

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
Braunschweiler	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	Easy Dairy-Free Ketogenic Recipes	34	92	10	0.3	0.1	0
Mayonnaise **Baconnaise	Easy Dairy-Free Ketogenic Recipes	34	123	13	0.3	0.2	0
Egg-Free Mayo	Easy Dairy-Free Ketogenic Recipes	35	228	25	0.1	0.2	0
Steak Sauce	Easy Dairy-Free Ketogenic Recipes	36	11	0.2	0.2	2	1
Comeback Sauce	Easy Dairy-Free Ketogenic Recipes	37	124	13	0.1	1	0.3
Creamy Lime Sauce	Easy Dairy-Free Ketogenic Recipes	38	138	15	0.1	1	0
Cilantro Lime Dressing	Easy Dairy-Free Ketogenic Recipes	39	8	1	0.2	1	0.3
Tartar Sauce	Easy Dairy-Free Ketogenic Recipes	40	180	20	0	0	0
Bearnaise Sauce	Easy Dairy-Free Ketogenic Recipes	41	152	14	4	2	0.1
Romanesco Sauce	Easy Dairy-Free Ketogenic Recipes	42	70	5	1	3	1
Simple BBQ Sauce	Easy Dairy-Free Ketogenic Recipes	43	7	0.2	0.2	1	0.2
Crab Louie Dressing	Easy Dairy-Free Ketogenic Recipes	44	184	20	0.1	1	0.1
Creamy Ranch Dressing	Easy Dairy-Free Ketogenic Recipes	45	66	7	0.2	0.1	0
Greek Vinaigrette	Easy Dairy-Free Ketogenic Recipes	46	126	14	0	1	0
Cinnamon Syrup	Easy Dairy-Free Ketogenic Recipes	47	156	18	0	1	0.4
Lemon Syrup	Easy Dairy-Free Ketogenic Recipes	48	116	14	0	0.4	0
Iced Green Tea Latte	Easy Dairy-Free Ketogenic Recipes	52	38	1	1	7	0
Cherry Almond Breakfast Shake	Easy Dairy-Free Ketogenic Recipes	54	203	1	9	7	3

Amazing Protein Shake	Easy Dairy-Free Ketogenic Recipes	56	234	21	8	4	2
Baked Eggs and Ham	Easy Dairy-Free Ketogenic Recipes	57	285	19	25	1	0.1
French Toast Cereal	Easy Dairy-Free Ketogenic Recipes	58	426	42	15	2	1
Breakfast Bacon Fat Bombs	Easy Dairy-Free Ketogenic Recipes	59	274	24	16	0	0
Lemon Minute Muffins	Easy Dairy-Free Ketogenic Recipes	60	265	25	7	9	4
Smoked Salmon, Egg, and Avocado	Easy Dairy-Free Ketogenic Recipes	62	283	21	18	6	4
Loaded Scrambled Eggs	Easy Dairy-Free Ketogenic Recipes	64	281	22	19	2	0.3
Breakfast Asparagus	Easy Dairy-Free Ketogenic Recipes	65	335	24	25	5	2
Spicy Fried Eggs with Chorizo	Easy Dairy-Free Ketogenic Recipes	66	379	31	19	4	1
Lemon Poppyseed Waffles	Easy Dairy-Free Ketogenic Recipes	67	268	24	15	2	0.5
Breakfast Sausage Soup with Soft-Boiled Eggs	Easy Dairy-Free Ketogenic Recipes	68	379	31	20	5	1
Silky Egg Breakfast Soup	Easy Dairy-Free Ketogenic Recipes	70	521	28	60	5	1
Snickerdoodle Mini Muffins	Easy Dairy-Free Ketogenic Recipes	72	348	34	11	2	1
Easy Breakfast Sandwich	Easy Dairy-Free Ketogenic Recipes	73	455	35	31	5	3
Irish Breakfast	Easy Dairy-Free Ketogenic Recipes	74	305	26	16	2	1
Soft-Boiled Eggs with Bacon-Wrapped Asparagus Dunkers	Easy Dairy-Free Ketogenic Recipes	76	231	17	16	2	1
Reuben Eggs Benedict	Easy Dairy-Free Ketogenic Recipes	78	546	40	45	2	0.1
Super Keto Pancakes	Easy Dairy-Free Ketogenic Recipes	79	186	14	12	3	1
French Toast Pudding	Easy Dairy-Free Ketogenic Recipes	80	300	26	16	3	1
Perfect Hard-Boiled Eggs	Easy Dairy-Free Ketogenic Recipes	81	180	14	18	0	0
Shrimp Cocktail	Easy Dairy-Free Ketogenic Recipes	84	76	1	14	2	0.5
Pico de Gallo	Easy Dairy-Free Ketogenic Recipes	85	32	0.1	1	6	1
Citrus Avocado Salsa	Easy Dairy-Free Ketogenic Recipes	86	140	13	1	7	3
Guacamole	Easy Dairy-Free Ketogenic Recipes	87	313	26	11	13	7
Jicama Crostini-Two Ways **Tuna Salad	Easy Dairy-Free Ketogenic Recipes	88	31	3	0.2	2	1
Jicama Crostini-Two Ways **Smoked Salmon	Easy Dairy-Free Ketogenic Recipes	88	27	0.4	2	3	2
Almost Deviled Eggs	Easy Dairy-Free Ketogenic Recipes	90	94	8	6	0	0
Bacon Chips with Dips	Easy Dairy-Free Ketogenic Recipes	91	402	34	11	18	9
Amazing Marinated Olives	Easy Dairy-Free Ketogenic Recipes	92	173	19	0.3	2	1
Simple Shrimp Parfait	Easy Dairy-Free Ketogenic Recipes	93	141	9	14	2	1
Dry-Rubbed Baked Wings	Easy Dairy-Free Ketogenic Recipes	94	391	29	32	0.5	0.2
Devilish Deviled Eggs	Easy Dairy-Free Ketogenic Recipes	95	83	7	6	1	1
Deviled Green Eggs and Ham	Easy Dairy-Free Ketogenic Recipes	96	489	38	34	2	1
Cute Kitty Deviled Eggs	Easy Dairy-Free Ketogenic Recipes	98	204	20	7	0.3	0.2
Moroccan Deviled Eggs	Easy Dairy-Free Ketogenic Recipes	99	90	8	6	0.1	0
Homemade Ginger Ale	Easy Dairy-Free Ketogenic Recipes	100	31	0.3	1	6	0.2
Naked Gimlet	Easy Dairy-Free Ketogenic Recipes	102	22	2	0.3	3	1
Virgin Strawberry Margarita	Easy Dairy-Free Ketogenic Recipes	103	4	0	0	1	0.1
Super Fast Bone Broth	Easy Dairy-Free Ketogenic Recipes	106	21	1	2	1	0.2
Chinese Beef and Broccoli Soup	Easy Dairy-Free Ketogenic Recipes	108	426	28	35	9	4
Coconut Ginger Chicken Soup	Easy Dairy-Free Ketogenic Recipes	110	441	27	39	7	1

Mexican Lime Chicken Soup	Easy Dairy-Free Ketogenic Recipes	111	207	13	21	3	1
Caldo de Costilla (Colombian Beef Rib Broth)	Easy Dairy-Free Ketogenic Recipes	112	377	32	17	5	1
Texas BBQ Brisket Soup	Easy Dairy-Free Ketogenic Recipes	114	399	30	23	9	3
Pizza Soup	Easy Dairy-Free Ketogenic Recipes	115	430	35	15	17	5
Cilantro Lime Meatball Soup	Easy Dairy-Free Ketogenic Recipes	116	309	23	21	3	1
Chilled Tomato and Ham Soup	Easy Dairy-Free Ketogenic Recipes	118	406	36	15	8	2
Turkey and "Orzo" Soup	Easy Dairy-Free Ketogenic Recipes	119	179	10	18	4	2
Manhattan Clam Chowder	Easy Dairy-Free Ketogenic Recipes	120	306	14	32	13	3
Steak Fajita Soup	Easy Dairy-Free Ketogenic Recipes	121	486	32	37	11	2
Smoky Spicy Chicken Stew	Easy Dairy-Free Ketogenic Recipes	122	278	16	26	6	2
Tuscan Sausage and "Rice" Stew	Easy Dairy-Free Ketogenic Recipes	124	583	45	33	8	1
French Onion Meatball Soup	Easy Dairy-Free Ketogenic Recipes	126	385	31	22	5	1
Ham and Fauxtato Soup	Easy Dairy-Free Ketogenic Recipes	128	118	8	7	4	2
Slow Cooker Thai Soup	Easy Dairy-Free Ketogenic Recipes	129	466	32	37	7	2
Chicken and "Rice" Soup	Easy Dairy-Free Ketogenic Recipes	130	223	14	20	4	1
Italian "Orzo" Soup	Easy Dairy-Free Ketogenic Recipes	131	341	26	17	9	2
Thai Red Curry Shrimp Soup	Easy Dairy-Free Ketogenic Recipes	132	362	23	32	6	1
Salmon Soup	Easy Dairy-Free Ketogenic Recipes	133	259	14	27	4	1
Creamy Smoked Salmon Soup	Easy Dairy-Free Ketogenic Recipes	134	365	29	23	4	1
Asparagus Cobb Salad with Ranch Dressing	Easy Dairy-Free Ketogenic Recipes	138	336	26	19	6	2
BLT Grilled Romaine	Easy Dairy-Free Ketogenic Recipes	139	240	25	1	3	1
Crab Louie Salad	Easy Dairy-Free Ketogenic Recipes	140	402	31	22	6	1
Salad Kabobs	Easy Dairy-Free Ketogenic Recipes	141	561	44	37	5	1
Chef's Salad	Easy Dairy-Free Ketogenic Recipes	142	373	31	19	5	2
Grilled Avocado	Easy Dairy-Free Ketogenic Recipes	143	183	17	2	9	6
Keto Brioche	Easy Dairy-Free Ketogenic Recipes	144	114	7	12	1	0.1
Brioche Croutons	Easy Dairy-Free Ketogenic Recipes	146	68	5	6	0.4	0
Keto "Rice"	Easy Dairy-Free Ketogenic Recipes	147	194	14	13	1	0.1
Keto Fried "Rice"	Easy Dairy-Free Ketogenic Recipes	148	217	16	15	2	0.2
Cauliflower Rice	Easy Dairy-Free Ketogenic Recipes	149	70	7	1	2	1
Keto Tortillas	Easy Dairy-Free Ketogenic Recipes	150	68	4	7	0.3	0
Cabbage Pasta	Easy Dairy-Free Ketogenic Recipes	152	117	11	1	4	2
ChowChow	Easy Dairy-Free Ketogenic Recipes	153	30	0.2	1	6	2
Bacon-Wrapped Portobello Fries	Easy Dairy-Free Ketogenic Recipes	154	230	18	15	3	1
Asian Coleslaw	Easy Dairy-Free Ketogenic Recipes	155	100	9	2	5	2
Chicken Shawarma	Easy Dairy-Free Ketogenic Recipes	158	358	26	28	5	1
BLT Chicken Kabobs	Easy Dairy-Free Ketogenic Recipes	160	295	18	30	3	1
Chicken Tinga with Keto Tortillas	Easy Dairy-Free Ketogenic Recipes	162	506	33	41	10	2
Guacamole Lovers' Stuffed Chicken	Easy Dairy-Free Ketogenic Recipes	164	469	28	45	8	4
Chicken and Asparagus Curry	Easy Dairy-Free Ketogenic Recipes	166	313	24	15	9	3
Curry Braised Chicken Legs	Easy Dairy-Free Ketogenic Recipes	167	363	25	30	2	0.5

