

| RECIPE | BOOK | PAGE | CALORIES | FAT | PROTEIN | CARBS | FIBER | P:E Ratio |
|--|---------------------------|------------|------------|-----------|-----------|------------|----------|-------------|
| Salmon French Eggs | Carnivore Cookbook | 102 | 464 | 63 | 30 | 1 | 0 | 0.47 |
| Bon Vie Scrambler | Carnivore Cookbook | 104 | 330 | 25 | 29 | 1 | 0 | 1.12 |
| Ham Hocks and Fried Eggs | Carnivore Cookbook | 106 | 462 | 37 | 30 | 0.4 | 0 | 0.80 |
| Breakfast Kabobs | Carnivore Cookbook | 108 | 295 | 23 | 22 | 1 | 0 | 0.92 |
| Bacon Knots | Carnivore Cookbook | 110 | 140 | 12 | 8 | 0 | 0 | 0.67 |
| Pork Fried Eggs | Carnivore Cookbook | 112 | 464 | 38 | 27 | 2 | 0 | 0.68 |
| Bacon Cheeseburger Scrambled Eggs | Carnivore Cookbook | 114 | 460 | 35 | 34 | 2 | 0 | 0.92 |
| Breakfast Patties | Carnivore Cookbook | 116 | 429 | 36 | 39 | 0 | 0 | 1.08 |
| Breakfast Pie | Carnivore Cookbook | 118 | 336 | 26 | 24 | 2 | 0 | 0.86 |
| Carnivore Eggs Benedict | Carnivore Cookbook | 120 | 507 | 40 | 32 | 2 | 0 | 0.76 |
| Steak and Eggs | Carnivore Cookbook | 122 | 241 | 12 | 20 | 0.4 | 0 | 1.61 |
| Ham 'n' Cheese Frittata | Carnivore Cookbook | 124 | 428 | 31 | 35 | 3 | 0 | 1.03 |
| Carnivore Omelet | Carnivore Cookbook | 126 | 716 | 53 | 54 | 3 | 0 | 0.96 |
| Carnivore Waffle | Carnivore Cookbook | 128 | 628 | 53 | 34 | 1 | 0 | 0.63 |
| Carnivore Egg Cups | Carnivore Cookbook | 130 | 641 | 52 | 38 | 1 | 0 | 0.72 |
| Breakfast Meatballs | Carnivore Cookbook | 132 | 303 | 23 | 28 | 0.2 | 0 | 1.21 |
| Breakfast Burgers | Carnivore Cookbook | 134 | 592 | 47 | 39 | 0.4 | 0 | 0.82 |
| Meat Lollipops | Carnivore Cookbook | 138 | 358 | 29 | 24 | 0 | 0 | 0.83 |
| Braunschweiger | Carnivore Cookbook | 140 | 433 | 36 | 23 | 2 | 0 | 0.61 |
| Beef Pemmican | Carnivore Cookbook | 142 | 651 | 57 | 29 | 0 | 0 | 0.51 |
| Head Cheese | Carnivore Cookbook | 144 | 183 | 9 | 23 | 0 | 0 | 2.56 |
| Bacon Burger Lover'S Deviled Eggs | Carnivore Cookbook | 146 | 178 | 15 | 9 | 0.4 | 0 | 0.58 |
| Bone Marrow | Carnivore Cookbook | 148 | 630 | 67 | 6 | 0 | 0 | 0.09 |
| Smoky Chicken Salad | Carnivore Cookbook | 150 | 350 | 29 | 21 | 0 | 0 | 0.72 |
| Tuna Salad | Carnivore Cookbook | 152 | 290 | 21 | 24 | 0 | 0 | 1.14 |
| Smoky Salmon Salad | Carnivore Cookbook | 154 | 330 | 27 | 23 | 0 | 0 | 0.85 |
| Egg Salad | Carnivore Cookbook | 156 | 328 | 30 | 13 | 1 | 0 | 0.42 |
| Ham Salad | Carnivore Cookbook | 158 | 343 | 32 | 12 | 0 | 0 | 0.38 |
| Chicken in Aspic | Carnivore Cookbook | 160 | 281 | 11 | 43 | 0 | 0 | 3.91 |
| Chitterlings | Carnivore Cookbook | 162 | 430 | 38 | 23 | 0 | 0 | 0.61 |
| Chicken Wings | Carnivore Cookbook | 164 | 325 | 22 | 30 | 0 | 0 | 1.36 |
| Fried Goat Cheese Ravioli | Carnivore Cookbook | 166 | 236 | 19 | 18 | 2 | 0 | 0.86 |
| Bacon-Wrapped Chicken Nuggets | Carnivore Cookbook | 168 | 270 | 18 | 25 | 0 | 0 | 1.39 |
| Carnivore Mozzarella Sticks | Carnivore Cookbook | 170 | 274 | 20 | 24 | 0 | 0 | 1.20 |
| Venison or Beef Jerky | Carnivore Cookbook | 172 | 86 | 1 | 17 | 0 | 0 | 17.00 |
