Favorites | 240 | 153 | 13 | 9 | 3 | 1 |
| Tres Leches Cake | Keto Restaurant Favorites | 242 | 329 | 34 | 7 | 3 | 2 |
| Sinangag | Keto Restaurant Favorites | 246 | 65 | 6 | 1 | 3 | 1 |
| Thai Basil Fried "Rice" | Keto Restaurant Favorites | 247 | 111 | 9 | 5 | 4 | 1 |
| Vietnamese Imperial Rolls | Keto Restaurant Favorites | 248 | 271 | 18 | 23 | 3 | 1 |
| Tom Ka Gai (Coconut Chicken Soup) | Keto Restaurant Favorites | 250 | 390 | 28 | 25 | 9 | 2 |
| Tom Yum Gai (Hot-and-Sour Chicken Soup) | Keto Restaurant Favorites | 252 | 198 | 12 | 21 | 3 | 1 |
| Pho | Keto Restaurant Favorites | 254 | 163 | 9 | 15 | 6 | 2 |
| Pho Ga (Vietnamese Chicken Noodle Soup) | Keto Restaurant Favorites | 256 | 258 | 17 | 22 | 3 | 1 |
| Vietnamese Salad | Keto Restaurant Favorites | 257 | 106 | 9 | 3 | 6 | 2 |
| Thai Curry Stew | Keto Restaurant Favorites | 258 | 490 | 40 | 19 | 10 | 2 |
| Crab Curry "Rice" | Keto Restaurant Favorites | 260 | 615 | 38 | 67 | 2 | 0.1 |
| Pad Thai | Keto Restaurant Favorites | 262 | 329 | 20 | 30 | 9 | 2 |
| Larb | Keto Restaurant Favorites | 264 | 333 | 16 | 36 | 11 | 3 |
| Yellow Chicken Thighs Adobo | Keto Restaurant Favorites | 266 | 371 | 31 | 17 | 6 | 1 |
| Chicken Korma | Keto Restaurant Favorites | 268 | 339 | 27 | 14 | 9 | 2 |
| Green Curry Chicken | Keto Restaurant Favorites | 270 | 489 | 37 | 27 | 15 | 5 |
| Red Curry Shrimp | Keto Restaurant Favorites | 272 | 270 | 21 | 14 | 6 | 1 |
| Coconut Curry Chicken and Pancakes | Keto Restaurant Favorites | 274 | 347 | 28 | 17 | 4 | 1 |
| Kofta with Cilantro Sauce | Keto Restaurant Favorites | 276 | 332 | 25 | 21 | 6 | 1 |
| Malai Curry Shrimp | Keto Restaurant Favorites | 278 | 358 | 20 | 31 | 14 | 3 |
| FishPalak | Keto Restaurant Favorites | 280 | 384 | 20 | 28 | 16 | 3 |
| Thai Red Beef Curry | Keto Restaurant Favorites | 282 | 393 | 30 | 20 | 10 | 2 |
| Oven-Baked Curried Turkey Legs | Keto Restaurant Favorites | 284 | 401 | 24 | 37 | 7 | 1 |
| Coconut and Thai Basil Ice Cream | Keto Restaurant Favorites | 286 | 236 | 23 | 5 | 2 | 0.1 |
| Keto Ketchup | Keto Restaurant Favorites | 290 | 5 | 0 | 0.3 | 1 | 0.3 |
| Creamy "Honey" Mustard | Keto Restaurant Favorites | 291 | 45 | 5 | 0 | 0 | 0 |
| Sausage Breakfast Sandwiches with Zero-Carb English Muffins | Keto Restaurant Favorites | 292 | 440 | 36 | 29 | 2 | 0.5 |
| Mozzarella Sticks | Keto Restaurant Favorites | 294 | 284 | 22 | 20 | 2 | 1 |
| Taco Dip with Pepper Dippers | Keto Restaurant Favorites | 296 | 354 | 29 | 9 | 10 | 3 |
| Parmesan Garlic Drummies | Keto Restaurant Favorites | 298 | 383 | 45 | 0.4 | 0.2 | 0 |
| Baked "Potato" Soup | Keto Restaurant Favorites | 300 | 113 | 8 | 4 | 5 | 1 |
| The Best Pub Salad | Keto Restaurant Favorites | 302 | 563 | 47 | 28 | 7 | 3 |
| Curry Chicken Salad | Keto Restaurant Favorites | 304 | 463 | 42 | 20 | 1 | 0.3 |
| Egg Salad | Keto Restaurant Favorites | 304 | 336 | 30 | 13 | 1 | 0 |
| Tuna Salad | Keto Restaurant Favorites | 305 | 230 | 19 | 14 | 0.5 | 0 |
| Chicken Lettuce Wraps with Satay Dipping Sauce | Keto Restaurant Favorites | 306 | 424 | 28 | 36 | 7 | 2 |
| Chicken Nuggets | Keto Restaurant Favorites | 308 | 184 | 11 | 20 | 1 | 0 |
| Bacon Cheeseburger | Keto Restaurant Favorites | 310 | 619 | 51 | 36 | 7 | 3 |
| TuicyLucy | Keto Restaurant Favorites | 312 | 444 | 36 | 27 | 1 | 0 |
| Fiesta Lime Chicken | Keto Restaurant Favorites | 314 | 541 | 41 | 37 | 5 | 0.4 |
| Easy Mini Corn Dogs | Keto Restaurant Favorites | 316 | 246 | 17 | 17 | 2 | 1 |
| Deep-Fried Breaded Shrimp with Spicy Mayo | Keto Restaurant Favorites | 318 | 398 | 28 | 34 | 1 | 0.2 |
| Tomato Basil Chicken Salad Wraps | Keto Restaurant Favorites | 320 | 470 | 31 | 38 | 10 | 6 |

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|--|----------------------------------|------------|------------|-------------|-------------|-------------|------------|
| Fish Sticks with Homemade Tartar Sauce | Keto Restaurant Favorites | 322 | 466 | 40 | 23 | 1 | 0.3 |
| Cheeseburger Wraps with Special Sauce | Keto Restaurant Favorites | 324 | 633 | 57 | 27 | 3 | 0.3 |