Grilled Jerk Chicken Thighs	Easy Dairy-Free Ketogenic Recipes	168	408	27	33	7	2
Easy Asian Chicken Legs	Easy Dairy-Free Ketogenic Recipes	169	322	16	33	6	2
Chicken and Mushroom Kabobs	Easy Dairy-Free Ketogenic Recipes	170	436	36	24	6	1
Chicken with Sausage and Greens	Easy Dairy-Free Ketogenic Recipes	172	539	41	36	4	1
Tender Coconut Chicken	Easy Dairy-Free Ketogenic Recipes	174	515	40	32	4	1
Lemon Pepper Chicken Tenders	Easy Dairy-Free Ketogenic Recipes	176	432	25	44	5	2
Bundt Pan Chicken	Easy Dairy-Free Ketogenic Recipes	178	445	33	33	4	1
Sheet Pan BBQ Chicken Breasts with Bacon-Wrapped Avocado Fries	Easy Dairy-Free Ketogenic Recipes	180	464	40	23	7	5
Bacon-Wrapped Chicken Fingers	Easy Dairy-Free Ketogenic Recipes	181	451	27	51	0	0
Simple Sesame Chicken	Easy Dairy-Free Ketogenic Recipes	182	301	22	24	3	0.1
Paella	Easy Dairy-Free Ketogenic Recipes	184	433	28	36	9	2
Greek Chicken Thighs	Easy Dairy-Free Ketogenic Recipes	186	647	60	21	10	6
Tender Chicken Livers	Easy Dairy-Free Ketogenic Recipes	188	170	9	19	1	0
Dijon Chicken	Easy Dairy-Free Ketogenic Recipes	189	335	22	30	1	0.1
Curry Chicken Meatballs	Easy Dairy-Free Ketogenic Recipes	190	367	22	32	7	2
Grilled Chicken and Avocado	Easy Dairy-Free Ketogenic Recipes	191	248	18	17	7	4
Chicken Satay with Dipping Sauce	Easy Dairy-Free Ketogenic Recipes	192	461	39	26	6	2
Easy Chicken and Asparagus Stir-Fry	Easy Dairy-Free Ketogenic Recipes	194	274	16	25	6	3
Mole Chicken Legs	Easy Dairy-Free Ketogenic Recipes	195	310	19	30	4	1
Devil Chicken	Easy Dairy-Free Ketogenic Recipes	196	366	19	31	1	0.3
South of the Border Steak	Easy Dairy-Free Ketogenic Recipes	200	329	23	25	6	4
Spanish Spiced Lamb Chops	Easy Dairy-Free Ketogenic Recipes	202	529	44	31	1	0.3
Slow Cooker Philly Steak Sandwiches	Easy Dairy-Free Ketogenic Recipes	204	353	28	23	3	1
T-Bone Steaks with Romanesco Sauce	Easy Dairy-Free Ketogenic Recipes	206	591	43	44	2	0.4
Easy BBQ Brisket	Easy Dairy-Free Ketogenic Recipes	208	543	40	39	4	1
Herby Broth Fondue	Easy Dairy-Free Ketogenic Recipes	210	9	0.3	1	0.1	0
Curry Short Ribs	Easy Dairy-Free Ketogenic Recipes	212	528	47	24	1	0.1
Simple Spaghetti	Easy Dairy-Free Ketogenic Recipes	213	347	25	21	8	2
Saucy BBQ Wraps	Easy Dairy-Free Ketogenic Recipes	214	322	23	21	7	2
Hungarian Goulash	Easy Dairy-Free Ketogenic Recipes	216	381	23	25	17	5
Jamaican Jerk Pot Roast	Easy Dairy-Free Ketogenic Recipes	217	411	27	33	8	2
Fajita Kabobs	Easy Dairy-Free Ketogenic Recipes	218	370	28	21	10	2
Simple Lamb Chops with Lemon Mustard Gravy	Easy Dairy-Free Ketogenic Recipes	220	730	57	48	1	0.4
Kung Pao Meatballs in Lettuce Cups	Easy Dairy-Free Ketogenic Recipes	222	373	29	22	5	3
Chinese Five-Spice Roast Beef	Easy Dairy-Free Ketogenic Recipes	224	418	26	41	2	0.1
Cowboy Steak for Two	Easy Dairy-Free Ketogenic Recipes	225	823	64	61	1	0.3
Shan Beef Stir-Fry	Easy Dairy-Free Ketogenic Recipes	226	581	48	34	5	1
Lamb Chops with Gyro Salad	Easy Dairy-Free Ketogenic Recipes	228	596	53	27	5	3
Italian Beef Tips	Easy Dairy-Free Ketogenic Recipes	230	667	51	39	2	1
Citrus Pork Shoulder with Spicy Cilantro-Ginger Sauce	Easy Dairy-Free Ketogenic Recipes	234	713	59	39	3	1
Spring Ham Bake with Dijon Sauce	Easy Dairy-Free Ketogenic Recipes	236	356	31	15	2	1

Easy Barbecue Ribs	Easy Dairy-Free Ketogenic Recipes	238	602	46	44	2	0.5
Saucy Barbecue Pork Chops	Easy Dairy-Free Ketogenic Recipes	239	756	63	37	7	1
Ginger Lime Pork Lettuce Cups	Easy Dairy-Free Ketogenic Recipes	240	353	27	23	8	3
Pork Chops with Dijon Gravy	Easy Dairy-Free Ketogenic Recipes	242	287	17	25	1	0.3
Sausage Zucchini Ravioli	Easy Dairy-Free Ketogenic Recipes	244	217	15	12	9	3
Juicy Pork Tenderloin	Easy Dairy-Free Ketogenic Recipes	246	216	8	32	1	0.1
Thai Pulled Pork with Keto Fried "Rice"	Easy Dairy-Free Ketogenic Recipes	248	442	34	29	2	0.2
30-Minute Porchetta	Easy Dairy-Free Ketogenic Recipes	249	341	24	30	1	0.3
Sweet 'n' Sour Pork Meatballs	Easy Dairy-Free Ketogenic Recipes	250	351	26	23	5	2
Deviled Ham	Easy Dairy-Free Ketogenic Recipes	252	531	46	24	0	0
Mustard-Glazed Ham	Easy Dairy-Free Ketogenic Recipes	253	558	38	49	0	0
Hawaiian Luau Pork	Easy Dairy-Free Ketogenic Recipes	254	567	42	40	6	4
Cilantro Lime Slow Cooker Ribs	Easy Dairy-Free Ketogenic Recipes	256	623	53	31	2	0.3
Bacon-Wrapped Scallops with Avocado Cream	Easy Dairy-Free Ketogenic Recipes	260	461	44	14	6	4
Halibut Confit	Easy Dairy-Free Ketogenic Recipes	262	375	31	23	1	0.5
Baked Sole with Zucchini	Easy Dairy-Free Ketogenic Recipes	264	239	16	22	5	2
Pan-Fried Fish with Tartar Sauce	Easy Dairy-Free Ketogenic Recipes	266	402	31	29	0	0
Halibut Smothered in Tomato Basil Cream	Easy Dairy-Free Ketogenic Recipes	267	233	12	24	5	1
Salmon Burgers with Dill Sauce	Easy Dairy-Free Ketogenic Recipes	268	443	38	23	4	2
Crab Claws with Spicy Mustard Sauce	Easy Dairy-Free Ketogenic Recipes	270	498	40	30	1	0.3
Easy Pickled Shrimp with Curry Mayo	Easy Dairy-Free Ketogenic Recipes	271	398	31	28	0.3	0.1
Bacon-Wrapped Cod	Easy Dairy-Free Ketogenic Recipes	272	399	36	18	0	0
Camarones Cucarachas (Deviled Shrimp)	Easy Dairy-Free Ketogenic Recipes	274	180	6	29	3	1
Shrimp Adobo	Easy Dairy-Free Ketogenic Recipes	275	205	9	30	1	0.1
Ahi Poke	Easy Dairy-Free Ketogenic Recipes	276	332	22	31	2	0.4
Fish in Puttanesca Sauce	Easy Dairy-Free Ketogenic Recipes	278	339	26	17	8	2
Garlic Lime Broiled Shrimp	Easy Dairy-Free Ketogenic Recipes	279	253	16	28	1	0.3
Personal Salmon en Papillote	Easy Dairy-Free Ketogenic Recipes	280	187	9	23	5	1
Salt-Crusted Fish	Easy Dairy-Free Ketogenic Recipes	282	390	21	46	2	1
Cajun Shrimp	Easy Dairy-Free Ketogenic Recipes	284	208	9	28	3	0.4
Avocado Salmon Ceviche	Easy Dairy-Free Ketogenic Recipes	285	192	15	9	6	3
Asian-Style Salmon Lettuce Cups	Easy Dairy-Free Ketogenic Recipes	286	360	28	24	4	2
Yellow Curry Shrimp over Keto Fried "Rice"	Easy Dairy-Free Ketogenic Recipes	287	214	10	29	5	1
Super Fast Shrimp Fajitas	Easy Dairy-Free Ketogenic Recipes	288	224	9	29	7	2
Simple Scallops with Garlic Sauce	Easy Dairy-Free Ketogenic Recipes	289	255	15	26	5	0.2
Shrimp Fried "Rice"	Easy Dairy-Free Ketogenic Recipes	290	386	21	45	3	0.2
Sweet 'n' Sour Cauliflower over Vegetarian Fried "Rice"	Easy Dairy-Free Ketogenic Recipes	294	251	19	13	9	3
Vegetarian Curry	Easy Dairy-Free Ketogenic Recipes	296	174	14	13	3	1
Italian Baked Eggs	Easy Dairy-Free Ketogenic Recipes	298	214	16	13	2	0.4
Egg Roll in a Bowl	Easy Dairy-Free Ketogenic Recipes	300	266	19	13	12	3
Chipotle Lime Egg Salad Wraps	Easy Dairy-Free Ketogenic Recipes	302	304	29	12	1	0.2