| Carnivore Gummies | Carnivore Cookbook | 174 | 10 | 0.2 | 2 | 0 | 0 | 10.00 |
| Samosas | Carnivore Cookbook | 176 | 237 | 19 | 16 | 0 | 0 | 0.84 |
| Smoky Chicken Pate | Carnivore Cookbook | 178 | 477 | 39 | 28 | 0 | 0 | 0.72 |
| Reverse Sear Long-Bone | Carnivore Cookbook | 182 | 911 | 72 | 70 | 0 | 0 | 0.97 |
| Carnivore Shabu Shabu | Carnivore Cookbook | 184 | 587 | 51 | 30 | 0 | 0 | 0.59 |
| Salisbury Steak | Carnivore Cookbook | 186 | 363 | 30 | 21 | 0 | 0 | 0.70 |
| Slow Cooker Short Ribs with Brown Butter | Carnivore Cookbook | 188 | 579 | 53 | 25 | 0 | 0 | 0.47 |
| Brisket | Carnivore Cookbook | 190 | 779 | 59 | 57 | 0 | 0 | 0.97 |
| Grilled Lamb Chops | Carnivore Cookbook | 192 | 510 | 41 | 30 | 0 | 0 | 0.73 |
| Meatballs | Carnivore Cookbook | 194 | 281 | 19 | 26 | 1 | 0 | 1.30 |

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|--|--------------------|-----|-----|----|-----|-----|---|-------|
| Smoked Meatloaf | Carnivore Cookbook | 196 | 281 | 19 | 26 | 1 | 0 | 1.30 |
| Bacon-Wrapped Juicy Lucy | Carnivore Cookbook | 198 | 498 | 35 | 42 | 0 | 0 | 1.20 |
| Baked Lamb and Feta Patties | Carnivore Cookbook | 200 | 327 | 25 | 22 | 1 | 0 | 0.85 |
| Bacon-Wrapped Filet Mignons | Carnivore Cookbook | 202 | 237 | 13 | 27 | 0 | 0 | 2.08 |
| Egg-cellent Meatloaf Cupcakes | Carnivore Cookbook | 204 | 488 | 35 | 43 | 0 | 0 | 1.23 |
| Roast Beef | Carnivore Cookbook | 206 | 321 | 21 | 29 | 0 | 0 | 1.38 |
| Bacon-Wrapped Tenderloin | Carnivore Cookbook | 208 | 242 | 9 | 38 | 0 | 0 | 4.22 |
| Basted Top Sirloin | Carnivore Cookbook | 210 | 570 | 47 | 34 | 0 | 0 | 0.72 |
| Air-Fried T-Bone Steaks with Smoked Butter | Carnivore Cookbook | 212 | 680 | 54 | 44 | 0 | 0 | 0.81 |
| Smoky Beef Tartare | Carnivore Cookbook | 214 | 297 | 15 | 38 | 1 | 0 | 2.38 |
| Beef Tongue | Carnivore Cookbook | 216 | 512 | 50 | 44 | 0 | 0 | 0.88 |
| Butter Burgers | Carnivore Cookbook | 218 | 446 | 40 | 21 | 0 | 0 | 0.53 |
| Grilled Lamb Kofta | Carnivore Cookbook | 220 | 283 | 22 | 19 | 0 | 0 | 0.86 |
| Grilled Porterhouse | Carnivore Cookbook | 222 | 600 | 41 | 55 | 0 | 0 | 1.34 |
| Black 'n' Blue Strip Steak | Carnivore Cookbook | 224 | 781 | 64 | 50 | 0 | 0 | 0.78 |
| Creamy Parmesan Beef Tips | Carnivore Cookbook | 226 | 543 | 36 | 52 | 1 | 0 | 1.41 |
| Shredded Beef with Brown Butter Jus | Carnivore Cookbook | 228 | 519 | 34 | 51 | 0 | 0 | 1.50 |
| Oxtail | Carnivore Cookbook | 230 | 360 | 25 | 31 | 0 | 0 | 1.24 |
| Rouladen | Carnivore Cookbook | 232 | 260 | 20 | 21 | 0 | 0 | 1.05 |
| Grilled Sweetbreads | Carnivore Cookbook | 234 | 429 | 35 | 36 | 0 | 0 | 1.03 |
| Traditional Terrine | Carnivore Cookbook | 236 | 442 | 25 | 51 | 0 | 0 | 2.04 |
| Short Rib Terrine | Carnivore Cookbook | 238 | 687 | 64 | 26 | 0 | 0 | 0.41 |
| Smoked Beef Roast | Carnivore Cookbook | 240 | 507 | 33 | 49 | 0 | 0 | 1.48 |
| Smoked Short Ribs | Carnivore Cookbook | 242 | 560 | 50 | 26 | 0 | 0 | 0.52 |
| Beef Heart Steaks | Carnivore Cookbook | 244 | 509 | 25 | 63 | 0 | 0 | 2.52 |