| Bacon Cheeseburger Pizza | Keto Restaurant Favorites | 326 | 457 | 36 | 27 | 10 | 3 |
| Keto Fries with Aioli | Keto Restaurant Favorites | 328 | 228 | 22 | 4 | 3 | 1 |
| Waffle Fries with Cheese Sauce | Keto Restaurant Favorites | 330 | 457 | 38 | 22 | 6 | 1 |
| Poutine | Keto Restaurant Favorites | 332 | 396 | 34 | 19 | 5 | 2 |
| Frosted Lemonade | Keto Restaurant Favorites | 334 | 158 | 18 | 1 | 3 | 0.1 |
| Frozen Hot Chocolate | Keto Restaurant Favorites | 336 | 115 | 10 | 2 | 3 | 2 |
| The Thickest Chocolate Shake Ever | Keto Restaurant Favorites | 338 | 230 | 25 | 2 | 3 | 1 |
| Leprechaun Shake w/coconut milk | Keto Restaurant Favorites | 340 | 291 | 24 | 14 | 5 | 2 |
| Leprechaun Shake w/almond milk | Keto Restaurant Favorites | 340 | 167 | 11 | 13 | 4 | 3 |
| Classic Diner Malt | Keto Restaurant Favorites | 342 | 283 | 29 | 4 | 5 | 2 |
| Lemon Loaf | Keto Restaurant Favorites | 344 | 319 | 33 | 6 | 4 | 2 |
| Tiramisu Cheesecake | Keto Restaurant Favorites | 346 | 449 | 42 | 10 | 5 | 2 |
| Zero-Carb Pie Crust | Keto Restaurant Favorites | 348 | 4 | 0 | 1 | 0 | 0 |
| Boston Cream Pie | Keto Restaurant Favorites | 350 | 222 | 22 | 4 | 3 | 2 |
| Upside-Down Lemon Meringue Pie | Keto Restaurant Favorites | 352 | 104 | 10.8 | 3.1 | 0.4 | 0 |
| Bone Broth: Beef or Chicken | Keto Restaurant Favorites | 356 | 10 | 2 | 0.7 | 0.8 | 0 |
| Mayonnaise | Keto Restaurant Favorites | 357 | 92 | 10 | 0.3 | 0.1 | 0 |
| Dairy-Free Ranch Dressing | Keto Restaurant Favorites | 358 | 145 | 16 | 0.3 | 0.5 | 0.2 |
| Roasted Garlic | Keto Restaurant Favorites | 359 | 97 | 4.8 | 2.3 | 11.5 | 0.8 |
| Zoodles-Two Ways | Keto Restaurant Favorites | 360 | 16 | 0.2 | 1 | 3 | 1 |
| Cabbage Pasta | Keto Restaurant Favorites | 361 | 117 | 11 | 1 | 4 | 2 |
| Keto Bread | Keto Restaurant Favorites | 362 | 77 | 4 | 8 | 1 | 0 |
| homemade cashew milk | Ketogenic Cleanse | 106 | 25 | 2 | 1 | 1 | 0 |
| bone broth-beef, chicken, or fish | Ketogenic Cleanse | 108 | 20 | 4 | 1.5 | 1.7 | 0 |
| berbere spice mix | Ketogenic Cleanse | 110 | 1 | 0.03 | 0.04 | 0.2 | 0.1 |
| spicy and sweet hamburger spice mix | Ketogenic Cleanse | 111 | 11 | 0.2 | 0.4 | 2 | 0.9 |
| cajun seasoning | Ketogenic Cleanse | 112 | 6 | 0.1 | 0.2 | 1.1 | 0 |
| herbs de florence | Ketogenic Cleanse | 113 | 6 | 0.1 | 0.2 | 1 | 0.4 |
| ranch seasoning | Ketogenic Cleanse | 114 | 5 | 0 | 0.2 | 1.1 | 0.2 |
| dairy-free ranch dressing | Ketogenic Cleanse | 115 | 128 | 14 | 0.3 | 0.2 | 0.1 |
| creamy mexican dressing | Ketogenic Cleanse | 116 | 72 | 7 | 0.5 | 2 | 1 |
| dairy-free thousand island dressing | Ketogenic Cleanse | 118 | 110 | 12 | 0.1 | 0.3 | 0.1 |
| orange-infused dressing | Ketogenic Cleanse | 119 | 193 | 21 | 0 | 0 | 0 |
| onion-infused dressing | Ketogenic Cleanse | 120 | 164 | 18.4 | 0 | 0.1 | 0 |
| fat-burning herbes de florence dressing | Ketogenic Cleanse | 121 | 175 | 19 | 0.1 | 1 | 0.1 |
| bacon marmalade | Ketogenic Cleanse | 122 | 71 | 6 | 4 | 0.4 | 0.1 |
| mole sauce | Ketogenic Cleanse | 123 | 14 | 1 | 0.2 | 1 | 0.2 |
| easy blender mayo | Ketogenic Cleanse | 124 | 92 | 10 | 0.3 | 0.1 | 0 |
| egg-free keto mayo | Ketogenic Cleanse | 125 | 228 | 25 | 0.1 | 0.2 | 0 |
| berbere mayo | Ketogenic Cleanse | 126 | 205 | 23 | 0 | 0.1 | 0 |
| basil mayonnaise | Ketogenic Cleanse | 127 | 155 | 17 | 0 | 0.1 | 0 |
| garlic and herb aioli | Ketogenic Cleanse | 128 | 208 | 23 | 0.1 | 1 | 0.1 |
| herbes de florence red sauce | Ketogenic Cleanse | 130 | 129 | 9.7 | 9.7 | 8.6 | 2.5 |

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|---|-------------------|-----|-----|-----|-----|-----|-----|
| worcestershire sauce | Ketogenic Cleanse | 132 | 48 | 3 | 2 | 3 | 1 |
| hot sauce | Ketogenic Cleanse | 134 | 2 | 0.1 | 0.1 | 0.2 | 0 |
| easy dairy-free hollandaise | Ketogenic Cleanse | 136 | 101 | 11 | 0.5 | 0.1 | 0 |
| keto lemon mostarda | Ketogenic Cleanse | 138 | 81 | 9 | 0 | 0.1 | 0 |
| guacamole | Ketogenic Cleanse | 140 | 175 | 14 | 2 | 11 | 7 |
| garlic confit | Ketogenic Cleanse | 142 | 68 | 6 | 0.1 | 1 | 0.1 |
| keto chai | Ketogenic Cleanse | 146 | 35 | 3 | 1 | 1 | 0.3 |
| breakfast chili | Ketogenic Cleanse | 148 | 440 | 34 | 25 | 8 | 3 |