Creamy Egg Bhurji	Easy Dairy-Free Ketogenic Recipes	303	219	18	8	7	2
Vegetarian Doro Watt	Easy Dairy-Free Ketogenic Recipes	304	314	27	18	4	1
Avocado Toast	Easy Dairy-Free Ketogenic Recipes	306	276	24	11	5	3
Gazpacho	Easy Dairy-Free Ketogenic Recipes	308	112	8	1	9	2
Egg Masala	Easy Dairy-Free Ketogenic Recipes	309	468	38	22	18	4
Vegetarian Fajitas with Avocado	Easy Dairy-Free Ketogenic Recipes	310	354	29	25	1	0
Vegetarian Fajita Stew	Easy Dairy-Free Ketogenic Recipes	312	372	25	15	26	6
Grand Marnier Chocolate Candies	Easy Dairy-Free Ketogenic Recipes	316	168	20	0.3	1	0.3
Sour Patch Candy	Easy Dairy-Free Ketogenic Recipes	317	25	0	6	0	0
Snickerdoodle Bites	Easy Dairy-Free Ketogenic Recipes	318	235	28	0	0.2	0.2
Berry Ice Pops	Easy Dairy-Free Ketogenic Recipes	319	2	0	0.1	1	0.2
Personal Flourless Chocolate Tortes	Easy Dairy-Free Ketogenic Recipes	320	414	40	8	8	6
Mint Chocolate Chunk Gelato	Easy Dairy-Free Ketogenic Recipes	322	447	48	6	1	0.3
Mocha Fudge Mug Cakes	Easy Dairy-Free Ketogenic Recipes	324	164	14	5	4	2
Classic Sherbet	Easy Dairy-Free Ketogenic Recipes	326	92	9	1	1	0
Dirt Cake	Easy Dairy-Free Ketogenic Recipes	327	327	32	6	5	4
Gummy Worms	Easy Dairy-Free Ketogenic Recipes	328	19	0	5	0	0
Mexican Chocolate Mousse	Easy Dairy-Free Ketogenic Recipes	329	304	29	6	6	4
Banana Bread	Easy Dairy-Free Ketogenic Recipes	330	182	16	11	1	0.3
Malted Milk Push Pops	Easy Dairy-Free Ketogenic Recipes	332	228	23	2	7	2
Chocolate Pudding Pops	Easy Dairy-Free Ketogenic Recipes	333	76	7	3	1	1
Hibiscus Strawberry Ice Lollies	Easy Dairy-Free Ketogenic Recipes	334	0	0	0	0	0
Tapioca Pudding	Easy Dairy-Free Ketogenic Recipes	335	395	36	14	2	0
Keto Pink Squirrels **Ice cream	Easy Dairy-Free Ketogenic Recipes	336	242	26	3	0.4	0
Keto Pink Squirrels **drink	Easy Dairy-Free Ketogenic Recipes	336	502	57	6	0.8	0
Strawberry Hibiscus Sorbet	Easy Dairy-Free Ketogenic Recipes	338	103	10	2	1	0
Keto Custard	Easy Dairy-Free Ketogenic Recipes	339	93	6	7	1	0.1
Strawberries and Cream Panna Cotta	Easy Dairy-Free Ketogenic Recipes	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 Tetrazzini	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 Lasagnas	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
Unaa Rib	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 Wraps	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
Lemon Fish with Asparagus	Keto Instant Pot	268	158	5	23	7	3
Simple Salmon Packets	Keto Instant Pot	270	207	10	28	2	1
BBQ Shrimp	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
Crème Brûlée	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 Crème	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 Fudge	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 Café 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
SugoBianco	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
Piña 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	The 30 Day Ketogenic Cleanse	106	25	2	1	1	0
bone broth-beef, chicken, or fish	The 30 Day Ketogenic Cleanse	108	20	4	1.5	1.7	0
berbere spice mix	The 30 Day Ketogenic Cleanse	110	1	0.03	0.04	0.2	0.1
spicy and sweet hamburger spice mix	The 30 Day Ketogenic Cleanse	111	11	0.2	0.4	2	0.9
cajun seasoning	The 30 Day Ketogenic Cleanse	112	6	0.1	0.2	1.1	0
herbs de florence	The 30 Day Ketogenic Cleanse	113	6	0.1	0.2	1	0.4
ranch seasoning	The 30 Day Ketogenic Cleanse	114	5	0	0.2	1.1	0.2
dairy-free ranch dressing	The 30 Day Ketogenic Cleanse	115	128	14	0.3	0.2	0.1
creamy mexican dressing	The 30 Day Ketogenic Cleanse	116	72	7	0.5	2	1
dairy-free thousand island dressing	The 30 Day Ketogenic Cleanse	118	110	12	0.1	0.3	0.1
orange-infused dressing	The 30 Day Ketogenic Cleanse	119	193	21	0	0	0
onion-infused dressing	The 30 Day Ketogenic Cleanse	120	164	18.4	0	0.1	0
fat-burning herbes de florence dressing	The 30 Day Ketogenic Cleanse	121	175	19	0.1	1	0.1
bacon marmalade	The 30 Day Ketogenic Cleanse	122	71	6	4	0.4	0.1
mole sauce	The 30 Day Ketogenic Cleanse	123	14	1	0.2	1	0.2
easy blender mayo	The 30 Day Ketogenic Cleanse	124	92	10	0.3	0.1	0
egg-free keto mayo	The 30 Day Ketogenic Cleanse	125	228	25	0.1	0.2	0
berbere mayo	The 30 Day Ketogenic Cleanse	126	205	23	0	0.1	0
basil mayonnaise	The 30 Day Ketogenic Cleanse	127	155	17	0	0.1	0

garlic and herb aioli	The 30 Day Ketogenic Cleanse	128	208	23	0.1	1	0.1
herbes de florence red sauce	The 30 Day Ketogenic Cleanse	130	129	9.7	9.7	8.6	2.5
worcestershire sauce	The 30 Day Ketogenic Cleanse	132	48	3	2	3	1
hot sauce	The 30 Day Ketogenic Cleanse	134	2	0.1	0.1	0.2	0
easy dairy-free hollandaise	The 30 Day Ketogenic Cleanse	136	101	11	0.5	0.1	0
keto lemon mostarda	The 30 Day Ketogenic Cleanse	138	81	9	0	0.1	0
guacamole	The 30 Day Ketogenic Cleanse	140	175	14	2	11	7
garlic confit	The 30 Day Ketogenic Cleanse	142	68	6	0.1	1	0.1
keto chai	The 30 Day Ketogenic Cleanse	146	35	3	1	1	0.3
breakfast chili	The 30 Day Ketogenic Cleanse	148	440	34	25	8	3
bacon and eggs ramen	The 30 Day Ketogenic Cleanse	150	495	40	24	10	4
florentine breakfast burgers	The 30 Day Ketogenic Cleanse	152	640	52	37	6	3
creamiest keto scrambled eggs	The 30 Day Ketogenic Cleanse	154	398	35	18	2	0.4
steak and eggs	The 30 Day Ketogenic Cleanse	156	693	64	28	1	0.2
rosti with bacon, mushrooms, and green onions	The 30 Day Ketogenic Cleanse	158	265	21	10	9	3
kimchi eggs	The 30 Day Ketogenic Cleanse	160	448	40	17	5	0
green eggs and ham	The 30 Day Ketogenic Cleanse	162	640	61	22	1	0.1
bacon and mushrooms with soft-boiled eggs	The 30 Day Ketogenic Cleanse	164	528	44	28	5	1
eggs florentine with basil hollandaise	The 30 Day Ketogenic Cleanse	166	754	67	27	9	4
eggs in a frame	The 30 Day Ketogenic Cleanse	168	345	23	29	1	0.5
keto pockets	The 30 Day Ketogenic Cleanse	170	271	22	17	1	0
ham and egg cups	The 30 Day Ketogenic Cleanse	172	360	25	32	2	0.2
basil deviled eggs	The 30 Day Ketogenic Cleanse	174	198	18	7	2	1
breakfast salad	The 30 Day Ketogenic Cleanse	176	375	34	11	7	4
dairy-free yogurt	The 30 Day Ketogenic Cleanse	178	101	9	2	2	0.1
snickerdoodle waffles	The 30 Day Ketogenic Cleanse	180	275	23	14	3	2
chocolate waffles	The 30 Day Ketogenic Cleanse	182	305	24	19	3	1
lemon curd dutch baby	The 30 Day Ketogenic Cleanse	184	347	27	23	4	0
chocolate pudding	The 30 Day Ketogenic Cleanse	186	268	22	14	4	1
keto english muffins	The 30 Day Ketogenic Cleanse	188	202	18	7	3	2
bone broth fat bombs	The 30 Day Ketogenic Cleanse	192	27	5.3	2	2.3	0
paleo egg rolls	The 30 Day Ketogenic Cleanse	194	190	13	15	3	2
scotch eggs	The 30 Day Ketogenic Cleanse	196	430	33	33	1	0.2
bacon cannoli	The 30 Day Ketogenic Cleanse	198	199	18	9	0.3	0
chicken tinga wings	The 30 Day Ketogenic Cleanse	200	247	17	19	5	2
lemon pepper wings	The 30 Day Ketogenic Cleanse	202	286	24	16	1	0.5
fried prosciutto-wrapped deviled eggs	The 30 Day Ketogenic Cleanse	204	232	21	10	1	0.1
chicharrón	The 30 Day Ketogenic Cleanse	206	320	28	17	0	0
italian marinated mushrooms	The 30 Day Ketogenic Cleanse	208	153	14	3	4	2
chicken liver pate	The 30 Day Ketogenic Cleanse	210	258	21	15	2	0.3
pickled herring	The 30 Day Ketogenic Cleanse	212	240	14	27	2	0.3