| Smoked Baby Back Ribs | Carnivore Cookbook | 248 | 702 | 54 | 54 | 0 | 0 | 1.00 |
| Homemade Brats | Carnivore Cookbook | 250 | 310 | 25 | 20 | 0 | 0 | 0.80 |
| Scotch Eggs | Carnivore Cookbook | 252 | 793 | 60 | 78 | 1 | 0 | 1.28 |
| Bacon-Wrapped Pork Chops | Carnivore Cookbook | 254 | 380 | 28 | 30 | 0 | 0 | 1.07 |
| Riblets | Carnivore Cookbook | 256 | 297 | 25 | 17 | 0 | 0 | 0.68 |
| Sous Vide Pork Chop | Carnivore Cookbook | 258 | 305 | 23 | 22 | 0 | 0 | 0.96 |
| Chicken Confit | Carnivore Cookbook | 262 | 373 | 28 | 19 | 0 | 0 | 0.68 |
| Brick Chicken | Carnivore Cookbook | 264 | 615 | 40 | 63 | 0 | 0 | 1.58 |
| Braised Pheasant with Soft-Boiled Eggs | Carnivore Cookbook | 266 | 461 | 26 | 53 | 0.4 | 0 | 2.01 |
| Smoked Turkey | Carnivore Cookbook | 268 | 453 | 11 | 82 | 0 | 0 | 7.45 |
| Cornish Game Hens | Carnivore Cookbook | 270 | 454 | 34 | 34 | 0 | 0 | 1.00 |
| Roast Chicken | Carnivore Cookbook | 272 | 384 | 28 | 32 | 0 | 0 | 1.14 |
| Prosciutto-Wrapped Stuffed Chicken | Carnivore Cookbook | 274 | 684 | 39 | 78 | 0 | 0 | 2.00 |
| Crispy Chicken Legs | Carnivore Cookbook | 276 | 637 | 38 | 68 | 1 | 0 | 1.74 |
| Chicken Fingers | Carnivore Cookbook | 278 | 329 | 16 | 42 | 1 | 0 | 2.47 |
| Chicken Cordon Bleu Roulade | Carnivore Cookbook | 280 | 318 | 17 | 38 | 1 | 0 | 2.11 |
| Easy Baked Chicken Livers | Carnivore Cookbook | 282 | 154 | 8 | 19 | 0 | 0 | 2.38 |
| Slow Cooker Shredded Chicken with Creamy Cheddar and Bacon | Carnivore Cookbook | 284 | 624 | 45 | 54 | 1 | 0 | 1.17 |
| Braised Rabbit | Carnivore Cookbook | 286 | 360 | 19 | 44 | 0 | 0 | 2.32 |
| Mouthwatering Lobster Tails | Carnivore Cookbook | 290 | 433 | 18 | 65 | 0 | 0 | 3.61 |
| Salt-Baked Fish | Carnivore Cookbook | 292 | 568 | 10 | 112 | 0.2 | 0 | 10.98 |

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|--|-----------------------------------|-----|-----|-----|-----|-----|-----|--------|
| Slow-Roasted Salmon with Bone Marrow | Carnivore Cookbook | 294 | 550 | 39 | 46 | 0 | 0 | 1.18 |
| Bacon-Wrapped Shrimp | Carnivore Cookbook | 296 | 490 | 36 | 41 | 0 | 0 | 1.14 |
| Grilled Whole Trout | Carnivore Cookbook | 298 | 350 | 22 | 35 | 0 | 0 | 1.59 |
| Simple Surf 'n' Turf | Carnivore Cookbook | 300 | 723 | 62 | 41 | 0 | 0 | 0.66 |
| Crispy Baked Fish Sticks | Carnivore Cookbook | 302 | 194 | 10 | 22 | 0.1 | 0 | 2.18 |
| Boiled King Crab Legs | Carnivore Cookbook | 304 | 497 | 28 | 53 | 0 | 0 | 1.89 |
| Carnivore Bone Broth | Carnivore Cookbook | 308 | 50 | 1 | 10 | 0 | 0 | 10.00 |
| Smoked Sea Salt | Carnivore Cookbook | 310 | 0 | 0 | 0 | 0 | 0 | 100.00 |
| Tallow and Cracklings | Carnivore Cookbook | 312 | 242 | 27 | 0.4 | 0 | 0 | 0.01 |
| Easy Carnivore Hollandaise | Carnivore Cookbook | 314 | 86 | 9 | 0.5 | 0.1 | 0 | 0.05 |
| Carnivore Blue Cheese Dressing | Carnivore Cookbook | 316 | 78 | 6 | 4 | 0.2 | 0 | 0.65 |
| Bacon Mayonnaise | Carnivore Cookbook | 318 | 82 | 9 | 0.2 | 0.1 | 0 | 0.02 |