| bacon and eggs ramen | Ketogenic Cleanse | 150 | 495 | 40 | 24 | 10 | 4 |
| florentine breakfast burgers | Ketogenic Cleanse | 152 | 640 | 52 | 37 | 6 | 3 |
| creamiest keto scrambled eggs | Ketogenic Cleanse | 154 | 398 | 35 | 18 | 2 | 0.4 |
| steak and eggs | Ketogenic Cleanse | 156 | 693 | 64 | 28 | 1 | 0.2 |
| rosti with bacon, mushrooms, and green onions | Ketogenic Cleanse | 158 | 265 | 21 | 10 | 9 | 3 |
| kimchi eggs | Ketogenic Cleanse | 160 | 448 | 40 | 17 | 5 | 0 |
| green eggs and ham | Ketogenic Cleanse | 162 | 640 | 61 | 22 | 1 | 0.1 |
| bacon and mushrooms with soft-boiled eggs | Ketogenic Cleanse | 164 | 528 | 44 | 28 | 5 | 1 |
| eggs florentine with basil hollandaise | Ketogenic Cleanse | 166 | 754 | 67 | 27 | 9 | 4 |
| eggs in a frame | Ketogenic Cleanse | 168 | 345 | 23 | 29 | 1 | 0.5 |
| keto pockets | Ketogenic Cleanse | 170 | 271 | 22 | 17 | 1 | 0 |
| ham and egg cups | Ketogenic Cleanse | 172 | 360 | 25 | 32 | 2 | 0.2 |
| basil deviled eggs | Ketogenic Cleanse | 174 | 198 | 18 | 7 | 2 | 1 |
| breakfast salad | Ketogenic Cleanse | 176 | 375 | 34 | 11 | 7 | 4 |
| dairy-free yogurt | Ketogenic Cleanse | 178 | 101 | 9 | 2 | 2 | 0.1 |
| snickerdoodle waffles | Ketogenic Cleanse | 180 | 275 | 23 | 14 | 3 | 2 |
| chocolate waffles | Ketogenic Cleanse | 182 | 305 | 24 | 19 | 3 | 1 |
| lemon curd dutch baby | Ketogenic Cleanse | 184 | 347 | 27 | 23 | 4 | 0 |
| chocolate pudding | Ketogenic Cleanse | 186 | 268 | 22 | 14 | 4 | 1 |
| keto english muffins | Ketogenic Cleanse | 188 | 202 | 18 | 7 | 3 | 2 |
| bone broth fat bombs | Ketogenic Cleanse | 192 | 27 | 5.3 | 2 | 2.3 | 0 |
| paleo egg rolls | Ketogenic Cleanse | 194 | 190 | 13 | 15 | 3 | 2 |
| scotch eggs | Ketogenic Cleanse | 196 | 430 | 33 | 33 | 1 | 0.2 |
| bacon cannoli | Ketogenic Cleanse | 198 | 199 | 18 | 9 | 0.3 | 0 |
| chicken tinga wings | Ketogenic Cleanse | 200 | 247 | 17 | 19 | 5 | 2 |
| lemon pepper wings | Ketogenic Cleanse | 202 | 286 | 24 | 16 | 1 | 0.5 |
| fried prosciutto-wrapped deviled eggs | Ketogenic Cleanse | 204 | 232 | 21 | 10 | 1 | 0.1 |
| chicharrón | Ketogenic Cleanse | 206 | 320 | 28 | 17 | 0 | 0 |
| italian marinated mushrooms | Ketogenic Cleanse | 208 | 153 | 14 | 3 | 4 | 2 |
| chicken liver pate | Ketogenic Cleanse | 210 | 258 | 21 | 15 | 2 | 0.3 |
| pickled herring | Ketogenic Cleanse | 212 | 240 | 14 | 27 | 2 | 0.3 |
| braunschweiger | Ketogenic Cleanse | 214 | 272 | 22 | 17 | 2 | 0.3 |
| oscar deviled eggs | Ketogenic Cleanse | 216 | 380 | 35 | 15 | 1 | 0.4 |
| herbaceous salad | Ketogenic Cleanse | 220 | 147 | 14 | 2 | 3 | 1 |
| asian chicken salad | Ketogenic Cleanse | 222 | 402 | 35 | 12 | 10 | 7 |
| keto "fruit" salad | Ketogenic Cleanse | 224 | 146 | 14 | 1 | 4 | 1 |
| warm spring salad | Ketogenic Cleanse | 226 | 380 | 34 | 12 | 7 | 3 |

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|---|-------------------|-----|-----|-----|-----|-----|-----|
| 7-layer salad | Ketogenic Cleanse | 228 | 312 | 27 | 12 | 5 | 1 |
| chopped salad | Ketogenic Cleanse | 230 | 388 | 33 | 15 | 8 | 4 |
| mixed green salad | Ketogenic Cleanse | 232 | 418 | 37 | 17 | 4 | 1 |
| panzanella salad | Ketogenic Cleanse | 234 | 480 | 43 | 20 | 4 | 1 |
| simple crab salad | Ketogenic Cleanse | 236 | 382 | 27 | 31 | 4 | 1 |
| chopped salad in jars | Ketogenic Cleanse | 238 | 382 | 31 | 18 | 8 | 3 |
| cleansing ginger soup | Ketogenic Cleanse | 240 | 161 | 10 | 16 | 2 | 0.2 |
| bone marrow chili con keto | Ketogenic Cleanse | 242 | 366 | 32 | 13 | 6 | 2 |
| chilled creamy cucumber soup | Ketogenic Cleanse | 244 | 157 | 14 | 3 | 5 | 2 |
| creamy mushroom soup | Ketogenic Cleanse | 246 | 185 | 13 | 11 | 6 | 2 |
| hot-and-sour soup with pork meatballs | Ketogenic Cleanse | 248 | 388 | 30 | 21 | 9 | 4 |
| bok choy and mushrooms with ginger dressing | Ketogenic Cleanse | 250 | 173 | 15 | 4 | 8 | 4 |
| green curry panna cotta | Ketogenic Cleanse | 252 | 79 | 7 | 2 | 2 | 0.5 |
| wraps | Ketogenic Cleanse | 254 | 172 | 13 | 13 | 1 | 0.5 |
| keto bread | Ketogenic Cleanse | 256 | 70 | 4.3 | 7.5 | 0.4 | 0 |