braunschweiger	The 30 Day Ketogenic Cleanse	214	272	22	17	2	0.3
oscar deviled eggs	The 30 Day Ketogenic Cleanse	216	380	35	15	1	0.4
herbaceous salad	The 30 Day Ketogenic Cleanse	220	147	14	2	3	1
asian chicken salad	The 30 Day Ketogenic Cleanse	222	402	35	12	10	7
keto "fruit" salad	The 30 Day Ketogenic Cleanse	224	146	14	1	4	1
warm spring salad	The 30 Day Ketogenic Cleanse	226	380	34	12	7	3
7-layer salad	The 30 Day Ketogenic Cleanse	228	312	27	12	5	1
chopped salad	The 30 Day Ketogenic Cleanse	230	388	33	15	8	4
mixed green salad	The 30 Day Ketogenic Cleanse	232	418	37	17	4	1
panzanella salad	The 30 Day Ketogenic Cleanse	234	480	43	20	4	1
simple crab salad	The 30 Day Ketogenic Cleanse	236	382	27	31	4	1
chopped salad in jars	The 30 Day Ketogenic Cleanse	238	382	31	18	8	3
cleansing ginger soup	The 30 Day Ketogenic Cleanse	240	161	10	16	2	0.2
bone marrow chili con keto	The 30 Day Ketogenic Cleanse	242	366	32	13	6	2
chilled creamy cucumber soup	The 30 Day Ketogenic Cleanse	244	157	14	3	5	2
creamy mushroom soup	The 30 Day Ketogenic Cleanse	246	185	13	11	6	2
hot-and-sour soup with pork meatballs	The 30 Day Ketogenic Cleanse	248	388	30	21	9	4
bok choy and mushrooms with ginger dressing	The 30 Day Ketogenic Cleanse	250	173	15	4	8	4
green curry panna cotta	The 30 Day Ketogenic Cleanse	252	79	7	2	2	0.5
wraps	The 30 Day Ketogenic Cleanse	254	172	13	13	1	0.5
keto bread	The 30 Day Ketogenic Cleanse	256	70	4.3	7.5	0.4	0
crispy chicken skin croutons	The 30 Day Ketogenic Cleanse	258	169	15	8	0.4	0.1
crispy pork belly croutons	The 30 Day Ketogenic Cleanse	260	236	21	12	0	0
zoodles	The 30 Day Ketogenic Cleanse	262	81	1	5	13	4
chiles rellenos	The 30 Day Ketogenic Cleanse	266	444	38	20	6	4
deconstructed spicy chicken stack	The 30 Day Ketogenic Cleanse	268	444	38	20	6	4
easy egg foo young	The 30 Day Ketogenic Cleanse	270	452	38	18	9	6
doro watt chicken salad wraps	The 30 Day Ketogenic Cleanse	272	334	28	20	1	0.3
slow cooker ethiopian spicy chicken stew	The 30 Day Ketogenic Cleanse	274	324	18	33	9	2
california club wraps	The 30 Day Ketogenic Cleanse	276	750	63	30	7	4
chicken oscar	The 30 Day Ketogenic Cleanse	278	397	29	29	5	2
chicken neapolitan	The 30 Day Ketogenic Cleanse	280	378	23	33	12	2
lemon pepper chicken	The 30 Day Ketogenic Cleanse	282	220	17	16	1	1
tom ka gai (thai coconut chicken)	The 30 Day Ketogenic Cleanse	284	478	33	38	8	2
keto greek avgolemono	The 30 Day Ketogenic Cleanse	286	275	20	22	2	1
stewed chicken and sausage	The 30 Day Ketogenic Cleanse	288	415	33	20	10	2
simple slow cooker chicken thighs	The 30 Day Ketogenic Cleanse	290	389	25	39	2	0.3
smothered bacon and mushroom burgers	The 30 Day Ketogenic Cleanse	294	570	45	25	6	2
umami burgers	The 30 Day Ketogenic Cleanse	296	761	55	37	6	2
sloppy joes	The 30 Day Ketogenic Cleanse	298	299	23	20	3	1
reuben meatballs	The 30 Day Ketogenic Cleanse	300	303	22	26	2	0.3

spicy mexican meatballs	The 30 Day Ketogenic Cleanse	302	318	25	21	2	1
herbes de florence meatballs	The 30 Day Ketogenic Cleanse	304	355	28	22	4	1
slow cooker short rib and chorizo stew	The 30 Day Ketogenic Cleanse	306	411	31	25	7	2
slow cooker ropa vieja	The 30 Day Ketogenic Cleanse	308	397	29	29	5	1
chili-stuffed peppers	The 30 Day Ketogenic Cleanse	310	385	27	23	10	4
slow cooker mole short ribs	The 30 Day Ketogenic Cleanse	312	612	54	27	4	1
texas beef sausage	The 30 Day Ketogenic Cleanse	314	377	32	18	4	1
deconstructed BLT filet mignons	The 30 Day Ketogenic Cleanse	316	557	50	22	6	1
steak au poivre for two	The 30 Day Ketogenic Cleanse	318	630	55	21	2	1
steak diane	The 30 Day Ketogenic Cleanse	320	332	20	36	2	1
hunan beef-stuffed peppers	The 30 Day Ketogenic Cleanse	322	480	34	27	17	7
slow cooker short rib tacos	The 30 Day Ketogenic Cleanse	324	296	16	32	6	2
deconstructed egg rolls	The 30 Day Ketogenic Cleanse	328	250	19	14	6	3
pizza meatballs in red gravy	The 30 Day Ketogenic Cleanse	330	369	29	20	7	1
sloppy ottos	The 30 Day Ketogenic Cleanse	332	418	37	19	3	0.4
reuben pork chops	The 30 Day Ketogenic Cleanse	334	670	55	40	4	0.5
slow cooker hot 'n' spicy country-style ribs	The 30 Day Ketogenic Cleanse	336	370	19	47	3	1
chive panna cotta with bacon marmalade	The 30 Day Ketogenic Cleanse	338	210	18	10	2	0.2
slow cooker pastrami-style pork ribs	The 30 Day Ketogenic Cleanse	340	353	18	47	1	1
mexican-style chorizo sausage	The 30 Day Ketogenic Cleanse	342	345	30	18	1	0.2
easy smoked ham hocks	The 30 Day Ketogenic Cleanse	344	228	17	10	9	3
porchetta	The 30 Day Ketogenic Cleanse	346	321	28	17	0.1	0
chorizo sausage and mushroom casserole	The 30 Day Ketogenic Cleanse	348	596	56	17	7	1
slow cooker asian pulled pork lettuce cups	The 30 Day Ketogenic Cleanse	350	548	41	40	5	5
greek meatballs	The 30 Day Ketogenic Cleanse	352	320	26	20	2	0.2
keto BLTs with soft-boiled eggs	The 30 Day Ketogenic Cleanse	354	461	42	16	5	1
spicy tuna stacks	The 30 Day Ketogenic Cleanse	358	466	37	27	7	4
peel-and-eat garlic shrimp	The 30 Day Ketogenic Cleanse	360	369	28	28	1	0.3
hawaiian delight	The 30 Day Ketogenic Cleanse	362	398	33	17	9	6
spicy grilled shrimp with mojo verde	The 30 Day Ketogenic Cleanse	364	365	29	21	5	1
seafood sausage with leek confit	The 30 Day Ketogenic Cleanse	366	469	36	30	6	1
lemon-thyme poached halibut	The 30 Day Ketogenic Cleanse	368	305	29	9	2	1
fried catfish with cajun keto mustard	The 30 Day Ketogenic Cleanse	370	361	33	16	0	0
grilled trout with hollandaise	The 30 Day Ketogenic Cleanse	372	515	48	19	2	1
tom ka plaa (thai coconut fish)	The 30 Day Ketogenic Cleanse	374	360	22.4	32	7	1
spaghetti al tonno	The 30 Day Ketogenic Cleanse	376	275	17	20	11	3
zoodles in clam sauce	The 30 Day Ketogenic Cleanse	378	355	29	16	8	1
pasta puttanesca	The 30 Day Ketogenic Cleanse	379	275	20	5	19	5
poached salmon with creamy dill sauce	The 30 Day Ketogenic Cleanse	380	439	32	34	4	1
keto mocha latte panna cotta	The 30 Day Ketogenic Cleanse	384	210	19	7	3	0.5
chai ice lollies	The 30 Day Ketogenic Cleanse	386	42	4	0.4	1	0.2