| Salt-Cured Egg Yolks | Carnivore Cookbook | 320 | 55 | 5 | 3 | 1 | 0 | 0.50 |
| Mayonnaise **Mayo | Easy Dairy-Free Ketogenic Recipes | 34 | 92 | 10 | 0.3 | 0.1 | 0 | 0.03 |
| Mayonnaise **Baconnaise | Easy Dairy-Free Ketogenic Recipes | 34 | 123 | 13 | 0.3 | 0.2 | 0 | 0.02 |
| Egg-Free Mayo | Easy Dairy-Free Ketogenic Recipes | 35 | 228 | 25 | 0.1 | 0.2 | 0 | 0.00 |
| Steak Sauce | Easy Dairy-Free Ketogenic Recipes | 36 | 11 | 0.2 | 0.2 | 2 | 1 | 0.17 |
| Comeback Sauce | Easy Dairy-Free Ketogenic Recipes | 37 | 124 | 13 | 0.1 | 1 | 0.3 | 0.01 |
| Creamy Lime Sauce | Easy Dairy-Free Ketogenic Recipes | 38 | 138 | 15 | 0.1 | 1 | 0 | 0.01 |
| Cilantro Lime Dressing | Easy Dairy-Free Ketogenic Recipes | 39 | 8 | 1 | 0.2 | 1 | 0.3 | 0.12 |
| Tartar Sauce | Easy Dairy-Free Ketogenic Recipes | 40 | 180 | 20 | 0 | 0 | 0 | 0.00 |
| Bearnaise Sauce | Easy Dairy-Free Ketogenic Recipes | 41 | 152 | 14 | 4 | 2 | 0.1 | 0.25 |
| Romanesco Sauce | Easy Dairy-Free Ketogenic Recipes | 42 | 70 | 5 | 1 | 3 | 1 | 0.14 |
| Simple BBQ Sauce | Easy Dairy-Free Ketogenic Recipes | 43 | 7 | 0.2 | 0.2 | 1 | 0.2 | 0.20 |
| Crab Louie Dressing | Easy Dairy-Free Ketogenic Recipes | 44 | 184 | 20 | 0.1 | 1 | 0.1 | 0.00 |
| Creamy Ranch Dressing | Easy Dairy-Free Ketogenic Recipes | 45 | 66 | 7 | 0.2 | 0.1 | 0 | 0.03 |
| Greek Vinaigrette | Easy Dairy-Free Ketogenic Recipes | 46 | 126 | 14 | 0 | 1 | 0 | 0.00 |
| Cinnamon Syrup | Easy Dairy-Free Ketogenic Recipes | 47 | 156 | 18 | 0 | 1 | 0.4 | 0.00 |
| Lemon Syrup | Easy Dairy-Free Ketogenic Recipes | 48 | 116 | 14 | 0 | 0.4 | 0 | 0.00 |
| Iced Green Tea Latte | Easy Dairy-Free Ketogenic Recipes | 52 | 38 | 1 | 1 | 7 | 0 | 0.13 |
| Cherry Almond Breakfast Shake | Easy Dairy-Free Ketogenic Recipes | 54 | 203 | 1 | 9 | 7 | 3 | 1.80 |
| Amazing Protein Shake | Easy Dairy-Free Ketogenic Recipes | 56 | 234 | 21 | 8 | 4 | 2 | 0.35 |
| Baked Eggs and Ham | Easy Dairy-Free Ketogenic Recipes | 57 | 285 | 19 | 25 | 1 | 0.1 | 1.26 |
| French Toast Cereal | Easy Dairy-Free Ketogenic Recipes | 58 | 426 | 42 | 15 | 2 | 1 | 0.35 |
| Breakfast Bacon Fat Bombs | Easy Dairy-Free Ketogenic Recipes | 59 | 274 | 24 | 16 | 0 | 0 | 0.67 |
| Lemon Minute Muffins | Easy Dairy-Free Ketogenic Recipes | 60 | 265 | 25 | 7 | 9 | 4 | 0.23 |
| Smoked Salmon, Egg, and Avocado | Easy Dairy-Free Ketogenic Recipes | 62 | 283 | 21 | 18 | 6 | 4 | 0.78 |
| Loaded Scrambled Eggs | Easy Dairy-Free Ketogenic Recipes | 64 | 281 | 22 | 19 | 2 | 0.3 | 0.80 |
| Breakfast Asparagus | Easy Dairy-Free Ketogenic Recipes | 65 | 335 | 24 | 25 | 5 | 2 | 0.93 |
| Spicy Fried Eggs with Chorizo | Easy Dairy-Free Ketogenic Recipes | 66 | 379 | 31 | 19 | 4 | 1 | 0.56 |
| Lemon Poppysseed Waffles | Easy Dairy-Free Ketogenic Recipes | 67 | 268 | 24 | 15 | 2 | 0.5 | 0.59 |
| Breakfast Sausage Soup with Soft-Boiled Eggs | Easy Dairy-Free Ketogenic Recipes | 68 | 379 | 31 | 20 | 5 | 1 | 0.57 |
| Silky Egg Breakfast Soup | Easy Dairy-Free Ketogenic Recipes | 70 | 521 | 28 | 60 | 5 | 1 | 1.88 |