| crispy chicken skin croutons | Ketogenic Cleanse | 258 | 169 | 15 | 8 | 0.4 | 0.1 |
| crispy pork belly croutons | Ketogenic Cleanse | 260 | 236 | 21 | 12 | 0 | 0 |
| zoodles | Ketogenic Cleanse | 262 | 81 | 1 | 5 | 13 | 4 |
| chiles rellenos | Ketogenic Cleanse | 266 | 444 | 38 | 20 | 6 | 4 |
| deconstructed spicy chicken stack | Ketogenic Cleanse | 268 | 444 | 38 | 20 | 6 | 4 |
| easy egg foo young | Ketogenic Cleanse | 270 | 452 | 38 | 18 | 9 | 6 |
| doro watt chicken salad wraps | Ketogenic Cleanse | 272 | 334 | 28 | 20 | 1 | 0.3 |
| slow cooker ethiopian spicy chicken stew | Ketogenic Cleanse | 274 | 324 | 18 | 33 | 9 | 2 |
| california club wraps | Ketogenic Cleanse | 276 | 750 | 63 | 30 | 7 | 4 |
| chicken oscar | Ketogenic Cleanse | 278 | 397 | 29 | 29 | 5 | 2 |
| chicken neapolitan | Ketogenic Cleanse | 280 | 378 | 23 | 33 | 12 | 2 |
| lemon pepper chicken | Ketogenic Cleanse | 282 | 220 | 17 | 16 | 1 | 1 |
| tom ka gai (thai coconut chicken) | Ketogenic Cleanse | 284 | 478 | 33 | 38 | 8 | 2 |
| keto greek avgolemono | Ketogenic Cleanse | 286 | 275 | 20 | 22 | 2 | 1 |
| stewed chicken and sausage | Ketogenic Cleanse | 288 | 415 | 33 | 20 | 10 | 2 |
| simple slow cooker chicken thighs | Ketogenic Cleanse | 290 | 389 | 25 | 39 | 2 | 0.3 |
| smothered bacon and mushroom burgers | Ketogenic Cleanse | 294 | 570 | 45 | 25 | 6 | 2 |
| umami burgers | Ketogenic Cleanse | 296 | 761 | 55 | 37 | 6 | 2 |
| sloppy joes | Ketogenic Cleanse | 298 | 299 | 23 | 20 | 3 | 1 |
| reuben meatballs | Ketogenic Cleanse | 300 | 303 | 22 | 26 | 2 | 0.3 |
| spicy mexican meatballs | Ketogenic Cleanse | 302 | 318 | 25 | 21 | 2 | 1 |
| herbes de florence meatballs | Ketogenic Cleanse | 304 | 355 | 28 | 22 | 4 | 1 |
| slow cooker short rib and chorizo stew | Ketogenic Cleanse | 306 | 411 | 31 | 25 | 7 | 2 |
| slow cooker ropa vieja | Ketogenic Cleanse | 308 | 397 | 29 | 29 | 5 | 1 |
| chili-stuffed peppers | Ketogenic Cleanse | 310 | 385 | 27 | 23 | 10 | 4 |
| slow cooker mole short ribs | Ketogenic Cleanse | 312 | 612 | 54 | 27 | 4 | 1 |
| texas beef sausage | Ketogenic Cleanse | 314 | 377 | 32 | 18 | 4 | 1 |
| deconstructed BLT filet mignons | Ketogenic Cleanse | 316 | 557 | 50 | 22 | 6 | 1 |
| steak au poivre for two | Ketogenic Cleanse | 318 | 630 | 55 | 21 | 2 | 1 |
| steak diane | Ketogenic Cleanse | 320 | 332 | 20 | 36 | 2 | 1 |

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| hunan beef-stuffed peppers | Ketogenic Cleanse | 322 | 480 | 34 | 27 | 17 | 7 |
| slow cooker short rib tacos | Ketogenic Cleanse | 324 | 296 | 16 | 32 | 6 | 2 |
| deconstructed egg rolls | Ketogenic Cleanse | 328 | 250 | 19 | 14 | 6 | 3 |
| pizza meatballs in red gravy | Ketogenic Cleanse | 330 | 369 | 29 | 20 | 7 | 1 |
| sloppy ottos | Ketogenic Cleanse | 332 | 418 | 37 | 19 | 3 | 0.4 |
| reuben pork chops | Ketogenic Cleanse | 334 | 670 | 55 | 40 | 4 | 0.5 |
| slow cooker hot 'n' spicy country-style ribs | Ketogenic Cleanse | 336 | 370 | 19 | 47 | 3 | 1 |
| chive panna cotta with bacon marmalade | Ketogenic Cleanse | 338 | 210 | 18 | 10 | 2 | 0.2 |
| slow cooker pastrami-style pork ribs | Ketogenic Cleanse | 340 | 353 | 18 | 47 | 1 | 1 |
| mexican-style chorizo sausage | Ketogenic Cleanse | 342 | 345 | 30 | 18 | 1 | 0.2 |
| easy smoked ham hocks | Ketogenic Cleanse | 344 | 228 | 17 | 10 | 9 | 3 |
| porchetta | Ketogenic Cleanse | 346 | 321 | 28 | 17 | 0.1 | 0 |
| chorizo sausage and mushroom casserole | Ketogenic Cleanse | 348 | 596 | 56 | 17 | 7 | 1 |
| slow cooker asian pulled pork lettuce cups | Ketogenic Cleanse | 350 | 548 | 41 | 40 | 5 | 5 |
| greek meatballs | Ketogenic Cleanse | 352 | 320 | 26 | 20 | 2 | 0.2 |
| keto BLTs with soft-boiled eggs | Ketogenic Cleanse | 354 | 461 | 42 | 16 | 5 | 1 |
| spicy tuna stacks | Ketogenic Cleanse | 358 | 466 | 37 | 27 | 7 | 4 |
| peel-and-eat garlic shrimp | Ketogenic Cleanse | 360 | 369 | 28 | 28 | 1 | 0.3 |
| hawaiian delight | Ketogenic Cleanse | 362 | 398 | 33 | 17 | 9 | 6 |
| spicy grilled shrimp with mojo verde | Ketogenic Cleanse | 364 | 365 | 29 | 21 | 5 | 1 |
| seafood sausage with leek confit | Ketogenic Cleanse | 366 | 469 | 36 | 30 | 6 | 1 |