bone broth ice pops	The 30 Day Ketogenic Cleanse	388	20	4	1.5	1.7	0
no-bake grasshoppers in jars	The 30 Day Ketogenic Cleanse	390	195	19	3	3	2
no-bake vanilla bean petits fours	The 30 Day Ketogenic Cleanse	392	62	6	1	1	0.1
tom ka gai savory ice cream	The 30 Day Ketogenic Cleanse	394	360	36	5	2	0.3
vanilla bean bread pudding	The 30 Day Ketogenic Cleanse	396	340	25	26	3	1
chai fat bombs	The 30 Day Ketogenic Cleanse	398	335	37	0	1	0.4
lava cakes with mocha ice cream	The 30 Day Ketogenic Cleanse	400	670	68	10	5	3
lemon curd	The 30 Day Ketogenic Cleanse	402	100	10	2	0.3	0
hot fudge sauce	The 30 Day Ketogenic Cleanse	403	79	7	1	3	2
vanilla bean creme anglaise	The 30 Day Ketogenic Cleanse	404	202	21	4	1	0.1
Rib Rub	Quick and Easy Ketogenic Cooking	108	20	0.7	0.9	3	1.4
Seasoned Salt	Quick and Easy Ketogenic Cooking	109	1	0	0	0.15	0
Taco Seasoning	Quick and Easy Ketogenic Cooking	110	8	0.3	0.3	1.3	0.7
Pizza Spice Mix	Quick and Easy Ketogenic Cooking	111	60	2.4	4.4	6.7	1.2
Fat-Burning Immersion Blender Mayo	Quick and Easy Ketogenic Cooking	112	92	10	0.3	0.1	0
Spicy Mayo	Quick and Easy Ketogenic Cooking	113	103	11.2	0.2	0.3	0
Herb Aioli	Quick and Easy Ketogenic Cooking	114	121	13.3	0	0.2	0
Cilantro Lime Sauce	Quick and Easy Ketogenic Cooking	115	124	13.4	0.1	0.8	0
Caesar Dressing	Quick and Easy Ketogenic Cooking	116	222	22.8	2.3	0.4	0
Green Goddess Dressing	Quick and Easy Ketogenic Cooking	117	145	21.4	0.1	0.1	0
Dairy-Free Ranch Dressing	Quick and Easy Ketogenic Cooking	118	123	13.4	0.3	0.2	0
Blue Cheese Dressing	Quick and Easy Ketogenic Cooking	119	90	8.4	3.2	0.7	0
Easy French Dressing	Quick and Easy Ketogenic Cooking	120	187	19.4	0.5	1.3	0
Simple Taco Salad Dressing	Quick and Easy Ketogenic Cooking	121	123	13.3	0.8	0.1	0
Creamy Tarragon Keto Sauce	Quick and Easy Ketogenic Cooking	122	94	10.3	0.1	0.2	0
Keto Fry Sauce	Quick and Easy Ketogenic Cooking	123	62	6.7	0.1	0.4	0
Homemade Sriracha	Quick and Easy Ketogenic Cooking	124	5	0.5	0	0.1	0
BBQ Sauce	Quick and Easy Ketogenic Cooking	125	19	0.2	1.2	3.3	0.6
White BBQ Sauce	Quick and Easy Ketogenic Cooking	126	149	14	0.5	1	0
Easy Ketchup	Quick and Easy Ketogenic Cooking	127	24	1.3	0.9	2.1	0
Alfredo Sauce	Quick and Easy Ketogenic Cooking	128	302	31	7.4	0.6	0
Minute Hollandaise	Quick and Easy Ketogenic Cooking	129	231	25.3	1.6	0.6	0
Simple Chimichurri Sauce	Quick and Easy Ketogenic Cooking	130	51	5.3	0.1	0.3	0
Homemade Almond Milk	Quick and Easy Ketogenic Cooking	131	55	5	1.2	1.6	1
Simple Slow cooker Bone Broth	Quick and Easy Ketogenic Cooking	132	20	4	1.5	1.7	0
Slow Cooker Roasted Garlic	Quick and Easy Ketogenic Cooking	134	30	1.9	0.6	3.3	0
Olive Salsa	Quick and Easy Ketogenic Cooking	135	116	11.1	0.5	3.8	1
Guacamole	Quick and Easy Ketogenic Cooking	136	220	20	2.6	11	7.4
Dairy-Free Minute "Cream Cheese" Spread	Quick and Easy Ketogenic Cooking	138	268	28.1	2.5	1.5	0.7
Orange Marmalade	Quick and Easy Ketogenic Cooking	139	4	0	1	0	0
Orange Cream Shake	Quick and Easy Ketogenic Cooking	142	215	20.6	4.6	2.1	0

Creme de Menthe Shake	Quick and Easy Ketogenic Cooking	144	238	21.2	8.5	3.9	2
Dairy-Free Chocolate Shake	Quick and Easy Ketogenic Cooking	145	664	70.6	8.2	1.2	0
Spring Popovers	Quick and Easy Ketogenic Cooking	146	110	9.7	5.3	0.8	0
Eggs in Purgatory	Quick and Easy Ketogenic Cooking	148	488	38.7	27.5	7	1.7
Tex-Mex Breakfast Gravy	Quick and Easy Ketogenic Cooking	149	131	11.8	5.6	0.6	0
Minute English Muffin	Quick and Easy Ketogenic Cooking	150	188	16.7	6.7	3.3	2
Cinnamon Roll Minute Muffins	Quick and Easy Ketogenic Cooking	152	311	28.1	7.7	8.4	5.3
Dairy-Free Milk Chocolate Protein Bars	Quick and Easy Ketogenic Cooking	154	238	23	4	2.5	1.5
Strawberry Cheesecake Protein Bars	Quick and Easy Ketogenic Cooking	156	280	30.6	2.7	0.7	0
Cream of No-Wheat Cereal w/heavy cream	Quick and Easy Ketogenic Cooking	157	645	65.5	13.4	2.4	0
Cream of No-Wheat Cereal w/coconut milk	Quick and Easy Ketogenic Cooking	157	691	69.8	14.4	5	1.8
Chocolate Breakfast Custard	Quick and Easy Ketogenic Cooking	158	237	21	5	6	2
Chorizo Breakfast Patties	Quick and Easy Ketogenic Cooking	160	602	55.1	22.8	2	0
Pizza Muffins	Quick and Easy Ketogenic Cooking	162	256	19.3	17.4	4.4	0
Taco Breakfast Bake	Quick and Easy Ketogenic Cooking	164	301	22.4	21.8	2.5	0
Healthy Hash Browns	Quick and Easy Ketogenic Cooking	166	204	18.5	6.7	5.3	2.1
Green Eggs and Ham	Quick and Easy Ketogenic Cooking	168	278	22.7	15.8	2.2	0
Breakfast Burritos	Quick and Easy Ketogenic Cooking	169	596	47.7	37.7	3.4	0
Amuse-Bouche platter	Quick and Easy Ketogenic Cooking	172	346	24	28	5.6	1.6
BLT "Chips" and Dip	Quick and Easy Ketogenic Cooking	173	119	10.5	4.9	1.9	0.9
Italian Poppers	Quick and Easy Ketogenic Cooking	174	185	11.2	18.5	3.7	1.2
Amazing Cheese Puffs w/gouda	Quick and Easy Ketogenic Cooking	175	130	11	8	0	0
Amazing Cheese Puffs w/parmesan	Quick and Easy Ketogenic Cooking	175	111	8	10.1	0	0
Cheesy Fried Ravioli	Quick and Easy Ketogenic Cooking	176	315	25.5	22.5	1.2	0
Popsicle Crudites with Dill Dip	Quick and Easy Ketogenic Cooking	178	163	16	3.2	2.5	0
Tomato Tulips	Quick and Easy Ketogenic Cooking	180	77	6.7	2	2.9	0
Purple Pickled Eggs	Quick and Easy Ketogenic Cooking	182	64	4.4	5.6	0.5	0
Baked Bacon-Wrapped Pickles	Quick and Easy Ketogenic Cooking	183	106	9	5.3	1.1	1.1
Classic Deviled Eggs	Quick and Easy Ketogenic Cooking	184	124	11.1	5.6	0.4	0
Sriracha Deviled Eggs	Quick and Easy Ketogenic Cooking	185	124	11.1	5.6	0.4	0
Teriyaki Jerky	Quick and Easy Ketogenic Cooking	186	84	4	16.9	0	0
Dad's Tenderloin Bites	Quick and Easy Ketogenic Cooking	188	299	18	36	0.4	0
Paleo Deep-Fried Mushrooms	Quick and Easy Ketogenic Cooking	190	93	7.6	4.6	1.8	0.6
Primal Sliders	Quick and Easy Ketogenic Cooking	191	595	40	55	5	1.4
Chili Lime Wings	Quick and Easy Ketogenic Cooking	192	428	35.1	26.4	2.6	0
Eggs Gribiche (as started - 4 servings)	Quick and Easy Ketogenic Cooking	193	229	20.7	8.5	0.9	0
Eggs Gribiche (as main dish - 2 servings)	Quick and Easy Ketogenic Cooking	193	458	17	17	1.8	0
Zucchini Chips	Quick and Easy Ketogenic Cooking	194	150	10.8	10	4.2	1.2
Prosciutto and Arugula Roll-Ups	Quick and Easy Ketogenic Cooking	198	116	9.6	6.2	1.2	0
Mini Pastrami Roll-Ups	Quick and Easy Ketogenic Cooking	199	197	13.5	14.9	4	1.6
Turkey Sushi	Quick and Easy Ketogenic Cooking	200	406	31.7	24.6	5.4	0.7