| Snickerdoodle Mini Muffins | Easy Dairy-Free Ketogenic Recipes | 72 | 348 | 34 | 11 | 2 | 1 | 0.31 |
| Easy Breakfast Sandwich | Easy Dairy-Free Ketogenic Recipes | 73 | 455 | 35 | 31 | 5 | 3 | 0.84 |
| Irish Breakfast | Easy Dairy-Free Ketogenic Recipes | 74 | 305 | 26 | 16 | 2 | 1 | 0.59 |

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|---|-----------------------------------|-----|-----|-----|-----|-----|-----|------|
| Soft-Boiled Eggs with Bacon-Wrapped Asparagus Dunkers | Easy Dairy-Free Ketogenic Recipes | 76 | 231 | 17 | 16 | 2 | 1 | 0.89 |
| Reuben Eggs Benedict | Easy Dairy-Free Ketogenic Recipes | 78 | 546 | 40 | 45 | 2 | 0.1 | 1.07 |
| Super Keto Pancakes | Easy Dairy-Free Ketogenic Recipes | 79 | 186 | 14 | 12 | 3 | 1 | 0.75 |
| French Toast Pudding | Easy Dairy-Free Ketogenic Recipes | 80 | 300 | 26 | 16 | 3 | 1 | 0.57 |
| Perfect Hard-Boiled Eggs | Easy Dairy-Free Ketogenic Recipes | 81 | 180 | 14 | 18 | 0 | 0 | 1.29 |
| Shrimp Cocktail | Easy Dairy-Free Ketogenic Recipes | 84 | 76 | 1 | 14 | 2 | 0.5 | 5.60 |
| Pico de Gallo | Easy Dairy-Free Ketogenic Recipes | 85 | 32 | 0.1 | 1 | 6 | 1 | 0.20 |
| Citrus Avocado Salsa | Easy Dairy-Free Ketogenic Recipes | 86 | 140 | 13 | 1 | 7 | 3 | 0.06 |
| Guacamole | Easy Dairy-Free Ketogenic Recipes | 87 | 313 | 26 | 11 | 13 | 7 | 0.34 |
| Jicama Crostini-Two Ways **Tuna Salad | Easy Dairy-Free Ketogenic Recipes | 88 | 31 | 3 | 0.2 | 2 | 1 | 0.05 |
| Jicama Crostini-Two Ways **Smoked Salmon | Easy Dairy-Free Ketogenic Recipes | 88 | 27 | 0.4 | 2 | 3 | 2 | 1.43 |
| Almost Deviled Eggs | Easy Dairy-Free Ketogenic Recipes | 90 | 94 | 8 | 6 | 0 | 0 | 0.75 |
| Bacon Chips with Dips | Easy Dairy-Free Ketogenic Recipes | 91 | 402 | 34 | 11 | 18 | 9 | 0.26 |
| Amazing Marinated Olives | Easy Dairy-Free Ketogenic Recipes | 92 | 173 | 19 | 0.3 | 2 | 1 | 0.02 |
| Simple Shrimp Parfait | Easy Dairy-Free Ketogenic Recipes | 93 | 141 | 9 | 14 | 2 | 1 | 1.40 |
| Dry-Rubbed Baked Wings | Easy Dairy-Free Ketogenic Recipes | 94 | 391 | 29 | 32 | 0.5 | 0.2 | 1.09 |
| Devilish Deviled Eggs | Easy Dairy-Free Ketogenic Recipes | 95 | 83 | 7 | 6 | 1 | 1 | 0.86 |
| Deviled Green Eggs and Ham | Easy Dairy-Free Ketogenic Recipes | 96 | 489 | 38 | 34 | 2 | 1 | 0.87 |
| Cute Kitty Deviled Eggs | Easy Dairy-Free Ketogenic Recipes | 98 | 204 | 20 | 7 | 0.3 | 0.2 | 0.35 |
| Moroccan Deviled Eggs | Easy Dairy-Free Ketogenic Recipes | 99 | 90 | 8 | 6 | 0.1 | 0 | 0.74 |
| Homemade Ginger Ale | Easy Dairy-Free Ketogenic Recipes | 100 | 31 | 0.3 | 1 | 6 | 0.2 | 0.16 |
| Naked Gimlet | Easy Dairy-Free Ketogenic Recipes | 102 | 22 | 2 | 0.3 | 3 | 1 | 0.08 |
| Virgin Strawberry Margarita | Easy Dairy-Free Ketogenic Recipes | 103 | 4 | 0 | 0 | 1 | 0.1 | 0.00 |
| Super Fast Bone Broth | Easy Dairy-Free Ketogenic Recipes | 106 | 21 | 1 | 2 | 1 | 0.2 | 1.11 |
| Chinese Beef and Broccoli Soup | Easy Dairy-Free Ketogenic Recipes | 108 | 426 | 28 | 35 | 9 | 4 | 1.06 |
| Coconut Ginger Chicken Soup | Easy Dairy-Free Ketogenic Recipes | 110 | 441 | 27 | 39 | 7 | 1 | 1.18 |