| lemon-thyme poached halibut | Ketogenic Cleanse | 368 | 305 | 29 | 9 | 2 | 1 |
| fried catfish with cajun keto mustard | Ketogenic Cleanse | 370 | 361 | 33 | 16 | 0 | 0 |
| grilled trout with hollandaise | Ketogenic Cleanse | 372 | 515 | 48 | 19 | 2 | 1 |
| tom ka plaa (thai coconut fish) | Ketogenic Cleanse | 374 | 360 | 22.4 | 32 | 7 | 1 |
| spaghetti al tonno | Ketogenic Cleanse | 376 | 275 | 17 | 20 | 11 | 3 |
| zoodles in clam sauce | Ketogenic Cleanse | 378 | 355 | 29 | 16 | 8 | 1 |
| pasta puttanesca | Ketogenic Cleanse | 379 | 275 | 20 | 5 | 19 | 5 |
| poached salmon with creamy dill sauce | Ketogenic Cleanse | 380 | 439 | 32 | 34 | 4 | 1 |
| keto mocha latte panna cotta | Ketogenic Cleanse | 384 | 210 | 19 | 7 | 3 | 0.5 |
| chai ice lollies | Ketogenic Cleanse | 386 | 42 | 4 | 0.4 | 1 | 0.2 |
| bone broth ice pops | Ketogenic Cleanse | 388 | 20 | 4 | 1.5 | 1.7 | 0 |
| no-bake grasshoppers in jars | Ketogenic Cleanse | 390 | 195 | 19 | 3 | 3 | 2 |
| no-bake vanilla bean petits fours | Ketogenic Cleanse | 392 | 62 | 6 | 1 | 1 | 0.1 |
| tom ka gai savory ice cream | Ketogenic Cleanse | 394 | 360 | 36 | 5 | 2 | 0.3 |
| vanilla bean bread pudding | Ketogenic Cleanse | 396 | 340 | 25 | 26 | 3 | 1 |
| chai fat bombs | Ketogenic Cleanse | 398 | 335 | 37 | 0 | 1 | 0.4 |
| lava cakes with mocha ice cream | Ketogenic Cleanse | 400 | 670 | 68 | 10 | 5 | 3 |
| lemon curd | Ketogenic Cleanse | 402 | 100 | 10 | 2 | 0.3 | 0 |
| hot fudge sauce | Ketogenic Cleanse | 403 | 79 | 7 | 1 | 3 | 2 |
| vanilla bean creme anglaise | Ketogenic Cleanse | 404 | 202 | 21 | 4 | 1 | 0.1 |
| Rib Rub | Ketogenic Cooking | 108 | 20 | 0.7 | 0.9 | 3 | 1.4 |
| Seasoned Salt | Ketogenic Cooking | 109 | 1 | 0 | 0 | 0.15 | 0 |
| Taco Seasoning | Ketogenic Cooking | 110 | 8 | 0.3 | 0.3 | 1.3 | 0.7 |
| Pizza Spice Mix | Ketogenic Cooking | 111 | 60 | 2.4 | 4.4 | 6.7 | 1.2 |

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| Fat-Burning Immersion Blender Mayo | Ketogenic Cooking | 112 | 92 | 10 | 0.3 | 0.1 | 0 |
| Spicy Mayo | Ketogenic Cooking | 113 | 103 | 11.2 | 0.2 | 0.3 | 0 |
| Herb Aioli | Ketogenic Cooking | 114 | 121 | 13.3 | 0 | 0.2 | 0 |
| Cilantro Lime Sauce | Ketogenic Cooking | 115 | 124 | 13.4 | 0.1 | 0.8 | 0 |
| Caesar Dressing | Ketogenic Cooking | 116 | 222 | 22.8 | 2.3 | 0.4 | 0 |
| Green Goddess Dressing | Ketogenic Cooking | 117 | 145 | 21.4 | 0.1 | 0.1 | 0 |
| Dairy-Free Ranch Dressing | Ketogenic Cooking | 118 | 123 | 13.4 | 0.3 | 0.2 | 0 |
| Blue Cheese Dressing | Ketogenic Cooking | 119 | 90 | 8.4 | 3.2 | 0.7 | 0 |
| Easy French Dressing | Ketogenic Cooking | 120 | 187 | 19.4 | 0.5 | 1.3 | 0 |
| Simple Taco Salad Dressing | Ketogenic Cooking | 121 | 123 | 13.3 | 0.8 | 0.1 | 0 |
| Creamy Tarragon Keto Sauce | Ketogenic Cooking | 122 | 94 | 10.3 | 0.1 | 0.2 | 0 |
| Keto Fry Sauce | Ketogenic Cooking | 123 | 62 | 6.7 | 0.1 | 0.4 | 0 |
| Homemade Sriracha | Ketogenic Cooking | 124 | 5 | 0.5 | 0 | 0.1 | 0 |
| BBQ Sauce | Ketogenic Cooking | 125 | 19 | 0.2 | 1.2 | 3.3 | 0.6 |
| White BBQ Sauce | Ketogenic Cooking | 126 | 149 | 14 | 0.5 | 1 | 0 |
| Easy Ketchup | Ketogenic Cooking | 127 | 24 | 1.3 | 0.9 | 2.1 | 0 |
| Alfredo Sauce | Ketogenic Cooking | 128 | 302 | 31 | 7.4 | 0.6 | 0 |
| Minute Hollandaise | Ketogenic Cooking | 129 | 231 | 25.3 | 1.6 | 0.6 | 0 |
| Simple Chimichurri Sauce | Ketogenic Cooking | 130 | 51 | 5.3 | 0.1 | 0.3 | 0 |
| Homemade Almond Milk | Ketogenic Cooking | 131 | 55 | 5 | 1.2 | 1.6 | 1 |
| Simple Slow cooker Bone Broth | Ketogenic Cooking | 132 | 20 | 4 | 1.5 | 1.7 | 0 |
| Slow Cooker Roasted Garlic | Ketogenic Cooking | 134 | 30 | 1.9 | 0.6 | 3.3 | 0 |
| Olive Salsa | Ketogenic Cooking | 135 | 116 | 11.1 | 0.5 | 3.8 | 1 |
| Guacamole | Ketogenic Cooking | 136 | 220 | 20 | 2.6 | 11 | 7.4 |
| Dairy-Free Minute "Cream Cheese" Spread | Ketogenic Cooking | 138 | 268 | 28.1 | 2.5 | 1.5 | 0.7 |
| Orange Marmalade | Ketogenic Cooking | 139 | 4 | 0 | 1 | 0 | 0 |
| Orange Cream Shake | Ketogenic Cooking | 142 | 215 | 20.6 | 4.6 | 2.1 | 0 |
| Creme de Menthe Shake | Ketogenic Cooking | 144 | 238 | 21.2 | 8.5 | 3.9 | 2 |