Philly Cheesesteak Roll-Ups	Quick and Easy Ketogenic Cooking	202	312	19.3	30.5	3.1	0.7
Slow Cooker BBQ Pork Wraps	Quick and Easy Ketogenic Cooking	203	425	32.6	7.8	3.1	1
Easy Tuna Salad Wraps	Quick and Easy Ketogenic Cooking	204	441	37.2	23.9	0.8	0
Sardine Salad Wraps	Quick and Easy Ketogenic Cooking	206	386	28.5	31.2	0.9	0
Slow Cooker BBQ Chicken Wraps	Quick and Easy Ketogenic Cooking	207	308	18.6	29.6	3.2	0.3
Slow Cooker Chicken Caesar Wraps	Quick and Easy Ketogenic Cooking	208	517	35.7	43	3	0.6
Slow cooker Beef Barbacoa Wraps	Quick and Easy Ketogenic Cooking	210	388	15.2	56.5	2.5	0
Zucchini Tortillas	Quick and Easy Ketogenic Cooking	212	106	7.4	6.9	3.6	1.3
Broccoli "Noodle" Cheese Soup	Quick and Easy Ketogenic Cooking	216	232	19.2	8.7	2.4	0.6
Easy Tomato Soup with Grilled Cheese	Quick and Easy Ketogenic Cooking	218	412	33.4	17.3	10.9	1.8
Simple Salade Nicoise	Quick and Easy Ketogenic Cooking	220	393	34.9	13.4	5	0.8
Chicken "Noodle" Soup	Quick and Easy Ketogenic Cooking	222	309	21.2	22	4.9	0.7
South of the Border Salad	Quick and Easy Ketogenic Cooking	223	471	35	32.5	5.7	1.7
Cucumber Salad	Quick and Easy Ketogenic Cooking	224	161	14.2	1.4	7.3	1.1
Wedge Salad	Quick and Easy Ketogenic Cooking	225	204	18.4	6.3	4.2	1
7-Minute Chopped Salad	Quick and Easy Ketogenic Cooking	226	331	22	24.7	8.4	1.8
Fish Tacos	Quick and Easy Ketogenic Cooking	230	385	29.5	31.4	1.6	0.4
Arctic Char with Olive Salsa	Quick and Easy Ketogenic Cooking	232	439	33.6	32.5	1.1	0
Crab-Stuffed Avocado with Lime	Quick and Easy Ketogenic Cooking	234	434	36	11	12	10
Shrimp and Grits	Quick and Easy Ketogenic Cooking	235	620	53.6	32.2	3.1	0
Fish Sticks	Quick and Easy Ketogenic Cooking	236	362	27.4	29.6	0.3	0
Masala Mussels	Quick and Easy Ketogenic Cooking	238	412	28.2	28.8	11.4	7.4
King Crab Legs with Garlic Butter	Quick and Easy Ketogenic Cooking	240	376	30.1	21.7	2.8	0.6
Slow Cooker Chicken Fajitas	Quick and Easy Ketogenic Cooking	244	342	27	18	6	2
Slow Cooker Chimichurri Chicken	Quick and Easy Ketogenic Cooking	245	505	31.4	49.8	1.7	0.7
Chicken Alfredo	Quick and Easy Ketogenic Cooking	246	468	42.4	21.3	1.1	0
Mushroom Alfredo	Quick and Easy Ketogenic Cooking	246	339	33	9.3	4.8	1.1
Grilled Chicken with White BBQ Sauce	Quick and Easy Ketogenic Cooking	248	476	41.8	20	5.2	2.7
Double-Fried Chicken	Quick and Easy Ketogenic Cooking	249	230	18.4	19	0.5	0
Slow Cooker Laotian Chicken and Herbs (Larb)	Quick and Easy Ketogenic Cooking	250	438	28.3	39.5	3.6	0.8
Slow Cooker "Butter" Chicken	Quick and Easy Ketogenic Cooking	252	472	32.5	37.4	5.8	0.9
Naan	Quick and Easy Ketogenic Cooking	252	64	4.5	5.2	0.6	0.5
Chicken "Noodle" Stir-Fry	Quick and Easy Ketogenic Cooking	254	296	18.7	25.6	5.3	2
Marinated Tenderloin with Bordelaise Mushrooms	Quick and Easy Ketogenic Cooking	258	344	21.1	34.6	0.8	0
Grandma Nancy's Italian Beef	Quick and Easy Ketogenic Cooking	259	331	12.1	51	1.5	0.5
Easy Campfire Casserole	Quick and Easy Ketogenic Cooking	260	301	21.9	19.7	8.2	2.5
Slow Cooker Sweet-n-Spicy Short Ribs	Quick and Easy Ketogenic Cooking	262	609	56	21	1.4	0
Easy Corned Beef "Hash"	Quick and Easy Ketogenic Cooking	263	332	46.3	22.8	4.1	2.8
Upside-Down Pizza	Quick and Easy Ketogenic Cooking	264	458	36.3	28.5	2	0.8
Skillet Lasagna	Quick and Easy Ketogenic Cooking	266	311	16.1	27.6	13.3	1.7
Open-Faced Hamburgers on "Buns"	Quick and Easy Ketogenic Cooking	268	339	26.7	20.5	3	0.9

Taco Bar Night	Quick and Easy Ketogenic Cooking	270	354	22.4	31.7	5	1.8
Taco Shells or Bowls	Quick and Easy Ketogenic Cooking	271	65	5	5	0	0
Roasted Bone Marrow	Quick and Easy Ketogenic Cooking	272	500	56	0	0	0
Slow Cooker Osso Buco	Quick and Easy Ketogenic Cooking	274	347	17	44.6	2.4	0.8
Basted Rib-Eye Steak	Quick and Easy Ketogenic Cooking	276	474	44	21.3	0.8	0
Mexican Meatloaf Cupcakes	Quick and Easy Ketogenic Cooking	278	430	29.8	39.2	1.2	0.6
20-Minute Ground Lamb Casserole	Quick and Easy Ketogenic Cooking	280	256	17.1	14.6	11	3
Grilled Lamb Chops with Mint Aioli	Quick and Easy Ketogenic Cooking	282	862	76	38.2	0.4	0
Broccoli Carbonara	Quick and Easy Ketogenic Cooking	286	216	12.3	19	8	2.7
Pigs in a Bacon Blanket	Quick and Easy Ketogenic Cooking	287	300	24	19.5	1.5	0
Brats with Simple Coleslaw	Quick and Easy Ketogenic Cooking	288	581	47.3	29.2	9.9	2.5
Sweet-n-Sour Country-Style Ribs over Zoodles	Quick and Easy Ketogenic Cooking	290	476	28.1	45.5	7.3	1.4
Slow Cooker Pork Ragu over Paleo Polenta	Quick and Easy Ketogenic Cooking	291	660	51	40	11	4
Deconstructed BLT with Pork Belly	Quick and Easy Ketogenic Cooking	292	659	60.9	26.6	0.8	0
Schweinshaxen	Quick and Easy Ketogenic Cooking	294	668	45.9	58.1	2.3	1
Goat Cheese Panna Cotta with Crispy Prosciutto and Fried Basil	Quick and Easy Ketogenic Cooking	296	264	21.6	16.1	1	0
Mushroom Ragu	Quick and Easy Ketogenic Cooking	300	246	18.5	10.6	9.8	2.4
Cheesy Grits	Quick and Easy Ketogenic Cooking	302	408	37.8	16.9	1.1	0
Creamy Cilantro-Lime Pasta	Quick and Easy Ketogenic Cooking	303	3	35	1.6	5.7	1.6
Pizza Sticks	Quick and Easy Ketogenic Cooking	304	372	30.8	18.8	6.2	0.5
Easy as Portobello Pizza Pie	Quick and Easy Ketogenic Cooking	306	392	27	27	10	2
Zoodles Two Ways	Quick and Easy Ketogenic Cooking	308	18	0.2	1.4	3.8	1.2
Bordelaise Mushrooms	Quick and Easy Ketogenic Cooking	310	128	11.6	1.9	3.5	0.7
Curry Braised Cucumbers	Quick and Easy Ketogenic Cooking	311	78	7	0.6	3.5	0.6
Grilled Radicchio with Sweet-and-Sour Hot Bacon Dressing	Quick and Easy Ketogenic Cooking	312	126	11.6	3.2	2.1	0
Caramelized Endive	Quick and Easy Ketogenic Cooking	313	103	7	3	8	7.8
Easy Homemade Sauerkraut	Quick and Easy Ketogenic Cooking	314	32	0.1	1.4	6.6	2.8
Easy Kimchi	Quick and Easy Ketogenic Cooking	316	61	1	3	10	3
Refrigerator Pickles	Quick and Easy Ketogenic Cooking	318	10	0.1	0.4	2.3	0
Paleo Polenta	Quick and Easy Ketogenic Cooking	320	136	9.2	6.3	8.3	3.6
Deconstructed Creme Brulee	Quick and Easy Ketogenic Cooking	324	186	16	7.3	3.9	0
Grand Marnier Fat Bombs	Quick and Easy Ketogenic Cooking	325	275	31	0	0	0
Crispy Vanilla Fat Bombs	Quick and Easy Ketogenic Cooking	326	89	10.8	0	0	0
Crispy Maple Bacon Fat Bombs	Quick and Easy Ketogenic Cooking	328	137	14.1	2.5	0	0
Frozen Orange Cream Bites	Quick and Easy Ketogenic Cooking	330	138	14.8	0.8	0.8	0
Frozen Snickerdoodle Cream Bites	Quick and Easy Ketogenic Cooking	332	138	14.8	0.8	0.8	0
Strawberry Cheesecake in Jars	Quick and Easy Ketogenic Cooking	334	220	21.3	3.4	5.4	1.7
Paletas w/coconut milk	Quick and Easy Ketogenic Cooking	336	156	15.2	1.6	3.2	0
Paletas w/heavy cream	Quick and Easy Ketogenic Cooking	336	114	12	0.9	1.3	0
Orange Cream Push Pops	Quick and Easy Ketogenic Cooking	337	99	9.9	2.1	0.8	0
Key Lime Curd	Quick and Easy Ketogenic Cooking	338	94	9.4	2	0.4	0