| Mexican Lime Chicken Soup | Easy Dairy-Free Ketogenic Recipes | 111 | 207 | 13 | 21 | 3 | 1 | 1.40 |
| Caldo de Costilla (Colombian Beef Rib Broth) | Easy Dairy-Free Ketogenic Recipes | 112 | 377 | 32 | 17 | 5 | 1 | 0.47 |
| Texas BBQ Brisket Soup | Easy Dairy-Free Ketogenic Recipes | 114 | 399 | 30 | 23 | 9 | 3 | 0.64 |
| Pizza Soup | Easy Dairy-Free Ketogenic Recipes | 115 | 430 | 35 | 15 | 17 | 5 | 0.32 |
| Cilantro Lime Meatball Soup | Easy Dairy-Free Ketogenic Recipes | 116 | 309 | 23 | 21 | 3 | 1 | 0.84 |
| Chilled Tomato and Ham Soup | Easy Dairy-Free Ketogenic Recipes | 118 | 406 | 36 | 15 | 8 | 2 | 0.36 |
| Turkey and "Orzo" Soup | Easy Dairy-Free Ketogenic Recipes | 119 | 179 | 10 | 18 | 4 | 2 | 1.50 |
| Manhattan Clam Chowder | Easy Dairy-Free Ketogenic Recipes | 120 | 306 | 14 | 32 | 13 | 3 | 1.33 |
| Steak Fajita Soup | Easy Dairy-Free Ketogenic Recipes | 121 | 486 | 32 | 37 | 11 | 2 | 0.90 |
| Smoky Spicy Chicken Stew | Easy Dairy-Free Ketogenic Recipes | 122 | 278 | 16 | 26 | 6 | 2 | 1.30 |
| Tuscan Sausage and "Rice" Stew | Easy Dairy-Free Ketogenic Recipes | 124 | 583 | 45 | 33 | 8 | 1 | 0.63 |
| French Onion Meatball Soup | Easy Dairy-Free Ketogenic Recipes | 126 | 385 | 31 | 22 | 5 | 1 | 0.63 |
| Ham and Fauxtato Soup | Easy Dairy-Free Ketogenic Recipes | 128 | 118 | 8 | 7 | 4 | 2 | 0.70 |
| Slow Cooker Thai Soup | Easy Dairy-Free Ketogenic Recipes | 129 | 466 | 32 | 37 | 7 | 2 | 1.00 |
| Chicken and "Rice" Soup | Easy Dairy-Free Ketogenic Recipes | 130 | 223 | 14 | 20 | 4 | 1 | 1.18 |
| Italian "Orzo" Soup | Easy Dairy-Free Ketogenic Recipes | 131 | 341 | 26 | 17 | 9 | 2 | 0.52 |
| Thai Red Curry Shrimp Soup | Easy Dairy-Free Ketogenic Recipes | 132 | 362 | 23 | 32 | 6 | 1 | 1.14 |
| Salmon Soup | Easy Dairy-Free Ketogenic Recipes | 133 | 259 | 14 | 27 | 4 | 1 | 1.59 |
| Creamy Smoked Salmon Soup | Easy Dairy-Free Ketogenic Recipes | 134 | 365 | 29 | 23 | 4 | 1 | 0.72 |
| Asparagus Cobb Salad with Ranch Dressing | Easy Dairy-Free Ketogenic Recipes | 138 | 336 | 26 | 19 | 6 | 2 | 0.63 |

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|--|-----------------------------------|-----|-----|-----|----|-----|-----|------|
| BLT Grilled Romaine | Easy Dairy-Free Ketogenic Recipes | 139 | 240 | 25 | 1 | 3 | 1 | 0.04 |
| Crab Louie Salad | Easy Dairy-Free Ketogenic Recipes | 140 | 402 | 31 | 22 | 6 | 1 | 0.61 |
| Salad Kabobs | Easy Dairy-Free Ketogenic Recipes | 141 | 561 | 44 | 37 | 5 | 1 | 0.77 |
| Chef's Salad | Easy Dairy-Free Ketogenic Recipes | 142 | 373 | 31 | 19 | 5 | 2 | 0.56 |
| Grilled Avocado | Easy Dairy-Free Ketogenic Recipes | 143 | 183 | 17 | 2 | 9 | 6 | 0.10 |
| Keto Brioche | Easy Dairy-Free Ketogenic Recipes | 144 | 114 | 7 | 12 | 1 | 0.1 | 1.52 |
| Brioche Croutons | Easy Dairy-Free Ketogenic Recipes | 146 | 68 | 5 | 6 | 0.4 | 0 | 1.11 |
| Keto "Rice" | Easy Dairy-Free Ketogenic Recipes | 147 | 194 | 14 | 13 | 1 | 0.1 | 0.87 |
| Keto Fried "Rice" | Easy Dairy-Free Ketogenic Recipes | 148 | 217 | 16 | 15 | 2 | 0.2 | 0.84 |