| Dairy-Free Chocolate Shake | Ketogenic Cooking | 145 | 664 | 70.6 | 8.2 | 1.2 | 0 |
| Spring Popovers | Ketogenic Cooking | 146 | 110 | 9.7 | 5.3 | 0.8 | 0 |
| Eggs in Purgatory | Ketogenic Cooking | 148 | 488 | 38.7 | 27.5 | 7 | 1.7 |
| Tex-Mex Breakfast Gravy | Ketogenic Cooking | 149 | 131 | 11.8 | 5.6 | 0.6 | 0 |
| Minute English Muffin | Ketogenic Cooking | 150 | 188 | 16.7 | 6.7 | 3.3 | 2 |
| Cinnamon Roll Minute Muffins | Ketogenic Cooking | 152 | 311 | 28.1 | 7.7 | 8.4 | 5.3 |
| Dairy-Free Milk Chocolate Protein Bars | Ketogenic Cooking | 154 | 238 | 23 | 4 | 2.5 | 1.5 |
| Strawberry Cheesecake Protein Bars | Ketogenic Cooking | 156 | 280 | 30.6 | 2.7 | 0.7 | 0 |
| Cream of No-Wheat Cereal w/heavy cream | Ketogenic Cooking | 157 | 645 | 65.5 | 13.4 | 2.4 | 0 |
| Cream of No-Wheat Cereal w/coconut milk | Ketogenic Cooking | 157 | 691 | 69.8 | 14.4 | 5 | 1.8 |
| Chocolate Breakfast Custard | Ketogenic Cooking | 158 | 237 | 21 | 5 | 6 | 2 |
| Chorizo Breakfast Patties | Ketogenic Cooking | 160 | 602 | 55.1 | 22.8 | 2 | 0 |
| Pizza Muffins | Ketogenic Cooking | 162 | 256 | 19.3 | 17.4 | 4.4 | 0 |
| Taco Breakfast Bake | Ketogenic Cooking | 164 | 301 | 22.4 | 21.8 | 2.5 | 0 |
| Healthy Hash Browns | Ketogenic Cooking | 166 | 204 | 18.5 | 6.7 | 5.3 | 2.1 |
| Green Eggs and Ham | Ketogenic Cooking | 168 | 278 | 22.7 | 15.8 | 2.2 | 0 |
| Breakfast Burritos | Ketogenic Cooking | 169 | 596 | 47.7 | 37.7 | 3.4 | 0 |

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|---|-------------------|-----|-----|------|------|------|-----|
| Amuse-Bouche platter | Ketogenic Cooking | 172 | 346 | 24 | 28 | 5.6 | 1.6 |
| BLT "Chips" and Dip | Ketogenic Cooking | 173 | 119 | 10.5 | 4.9 | 1.9 | 0.9 |
| Italian Poppers | Ketogenic Cooking | 174 | 185 | 11.2 | 18.5 | 3.7 | 1.2 |
| Amazing Cheese Puffs w/gouda | Ketogenic Cooking | 175 | 130 | 11 | 8 | 0 | 0 |
| Amazing Cheese Puffs w/parmesan | Ketogenic Cooking | 175 | 111 | 8 | 10.1 | 0 | 0 |
| Cheesy Fried Ravioli | Ketogenic Cooking | 176 | 315 | 25.5 | 22.5 | 1.2 | 0 |
| Popsicle Crudites with Dill Dip | Ketogenic Cooking | 178 | 163 | 16 | 3.2 | 2.5 | 0 |
| Tomato Tulips | Ketogenic Cooking | 180 | 77 | 6.7 | 2 | 2.9 | 0 |
| Purple Pickled Eggs | Ketogenic Cooking | 182 | 64 | 4.4 | 5.6 | 0.5 | 0 |
| Baked Bacon-Wrapped Pickles | Ketogenic Cooking | 183 | 106 | 9 | 5.3 | 1.1 | 1.1 |
| Classic Deviled Eggs | Ketogenic Cooking | 184 | 124 | 11.1 | 5.6 | 0.4 | 0 |
| Sriracha Deviled Eggs | Ketogenic Cooking | 185 | 124 | 11.1 | 5.6 | 0.4 | 0 |
| Teriyaki Jerky | Ketogenic Cooking | 186 | 84 | 4 | 16.9 | 0 | 0 |
| Dad's Tenderloin Bites | Ketogenic Cooking | 188 | 299 | 18 | 36 | 0.4 | 0 |
| Paleo Deep-Fried Mushrooms | Ketogenic Cooking | 190 | 93 | 7.6 | 4.6 | 1.8 | 0.6 |
| Primal Sliders | Ketogenic Cooking | 191 | 595 | 40 | 55 | 5 | 1.4 |
| Chili Lime Wings | Ketogenic Cooking | 192 | 428 | 35.1 | 26.4 | 2.6 | 0 |
| Eggs Gribiche (as started - 4 servings) | Ketogenic Cooking | 193 | 229 | 20.7 | 8.5 | 0.9 | 0 |
| Eggs Gribiche (as main dish - 2 servings) | Ketogenic Cooking | 193 | 458 | 17 | 17 | 1.8 | 0 |
| Zucchini Chips | Ketogenic Cooking | 194 | 150 | 10.8 | 10 | 4.2 | 1.2 |
| Prosciutto and Arugula Roll-Ups | Ketogenic Cooking | 198 | 116 | 9.6 | 6.2 | 1.2 | 0 |
| Mini Pastrami Roll-Ups | Ketogenic Cooking | 199 | 197 | 13.5 | 14.9 | 4 | 1.6 |
| Turkey Sushi | Ketogenic Cooking | 200 | 406 | 31.7 | 24.6 | 5.4 | 0.7 |
| Philly Cheesesteak Roll-Ups | Ketogenic Cooking | 202 | 312 | 19.3 | 30.5 | 3.1 | 0.7 |
| Slow Cooker BBQ Pork Wraps | Ketogenic Cooking | 203 | 425 | 32.6 | 7.8 | 3.1 | 1 |
| Easy Tuna Salad Wraps | Ketogenic Cooking | 204 | 441 | 37.2 | 23.9 | 0.8 | 0 |
| Sardine Salad Wraps | Ketogenic Cooking | 206 | 386 | 28.5 | 31.2 | 0.9 | 0 |
| Slow Cooker BBQ Chicken Wraps | Ketogenic Cooking | 207 | 308 | 18.6 | 29.6 | 3.2 | 0.3 |
| Slow Cooker Chicken Caesar Wraps | Ketogenic Cooking | 208 | 517 | 35.7 | 43 | 3 | 0.6 |
| Slow cooker Beef Barbacoa Wraps | Ketogenic Cooking | 210 | 388 | 15.2 | 56.5 | 2.5 | 0 |
| Zucchini Tortillas | Ketogenic Cooking | 212 | 106 | 7.4 | 6.9 | 3.6 | 1.3 |
