

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

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

Mouthwatering Lobster Tails	Carnivore Cookbook	290	433	18	65	0	0
Salt- Baked Fish	Carnivore Cookbook	292	568	10	112	0.2	0
Slow-Roasted Salmon with Bone Marrow	Carnivore Cookbook	294	550	39	46	0	0
Bacon-Wrapped Shrimp	Carnivore Cookbook	296	490	36	41	0	0
Grilled Whole Trout	Carnivore Cookbook	298	350	22	35	0	0
Simple Surf 'n' Turf	Carnivore Cookbook	300	723	62	41	0	0
Crispy Baked Fish Sticks	Carnivore Cookbook	302	194	10	22	0.1	0
Boiled King Crab Legs	Carnivore Cookbook	304	497	28	53	0	0
Carnivore Bone Broth	Carnivore Cookbook	308	50	1	10	0	0
Smoked Sea Salt	Carnivore Cookbook	310	0	0	0	0	0
Tallow and Cracklings	Carnivore Cookbook	312	242	27	0.4	0	0
Easy Carnivore Hollandaise	Carnivore Cookbook	314	86	9	0.5	0.1	0
Carnivore Blue Cheese Dressing	Carnivore Cookbook	316	78	6	4	0.2	0
Bacon Mayonnaise	Carnivore Cookbook	318	82	9	0.2	0.1	0
Salt-Cured Egg Yolks	Carnivore 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

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

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

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

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

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

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

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

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

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

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

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

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

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 Faiita 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

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

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

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

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

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

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

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

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

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

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

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

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