| Cauliflower Rice | Easy Dairy-Free Ketogenic Recipes | 149 | 70 | 7 | 1 | 2 | 1 | 0.13 |
| Keto Tortillas | Easy Dairy-Free Ketogenic Recipes | 150 | 68 | 4 | 7 | 0.3 | 0 | 1.63 |
| Cabbage Pasta | Easy Dairy-Free Ketogenic Recipes | 152 | 117 | 11 | 1 | 4 | 2 | 0.08 |
| ChowChow | Easy Dairy-Free Ketogenic Recipes | 153 | 30 | 0.2 | 1 | 6 | 2 | 0.24 |
| Bacon-Wrapped Portobello Fries | Easy Dairy-Free Ketogenic Recipes | 154 | 230 | 18 | 15 | 3 | 1 | 0.75 |
| Asian Coleslaw | Easy Dairy-Free Ketogenic Recipes | 155 | 100 | 9 | 2 | 5 | 2 | 0.17 |
| Chicken Shawarma | Easy Dairy-Free Ketogenic Recipes | 158 | 358 | 26 | 28 | 5 | 1 | 0.93 |
| BLT Chicken Kabobs | Easy Dairy-Free Ketogenic Recipes | 160 | 295 | 18 | 30 | 3 | 1 | 1.50 |
| Chicken Tinga with Keto Tortillas | Easy Dairy-Free Ketogenic Recipes | 162 | 506 | 33 | 41 | 10 | 2 | 1.00 |
| Guacamole Lovers' Stuffed Chicken | Easy Dairy-Free Ketogenic Recipes | 164 | 469 | 28 | 45 | 8 | 4 | 1.41 |
| Chicken and Asparagus Curry | Easy Dairy-Free Ketogenic Recipes | 166 | 313 | 24 | 15 | 9 | 3 | 0.50 |
| Curry Braised Chicken Legs | Easy Dairy-Free Ketogenic Recipes | 167 | 363 | 25 | 30 | 2 | 0.5 | 1.13 |
| Grilled Jerk Chicken Thighs | Easy Dairy-Free Ketogenic Recipes | 168 | 408 | 27 | 33 | 7 | 2 | 1.03 |
| Easy Asian Chicken Legs | Easy Dairy-Free Ketogenic Recipes | 169 | 322 | 16 | 33 | 6 | 2 | 1.65 |
| Chicken and Mushroom Kabobs | Easy Dairy-Free Ketogenic Recipes | 170 | 436 | 36 | 24 | 6 | 1 | 0.59 |
| Chicken with Sausage and Greens | Easy Dairy-Free Ketogenic Recipes | 172 | 539 | 41 | 36 | 4 | 1 | 0.82 |
| Tender Coconut Chicken | Easy Dairy-Free Ketogenic Recipes | 174 | 515 | 40 | 32 | 4 | 1 | 0.74 |
| Lemon Pepper Chicken Tenders | Easy Dairy-Free Ketogenic Recipes | 176 | 432 | 25 | 44 | 5 | 2 | 1.57 |
| Bundt Pan Chicken | Easy Dairy-Free Ketogenic Recipes | 178 | 445 | 33 | 33 | 4 | 1 | 0.92 |
| Sheet Pan BBQ Chicken Breasts with Bacon-Wrapped Avocado Fries | Easy Dairy-Free Ketogenic Recipes | 180 | 464 | 40 | 23 | 7 | 5 | 0.55 |
| Bacon-Wrapped Chicken Fingers | Easy Dairy-Free Ketogenic Recipes | 181 | 451 | 27 | 51 | 0 | 0 | 1.89 |
| Simple Sesame Chicken | Easy Dairy-Free Ketogenic Recipes | 182 | 301 | 22 | 24 | 3 | 0.1 | 0.96 |
| Paella | Easy Dairy-Free Ketogenic Recipes | 184 | 433 | 28 | 36 | 9 | 2 | 1.03 |
| Greek Chicken Thighs | Easy Dairy-Free Ketogenic Recipes | 186 | 647 | 60 | 21 | 10 | 6 | 0.33 |
| Tender Chicken Livers | Easy Dairy-Free Ketogenic Recipes | 188 | 170 | 9 | 19 | 1 | 0 | 1.90 |
| Dijon Chicken | Easy Dairy-Free Ketogenic Recipes | 189 | 335 | 22 | 30 | 1 | 0.1 | 1.31 |
| Curry Chicken Meatballs | Easy Dairy-Free Ketogenic Recipes | 190 | 367 | 22 | 32 | 7 | 2 | 1.19 |
| Grilled Chicken and Avocado | Easy Dairy-Free Ketogenic Recipes | 191 | 248 | 18 | 17 | 7 | 4 | 0.81 |
| Chicken Satay with Dipping Sauce | Easy Dairy-Free Ketogenic Recipes | 192 | 461 | 39 | 26 | 6 | 2 | 0.60 |