| Broccoli "Noodle" Cheese Soup | Ketogenic Cooking | 216 | 232 | 19.2 | 8.7 | 2.4 | 0.6 |
| Easy Tomato Soup with Grilled Cheese | Ketogenic Cooking | 218 | 412 | 33.4 | 17.3 | 10.9 | 1.8 |
| Simple Salade Nicoise | Ketogenic Cooking | 220 | 393 | 34.9 | 13.4 | 5 | 0.8 |
| Chicken "Noodle" Soup | Ketogenic Cooking | 222 | 309 | 21.2 | 22 | 4.9 | 0.7 |
| South of the Border Salad | Ketogenic Cooking | 223 | 471 | 35 | 32.5 | 5.7 | 1.7 |
| Cucumber Salad | Ketogenic Cooking | 224 | 161 | 14.2 | 1.4 | 7.3 | 1.1 |
| Wedge Salad | Ketogenic Cooking | 225 | 204 | 18.4 | 6.3 | 4.2 | 1 |
| 7-Minute Chopped Salad | Ketogenic Cooking | 226 | 331 | 22 | 24.7 | 8.4 | 1.8 |
| Fish Tacos | Ketogenic Cooking | 230 | 385 | 29.5 | 31.4 | 1.6 | 0.4 |
| Arctic Char with Olive Salsa | Ketogenic Cooking | 232 | 439 | 33.6 | 32.5 | 1.1 | 0 |
| Crab-Stuffed Avocado with Lime | Ketogenic Cooking | 234 | 434 | 36 | 11 | 12 | 10 |
| Shrimp and Grits | Ketogenic Cooking | 235 | 620 | 53.6 | 32.2 | 3.1 | 0 |
| Fish Sticks | Ketogenic Cooking | 236 | 362 | 27.4 | 29.6 | 0.3 | 0 |
| Masala Mussels | Ketogenic Cooking | 238 | 412 | 28.2 | 28.8 | 11.4 | 7.4 |

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|--|-------------------|-----|-----|------|------|------|-----|
| King Crab Legs with Garlic Butter | Ketogenic Cooking | 240 | 376 | 30.1 | 21.7 | 2.8 | 0.6 |
| Slow Cooker Chicken Fajitas | Ketogenic Cooking | 244 | 342 | 27 | 18 | 6 | 2 |
| Slow Cooker Chimichurri Chicken | Ketogenic Cooking | 245 | 505 | 31.4 | 49.8 | 1.7 | 0.7 |
| Chicken Alfredo | Ketogenic Cooking | 246 | 468 | 42.4 | 21.3 | 1.1 | 0 |
| Mushroom Alfredo | Ketogenic Cooking | 246 | 339 | 33 | 9.3 | 4.8 | 1.1 |
| Grilled Chicken with White BBQ Sauce | Ketogenic Cooking | 248 | 476 | 41.8 | 20 | 5.2 | 2.7 |
| Double-Fried Chicken | Ketogenic Cooking | 249 | 230 | 18.4 | 19 | 0.5 | 0 |
| Slow Cooker Laotian Chicken and Herbs (Larb) | Ketogenic Cooking | 250 | 438 | 28.3 | 39.5 | 3.6 | 0.8 |
| Slow Cooker "Butter" Chicken | Ketogenic Cooking | 252 | 472 | 32.5 | 37.4 | 5.8 | 0.9 |
| Naan | Ketogenic Cooking | 252 | 64 | 4.5 | 5.2 | 0.6 | 0.5 |
| Chicken "Noodle" Stir-Fry | Ketogenic Cooking | 254 | 296 | 18.7 | 25.6 | 5.3 | 2 |
| Marinated Tenderloin with Bordelaise Mushrooms | Ketogenic Cooking | 258 | 344 | 21.1 | 34.6 | 0.8 | 0 |
| Grandma Nancy's Italian Beef | Ketogenic Cooking | 259 | 331 | 12.1 | 51 | 1.5 | 0.5 |
| Easy Campfire Casserole | Ketogenic Cooking | 260 | 301 | 21.9 | 19.7 | 8.2 | 2.5 |
| Slow Cooker Sweet-n-Spicy Short Ribs | Ketogenic Cooking | 262 | 609 | 56 | 21 | 1.4 | 0 |
| Easy Corned Beef "Hash" | Ketogenic Cooking | 263 | 332 | 46.3 | 22.8 | 4.1 | 2.8 |
| Upside-Down Pizza | Ketogenic Cooking | 264 | 458 | 36.3 | 28.5 | 2 | 0.8 |
| Skillet Lasagna | Ketogenic Cooking | 266 | 311 | 16.1 | 27.6 | 13.3 | 1.7 |
| Open-Faced Hamburgers on "Buns" | Ketogenic Cooking | 268 | 339 | 26.7 | 20.5 | 3 | 0.9 |
| Taco Bar Night | Ketogenic Cooking | 270 | 354 | 22.4 | 31.7 | 5 | 1.8 |
| Taco Shells or Bowls | Ketogenic Cooking | 271 | 65 | 5 | 5 | 0 | 0 |
| Roasted Bone Marrow | Ketogenic Cooking | 272 | 500 | 56 | 0 | 0 | 0 |
| Slow Cooker Osso Buco | Ketogenic Cooking | 274 | 347 | 17 | 44.6 | 2.4 | 0.8 |
| Basted Rib-Eye Steak | Ketogenic Cooking | 276 | 474 | 44 | 21.3 | 0.8 | 0 |
| Mexican Meatloaf Cupcakes | Ketogenic Cooking | 278 | 430 | 29.8 | 39.2 | 1.2 | 0.6 |
| 20-Minute Ground Lamb Casserole | Ketogenic Cooking | 280 | 256 | 17.1 | 14.6 | 11 | 3 |
| Grilled Lamb Chops with Mint Aioli | Ketogenic Cooking | 282 | 862 | 76 | 38.2 | 0.4 | 0 |
| Broccoli Carbonara | Ketogenic Cooking | 286 | 216 | 12.3 | 19 | 8 | 2.7 |
| Pigs in a Bacon Blanket | Ketogenic Cooking | 287 | 300 | 24 | 19.5 | 1.5 | 0 |
| Brats with Simple Coleslaw | Ketogenic Cooking | 288 | 581 | 47.3 | 29.2 | 9.9 | 2.5 |
| Sweet-n-Sour Country-Style Ribs over Zoodles | Ketogenic Cooking | 290 | 476 | 28.1 | 45.5 | 7.3 | 1.4 |
| Slow Cooker Pork Ragu over Paleo Polenta | Ketogenic Cooking | 291 | 660 | 51 | 40 | 11 | 4 |
| Deconstructed BLT with Pork Belly | Ketogenic Cooking | 292 | 659 | 60.9 | 26.6 | 0.8 | 0 |