Key Lime Fat Bombs	Quick and Easy Ketogenic Cooking	340	98	9.4	3.3	0.3	0
Key Lime Ice Cream	Quick and Easy Ketogenic Cooking	342	212	22.7	2	0.4	0
Coffee Ice Cream	Quick and Easy Ketogenic Cooking	343	332	35.3	4.1	1.1	0
Hibiscus Berry Ice Cream	Quick and Easy Ketogenic Cooking	344	331	35.3	4.1	1.1	0
Chai Ice Cream	Quick and Easy Ketogenic Cooking	345	225	23.5	2.8	1.7	0
Dreamy Chai Float	Quick and Easy Ketogenic Cooking	346	225	23.5	2.8	1.7	0
Savory Pizza Gelato	Quick and Easy Ketogenic Cooking	347	225	23.9	2.9	0.8	0
Egg-Free Ice Cream	Quick and Easy Ketogenic Cooking	348	225	20.9	1.9	8.7	6.8
Dairy-Free Chocolate Ice Cream Coating	Quick and Easy Ketogenic Cooking	349	139	14	1	3	1.6
Butterscotch Mousse	Quick and Easy Ketogenic Cooking	350	129	12.9	1.9	0.9	0
French Silk Mousse	Quick and Easy Ketogenic Cooking	351	218	21.5	3.4	2.8	0.8
Gummy Bears	Quick and Easy Ketogenic Cooking	352	44	4.3	0.5	0.9	0
Bananas Foster Fudge	Quick and Easy Ketogenic Cooking	353	202	21.9	1.6	0.5	0
Flourless Fudgy Brownies	Quick and Easy Ketogenic Cooking	354	150	14	3	3	1
Buttermints	Quick and Easy Ketogenic Cooking	356	136	15.3	0.2	0	0
Smoked Brisket	Quick and Easy Ketogenic Cooking	362	410	14.1	68.8	0	0
Smoked Beef Long Ribs	Quick and Easy Ketogenic Cooking	364	748	61.7	45.5	4.4	2.4
Smoked Baby Back Ribs	Quick and Easy Ketogenic Cooking	366	562	47.4	31.6	0	0
Smoked Pork Shoulder	Quick and Easy Ketogenic Cooking	368	599	46.8	3.9	3.3	1.8
Smoked Salmon	Quick and Easy Ketogenic Cooking	370	250	11.7	36.7	0	0
Pan-Fried Smoked Cauliflower Steaks	Quick and Easy Ketogenic Cooking	372	121	10.4	1.9	6	3
Pan-Fried Smoked Eggplant	Quick and Easy Ketogenic Cooking	374	316	30.6	2.2	9.1	4.7
Slow Cooker Bone Broth	The Ketogenic Cookbook	42	13	0	1.5	1.7	0
Herb-Infused Compound "Butter"	The Ketogenic Cookbook	44	123	13	0.2	1.4	0
Roasted Garlic	The Ketogenic Cookbook	46	97	4.8	2.3	11.5	0.8
Dairy-Free Hollandaise	The Ketogenic Cookbook	47	241	26	1.4	0.6	0
Sweet-N-Spicy Mustard	The Ketogenic Cookbook	48	21	1.1	1	1.7	0.6
Dijon Mustard	The Ketogenic Cookbook	49	18	1	0.9	1.4	0.5
Rosemary Thyme Mustard	The Ketogenic Cookbook	50	15	0.8	0.7	1.2	0.5
BBQ Mustard	The Ketogenic Cookbook	50	19.5	1.4	0.6	1.2	0.3
Tartar Sauce	The Ketogenic Cookbook	52	121	13.3	0	0.5	0
"Honey" Dressing	The Ketogenic Cookbook	53	78	8.5	0.3	0.1	0
Dairy-Free Avocado Ranch Dressing	The Ketogenic Cookbook	54	86	8	1.8	2.6	1.1
Ranch Dressing	The Ketogenic Cookbook	55	69	6.6	1.7	0.7	0
Dairy-Free Thousand Island Dressing	The Ketogenic Cookbook	56	59	4.9	0.2	3.8	1.2
Fat-Burning Salad Dressing	The Ketogenic Cookbook	57	174	18.7	0.1	0.1	0
Greek Salad Dressing	The Ketogenic Cookbook	58	139	14.3	0.5	2.1	1.1
Tomato Sauce	The Ketogenic Cookbook	59	46	3.6	0.6	2.9	0.7
Yellow Marinara Sauce	The Ketogenic Cookbook	60	48	2.5	0.9	5.5	0.9
Keto Ketchup	The Ketogenic Cookbook	62	17	0.2	1	2.7	0.5
Keto BBQ Sauce	The Ketogenic Cookbook	63	15	0	0	3.7	0

Dairy-Free Nacho Cheese Sauce	The Ketogenic Cookbook	64	416	42.4	4.7	3.9	1.4
Copycat Baconnaise	The Ketogenic Cookbook	65	120	13.3	0	0	0
Brown Butter Bearnaise	The Ketogenic Cookbook	66	93	9.1	2.2	0.9	0
Brown Butter	The Ketogenic Cookbook	68	208	23	0.3	0	0
Fat-Burning Chimichurri Sauce	The Ketogenic Cookbook	70	67	7.1	0.2	0.5	0
Enchilada Sauce	The Ketogenic Cookbook	72	59	4.2	1.6	3.7	2
Taco Seasoning	The Ketogenic Cookbook	74	16	0.6	0.5	2.2	1.1
Seafood Seasoning	The Ketogenic Cookbook	75	23	0.4	0.8	4	1.5
Brown Butter Syrup	The Ketogenic Cookbook	78	77	8.4	0.2	0.2	0
Keto Pancakes and Syrup	The Ketogenic Cookbook	82	170	15	8.2	0.6	0
French Scrambled Eggs	The Ketogenic Cookbook	83	476	37	32	4.4	0.6
Dairy-Free Breakfast Pizza	The Ketogenic Cookbook	84	571	53.5	19.5	5.8	5
Floating Islands	The Ketogenic Cookbook	86	181	14.2	10.5	1.7	1
Creamy Zucchini Hash Browns	The Ketogenic Cookbook	88	436	46	3	2.3	0.4
Keto Bagels	The Ketogenic Cookbook	90	119	8.9	7.8	2	1
Bagels and Lox	The Ketogenic Cookbook	90	171	12.8	9.3	4.7	1
Breakfast Sushi	The Ketogenic Cookbook	92	717	63	28	10.3	5
Creamy Breakfast Shake	The Ketogenic Cookbook	94	213	18.6	6.4	5.3	3
Dairy-Free Key Lime Shake	The Ketogenic Cookbook	96	397	40.8	8.1	1.8	0
Ham-N-Cheese Mini Quiches	The Ketogenic Cookbook	98	253	16.1	21.9	4.8	1.1
Avocado Egg Cups	The Ketogenic Cookbook	100	490	45.8	10.7	11.6	7.6
Strawberry Popovers with Strawberry "Butter"	The Ketogenic Cookbook	102	308	30	8.6	1.7	0
Caramel Apple Dutch Baby	The Ketogenic Cookbook	104	698	67	23	3.5	0.7
Mock Apple Porridge	The Ketogenic Cookbook	106	528	51.9	13.4	2.6	0
Keto Soft-Boiled Eggs	The Ketogenic Cookbook	108	260	20.5	17.9	1.4	0
Breakfast Lasagna	The Ketogenic Cookbook	110	423	29.5	34.5	4.9	0
Ham-N-"Cheese" Omelet	The Ketogenic Cookbook	112	552	48	25	4.9	0.7
Salmon and Chive Omelet	The Ketogenic Cookbook	114	357	27.6	26.1	2	0
Herb Goat Cheese Omelet	The Ketogenic Cookbook	115	445	35.9	28.8	2.2	0
Mushroom and Onion Omelet	The Ketogenic Cookbook	116	455	38.8	24	3.9	0.6
Maple Bacon Breakfast Patties	The Ketogenic Cookbook	118	334	27	21.4	0.7	0
Chai Muffins	The Ketogenic Cookbook	120	218	21.6	3.7	3.2	2.1
Huevos Rancheros	The Ketogenic Cookbook	122	524	39	35	9.5	4.4
French Toast Custard	The Ketogenic Cookbook	124	332	31	6.9	5.2	0
Herb Salmon Dip	The Ketogenic Cookbook	128	145	12.8	6.9	1	0
Antipasti Platter	The Ketogenic Cookbook	129	289	21.9	18.8	4.1	0.9
Beef Carpaccio	The Ketogenic Cookbook	130	256	17.8	21.7	1.9	0.6
Curry Chicken Stuffed Endive	The Ketogenic Cookbook	132	378	32.8	15.3	7.2	4.9
Grilled Halloumi with Prosciutto and Pesto	The Ketogenic Cookbook	134	185	15	11.3	1.3	0
Pan-Fried Prosciutto-Wrapped String Cheese	The Ketogenic Cookbook	135	334	28.4	17.3	2	0
Celery Boats	The Ketogenic Cookbook	136	192	17.2	7	3.2	1.5