| Schweinshaxen | Ketogenic Cooking | 294 | 668 | 45.9 | 58.1 | 2.3 | 1 |
| Goat Cheese Panna Cotta with Crispy Prosciutto and Fried Basil | Ketogenic Cooking | 296 | 264 | 21.6 | 16.1 | 1 | 0 |
| Mushroom Ragu | Ketogenic Cooking | 300 | 246 | 18.5 | 10.6 | 9.8 | 2.4 |
| Cheesy Grits | Ketogenic Cooking | 302 | 408 | 37.8 | 16.9 | 1.1 | 0 |
| Creamy Cilantro-Lime Pasta | Ketogenic Cooking | 303 | 3 | 35 | 1.6 | 5.7 | 1.6 |
| Pizza Sticks | Ketogenic Cooking | 304 | 372 | 30.8 | 18.8 | 6.2 | 0.5 |
| Easy as Portobello Pizza Pie | Ketogenic Cooking | 306 | 392 | 27 | 27 | 10 | 2 |
| Zoodles Two Ways | Ketogenic Cooking | 308 | 18 | 0.2 | 1.4 | 3.8 | 1.2 |
| Bordelaise Mushrooms | Ketogenic Cooking | 310 | 128 | 11.6 | 1.9 | 3.5 | 0.7 |
| Curry Braised Cucumbers | Ketogenic Cooking | 311 | 78 | 7 | 0.6 | 3.5 | 0.6 |
| Grilled Radicchio with Sweet-and-Sour Hot Bacon Dressing | Ketogenic Cooking | 312 | 126 | 11.6 | 3.2 | 2.1 | 0 |
| Caramelized Endive | Ketogenic Cooking | 313 | 103 | 7 | 3 | 8 | 7.8 |

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|--|-------------------|-----|-----|------|------|-----|-----|
| Easy Homemade Sauerkraut | Ketogenic Cooking | 314 | 32 | 0.1 | 1.4 | 6.6 | 2.8 |
| Easy Kimchi | Ketogenic Cooking | 316 | 61 | 1 | 3 | 10 | 3 |
| Refrigerator Pickles | Ketogenic Cooking | 318 | 10 | 0.1 | 0.4 | 2.3 | 0 |
| Paleo Polenta | Ketogenic Cooking | 320 | 136 | 9.2 | 6.3 | 8.3 | 3.6 |
| Deconstructed Creme Brulee | Ketogenic Cooking | 324 | 186 | 16 | 7.3 | 3.9 | 0 |
| Grand Marnier Fat Bombs | Ketogenic Cooking | 325 | 275 | 31 | 0 | 0 | 0 |
| Crispy Vanilla Fat Bombs | Ketogenic Cooking | 326 | 89 | 10.8 | 0 | 0 | 0 |
| Crispy Maple Bacon Fat Bombs | Ketogenic Cooking | 328 | 137 | 14.1 | 2.5 | 0 | 0 |
| Frozen Orange Cream Bites | Ketogenic Cooking | 330 | 138 | 14.8 | 0.8 | 0.8 | 0 |
| Frozen Snickerdoodle Cream Bites | Ketogenic Cooking | 332 | 138 | 14.8 | 0.8 | 0.8 | 0 |
| Strawberry Cheesecake in Jars | Ketogenic Cooking | 334 | 220 | 21.3 | 3.4 | 5.4 | 1.7 |
| Paletas w/coconut milk | Ketogenic Cooking | 336 | 156 | 15.2 | 1.6 | 3.2 | 0 |
| Paletas w/heavy cream | Ketogenic Cooking | 336 | 114 | 12 | 0.9 | 1.3 | 0 |
| Orange Cream Push Pops | Ketogenic Cooking | 337 | 99 | 9.9 | 2.1 | 0.8 | 0 |
| Key Lime Curd | Ketogenic Cooking | 338 | 94 | 9.4 | 2 | 0.4 | 0 |
| Key Lime Fat Bombs | Ketogenic Cooking | 340 | 98 | 9.4 | 3.3 | 0.3 | 0 |
| Key Lime Ice Cream | Ketogenic Cooking | 342 | 212 | 22.7 | 2 | 0.4 | 0 |
| Coffee Ice Cream | Ketogenic Cooking | 343 | 332 | 35.3 | 4.1 | 1.1 | 0 |
| Hibiscus Berry Ice Cream | Ketogenic Cooking | 344 | 331 | 35.3 | 4.1 | 1.1 | 0 |
| Chai Ice Cream | Ketogenic Cooking | 345 | 225 | 23.5 | 2.8 | 1.7 | 0 |
| Dreamy Chai Float | Ketogenic Cooking | 346 | 225 | 23.5 | 2.8 | 1.7 | 0 |
| Savory Pizza Gelato | Ketogenic Cooking | 347 | 225 | 23.9 | 2.9 | 0.8 | 0 |
| Egg-Free Ice Cream | Ketogenic Cooking | 348 | 225 | 20.9 | 1.9 | 8.7 | 6.8 |
| Dairy-Free Chocolate Ice Cream Coating | Ketogenic Cooking | 349 | 139 | 14 | 1 | 3 | 1.6 |
| Butterscotch Mousse | Ketogenic Cooking | 350 | 129 | 12.9 | 1.9 | 0.9 | 0 |
| French Silk Mousse | Ketogenic Cooking | 351 | 218 | 21.5 | 3.4 | 2.8 | 0.8 |
| Gummy Bears | Ketogenic Cooking | 352 | 44 | 4.3 | 0.5 | 0.9 | 0 |
| Bananas Foster Fudge | Ketogenic Cooking | 353 | 202 | 21.9 | 1.6 | 0.5 | 0 |
| Flourless Fudgy Brownies | Ketogenic Cooking | 354 | 150 | 14 | 3 | 3 | 1 |
| Buttermints | Ketogenic Cooking | 356 | 136 | 15.3 | 0.2 | 0 | 0 |
| Smoked Brisket | Ketogenic Cooking | 362 | 410 | 14.1 | 68.8 | 0 | 0 |
| Smoked Beef Long Ribs | Ketogenic Cooking | 364 | 748 | 61.7 | 45.5 | 4.4 | 2.4 |
| Smoked Baby Back Ribs | Ketogenic Cooking | 366 | 562 | 47.4 | 31.6 | 0 | 0 |
| Smoked Pork Shoulder | Ketogenic Cooking | 368 | 599 | 46.8 | 3.9 | 3.3 | 1.8 |
| Smoked Salmon | Ketogenic Cooking | 370 | 250 | 11.7 | 36.7 | 0 | 0 |
| Pan-Fried Smoked Cauliflower Steaks | Ketogenic Cooking | 372 | 121 | 10.4 | 1.9 | 6 | 3 |
| Pan-Fried Smoked Eggplant | Ketogenic Cooking | 374 | 316 | 30.6 | 2.2 | 9.1 | 4.7 |