Ham Salad	The Ketogenic Cookbook	138	189	17.1	6.7	1.8	0.5
Mini Frico Cups	The Ketogenic Cookbook	140	131	10.1	9.1	1.4	0
BLT Bites	The Ketogenic Cookbook	142	274	25	10	3	0
Nirvana Meatballs	The Ketogenic Cookbook	144	282	22.3	19.2	1	0
Easy Greek Meze	The Ketogenic Cookbook	146	120	8.3	4.9	7.1	1.6
Spring Rolls	The Ketogenic Cookbook	148	288	22	19	3.5	0.6
Bacon-Wrapped Cheese Curds	The Ketogenic Cookbook	150	317	27.5	10.9	7.6	0.6
Nacho Cheese Crisps	The Ketogenic Cookbook	152	57	3.5	4.6	1.8	0.7
BBQ Meatloaf	The Ketogenic Cookbook	156	569	36.8	48.9	8.4	2.2
Asian Meatballs	The Ketogenic Cookbook	158	403	28	33.2	3.1	0
Steak with Brown Butter Bearnaise	The Ketogenic Cookbook	160	761	59.6	52.4	0.3	0
Meaty Spaghetti	The Ketogenic Cookbook	162	468	30	33.6	15.2	4.1
Slow-Cooker Beefy Asian Noodles	The Ketogenic Cookbook	164	286	18.1	23.4	6.9	2.3
Chimichurri Flank Steak	The Ketogenic Cookbook	166	391	27.5	31.7	2.8	0.6
Teriyaki Steak Roll-Ups with Sautéed Mushrooms	The Ketogenic Cookbook	168	821	66	45.9	8	1.6
Swedish Meatballs	The Ketogenic Cookbook	170	426	32.1	31.3	2.1	0
Reubens	The Ketogenic Cookbook	172	291	23.6	10.6	9.1	1.6
Slow-Cooker BBQ Short Ribs	The Ketogenic Cookbook	174	749	68.6	28.4	1.8	0.5
Philly "Cheese" Steak Stuffed Portobellos	The Ketogenic Cookbook	176	651	57	31	5	1.3
Taco Salad in a Crispy Cheese Bowl	The Ketogenic Cookbook	178	363	24.3	29.5	9.6	2.3
Braised Lamb Shanks and Mushrooms	The Ketogenic Cookbook	180	465	25.9	51.1	6.8	2.2
Lamb Tikka Masala	The Ketogenic Cookbook	182	489	37.8	29.7	6.8	1.2
Zucchini Tot Hot Dish	The Ketogenic Cookbook	184	457	35	30.5	4.8	1.2
Easy Mortadella Ravioli	The Ketogenic Cookbook	188	677	55.6	34.7	9.1	0.8
Smoked Pork Chops with Apple Glaze	The Ketogenic Cookbook	190	418	36.6	19	3	1.4
Kielbasa and Braised Cabbage	The Ketogenic Cookbook	192	351	26.1	17.1	12.2	4.2
Asian Lettuce Wraps	The Ketogenic Cookbook	194	468	25.9	44.5	14.2	3.9
Pork Belly in Aromatic Spices	The Ketogenic Cookbook	196	350	28.8	18.3	5.3	2.6
Stromboli	The Ketogenic Cookbook	198	355	27.9	21.6	4.8	1.2
Mini Lettuce Wraps	The Ketogenic Cookbook	200	339	27.3	14.5	10.5	4.6
Armadillo Eggs	The Ketogenic Cookbook	202	764	66.7	36.6	2.4	1
Lasagna Roll-Ups	The Ketogenic Cookbook	206	467	25.7	50	9.3	2.6
Buffalo Chicken Stuffed Avocados	The Ketogenic Cookbook	208	475	40	23	8	6.5
Zesty Chicken Pizza	The Ketogenic Cookbook	210	610	41.2	55.2	6	0.5
Deep Dish BBQ Chicken Pizza	The Ketogenic Cookbook	212	617	42	51.8	5.2	0
Chicken Enchiladas	The Ketogenic Cookbook	214	602	39.6	47.3	14	4.6
Herb and Ricotta Rotolo	The Ketogenic Cookbook	216	386	14.2	60.5	5.3	1.7
Brown Butter Chicken and "Pasta"	The Ketogenic Cookbook	218	459	37.6	24.7	5.9	2.4
Duck Confit	The Ketogenic Cookbook	220	675	57.8	29	5.5	0.7
Gumbo	The Ketogenic Cookbook	222	330	25.3	20.1	5.7	1.7
BBQ Chicken and "Faux" Tatoes	The Ketogenic Cookbook	224	519	25.9	67.5	4	1

Chicken a la King	The Ketogenic Cookbook	226	358	28.1	21.1	6.1	1.5
Creamy Chicken Casserole	The Ketogenic Cookbook	228	283	25.9	10.5	2.9	1.4
Grilled Halibut with Smoky Avocado Cream	The Ketogenic Cookbook	232	525	28.8	60	4.9	3.6
Shrimp Po' Boys	The Ketogenic Cookbook	234	516	34	39	14	3.8
Gravlax	The Ketogenic Cookbook	236	247	13.4	31	0.4	0
Gravlax Sushi	The Ketogenic Cookbook	238	226	18.6	10.7	4.8	2.4
Seafood Salad	The Ketogenic Cookbook	240	503	31.9	42.6	9.7	1.3
Grandpa Joe's Barramundi	The Ketogenic Cookbook	242	580	44	43.9	1.5	0
Grilled Whole Mackerel with Homemade Tartar Sauce	The Ketogenic Cookbook	244	509	37.6	42.7	1.5	0
Grilled Trout with Lemon-Thyme Glaze	The Ketogenic Cookbook	246	369	21	41.6	3.8	1.1
Canned Salmon	The Ketogenic Cookbook	248	162	7.2	21	3.6	1
Broiled Sesame-Orange Salmon	The Ketogenic Cookbook	250	531	42.8	25.6	11.5	4.5
Shrimp Scampi with Cabbage Noodles	The Ketogenic Cookbook	252	514	37.3	30.3	15.3	4.9
Fried Parmesan Tomatoes	The Ketogenic Cookbook	256	209	19	7	2.3	0
Creamy "Mac" -N-Cheese	The Ketogenic Cookbook	258	241	23.3	7.5	1.8	0
Yellow Tomato and Burrata Salad	The Ketogenic Cookbook	260	281	24.1	12	4	1.1
Toasted Open-Face Brie and Tomato Sandwich	The Ketogenic Cookbook	261	310	27	13.5	2.7	0.7
Yellow Tomato Soup and Grilled Cheese	The Ketogenic Cookbook	262	463	37	26.3	8	1.2
Deep Dish Alfredo Pizza with Mushrooms	The Ketogenic Cookbook	264	506	47	17.4	5	0.5
Pizza Margherita	The Ketogenic Cookbook	266	199	12.8	17	5	1.6
Mini Egg Salad Sandwiches	The Ketogenic Cookbook	268	433	36	23.5	4	0
Dutch Baby Pizza with "Honey" Dressing	The Ketogenic Cookbook	270	493	38	29.7	6.8	1.2
Slow Cooker Pesto pasta with Crispy Basil	The Ketogenic Cookbook	272	359	34.1	9.4	2.6	0.6
Keto Bread	The Ketogenic Cookbook	276	70	4.3	7.5	0.4	0
Keto Naan	The Ketogenic Cookbook	278	64	4.5	5.2	0.6	0.5
Braised Swiss Chard	The Ketogenic Cookbook	279	199	14.5	11	7	3
Braised Cabbage	The Ketogenic Cookbook	280	191	14.2	3.1	13	5.8
Slow Cooker Cabbage "Pasta"	The Ketogenic Cookbook	282	147	11.7	2.5	8.4	4.5
Zucchini "Pasta"	The Ketogenic Cookbook	284	20	0	1	4	1
Brown Butter Mushrooms	The Ketogenic Cookbook	286	131	11.4	3	4.8	1.7
Creamy Coleslaw	The Ketogenic Cookbook	288	162	13.6	2.1	9.4	3.9
BLT Coleslaw	The Ketogenic Cookbook	289	258	20.7	5.5	14.4	1.7
Paleo Onion Rings	The Ketogenic Cookbook	290	242	16.1	15.5	7.9	1.6
Avocado Fries	The Ketogenic Cookbook	291	635	51.6	30.6	12	7.8
Fried Pickles	The Ketogenic Cookbook	292	191	17.5	7	2	0
Buffalo Chicken Deviled Eggs	The Ketogenic Cookbook	294	149	11.7	10.2	1.1	0
Cheddar Deviled Eggs	The Ketogenic Cookbook	296	175	15.2	9.1	0.8	0
Spinach Dip	The Ketogenic Cookbook	298	342	31.2	11.8	4.6	1
Zucchini Tots	The Ketogenic Cookbook	300	116	8.2	7.6	3.3	1.2
Chocolate Gingerbread Cookies	The Ketogenic Cookbook	306	51	4.7	1.1	1.2	0.7
Gingerbread House	The Ketogenic Cookbook	308	813	16.7	24.8	140.8	76.2

Dairy-Free Keto Vanilla Bean Ice Cream	The Ketogenic Cookbook	310	210	21.4	3.2	1.6	0
Dary-Free Keto Chocolate Ice Cream with Cherry Glaze	The Ketogenic Cookbook	312	249	25.3	3.5	2.1	0.6
Easy Mocha Fudge Truffles	The Ketogenic Cookbook	314	116	11.5	1.5	1.6	0.5
Chocolate Mocha Cake Pops	The Ketogenic Cookbook	316	325	30.5	6.3	5.3	3.7
Strawberry Truffles	The Ketogenic Cookbook	318	153	16.3	1.1	0	0
Chocolate Mint Cookies	The Ketogenic Cookbook	320	304	28.6	5.9	7.3	3.7
Dark Chocolate Raspberry Fat Bombs	The Ketogenic Cookbook	322	220	24	0.3	0.9	0
Chocolate Berry Pie	The Ketogenic Cookbook	324	177	15.6	7	2.8	1.6
Caramel Apple Fudge	The Ketogenic Cookbook	326	205	22	1.6	0.6	0
Dairy-Free Chocolate Egg Cream	The Ketogenic Cookbook	327	78	7.3	1.1	2.1	0
Cookie Dough Brownies	The Ketogenic Cookbook	328	427	41.6	6.5	6.4	4.2
Dairy-Free Chocolate Syrup	The Ketogenic Cookbook	330	33	3.1	0.4	0.9	0
Chocolate Creme de Menthe Pops	The Ketogenic Cookbook	332	96	8.3	2.7	2.9	1.5
Pumpkin Pie Frozen Custard	The Ketogenic Cookbook	334	112	11.2	1.8	1.2	0
Cinnamon Swirl Cheesecake	The Ketogenic Cookbook	336	252	19.7	12.2	6.8	1.3
Chai Panna Cotta	The Ketogenic Cookbook	338	176	16.3	3	4.1	0
Lemon Curd Ice Cream	The Ketogenic Cookbook	340	101	10	2.3	0.5	0
Almond Roca Mocha Cake	The Ketogenic Cookbook	342	375	36.9	6.4	4.4	2
Iced Mocha Pops	The Ketogenic Cookbook	344	251	25.3	3.2	3.1	1.2
Easy Toffee Fudge Pops	The Ketogenic Cookbook	346	46	2.7	2.8	2.6	0
Chai "Sugar"	The Ketogenic Cookbook	348	3	0	0	0.5	0
Chai Streusel Candy	The Ketogenic Cookbook	349	91	10.2	0	0.1	0
Chocolate-Covered Toffee	The Ketogenic Cookbook	350	60	6	0.5	1.1	0.8
Easy Peppermint Fudge	The Ketogenic Cookbook	352	99	8.2	2	4	3
Tiramisu Fudge	The Ketogenic Cookbook	354	113	10.8	2.2	2	0
Tiramisu Panna Cotta	The Ketogenic Cookbook	356	105	10.2	2.5	0.7	0