| Easy Chicken and Asparagus Stir-Fry | Easy Dairy-Free Ketogenic Recipes | 194 | 274 | 16 | 25 | 6 | 3 | 1.32 |
| Mole Chicken Legs | Easy Dairy-Free Ketogenic Recipes | 195 | 310 | 19 | 30 | 4 | 1 | 1.36 |
| Devil Chicken | Easy Dairy-Free Ketogenic Recipes | 196 | 366 | 19 | 31 | 1 | 0.3 | 1.57 |
| South of the Border Steak | Easy Dairy-Free Ketogenic Recipes | 200 | 329 | 23 | 25 | 6 | 4 | 1.00 |
| Spanish Spiced Lamb Chops | Easy Dairy-Free Ketogenic Recipes | 202 | 529 | 44 | 31 | 1 | 0.3 | 0.69 |
| Slow Cooker Philly Steak Sandwiches | Easy Dairy-Free Ketogenic Recipes | 204 | 353 | 28 | 23 | 3 | 1 | 0.77 |
| T-Bone Steaks with Romanesco Sauce | Easy Dairy-Free Ketogenic Recipes | 206 | 591 | 43 | 44 | 2 | 0.4 | 0.99 |
| Easy BBQ Brisket | Easy Dairy-Free Ketogenic Recipes | 208 | 543 | 40 | 39 | 4 | 1 | 0.91 |

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|---|-----------------------------------|-----|-----|-----|----|-----|-----|------|
| Herby Broth Fondue | Easy Dairy-Free Ketogenic Recipes | 210 | 9 | 0.3 | 1 | 0.1 | 0 | 2.50 |
| Curry Short Ribs | Easy Dairy-Free Ketogenic Recipes | 212 | 528 | 47 | 24 | 1 | 0.1 | 0.50 |
| Simple Spaghetti | Easy Dairy-Free Ketogenic Recipes | 213 | 347 | 25 | 21 | 8 | 2 | 0.68 |
| Saucy BBQ Wraps | Easy Dairy-Free Ketogenic Recipes | 214 | 322 | 23 | 21 | 7 | 2 | 0.75 |
| Hungarian Goulash | Easy Dairy-Free Ketogenic Recipes | 216 | 381 | 23 | 25 | 17 | 5 | 0.71 |
| Jamaican Jerk Pot Roast | Easy Dairy-Free Ketogenic Recipes | 217 | 411 | 27 | 33 | 8 | 2 | 1.00 |
| Fajita Kabobs | Easy Dairy-Free Ketogenic Recipes | 218 | 370 | 28 | 21 | 10 | 2 | 0.58 |
| Simple Lamb Chops with Lemon Mustard Gravy | Easy Dairy-Free Ketogenic Recipes | 220 | 730 | 57 | 48 | 1 | 0.4 | 0.83 |
| Kung Pao Meatballs in Lettuce Cups | Easy Dairy-Free Ketogenic Recipes | 222 | 373 | 29 | 22 | 5 | 3 | 0.71 |
| Chinese Five-Spice Roast Beef | Easy Dairy-Free Ketogenic Recipes | 224 | 418 | 26 | 41 | 2 | 0.1 | 1.47 |
| Cowboy Steak for Two | Easy Dairy-Free Ketogenic Recipes | 225 | 823 | 64 | 61 | 1 | 0.3 | 0.94 |
| Shan Beef Stir-Fry | Easy Dairy-Free Ketogenic Recipes | 226 | 581 | 48 | 34 | 5 | 1 | 0.65 |
| Lamb Chops with Gyro Salad | Easy Dairy-Free Ketogenic Recipes | 228 | 596 | 53 | 27 | 5 | 3 | 0.49 |
| Italian Beef Tips | Easy Dairy-Free Ketogenic Recipes | 230 | 667 | 51 | 39 | 2 | 1 | 0.75 |
| Citrus Pork Shoulder with Spicy Cilantro-Ginger Sauce | Easy Dairy-Free Ketogenic Recipes | 234 | 713 | 59 | 39 | 3 | 1 | 0.64 |
| Spring Ham Bake with Dijon Sauce | Easy Dairy-Free Ketogenic Recipes | 236 | 356 | 31 | 15 | 2 | 1 | 0.47 |
| Easy Barbecue Ribs | Easy Dairy-Free Ketogenic Recipes | 238 | 602 | 46 | 44 | 2 | 0.5 | 0.93 |
| Saucy Barbecue Pork Chops | Easy Dairy-Free Ketogenic Recipes | 239 | 756 | 63 | 37 | 7 | 1 | 0.54 |
| Ginger Lime Pork Lettuce Cups | Easy Dairy-Free Ketogenic Recipes | 240 | 353 | 27 | 23 | 8 | 3 | 0.72 |
| Pork Chops with Dijon Gravy | Easy Dairy-Free Ketogenic Recipes | 242 | 287 | 17 | 25 | 1 | 0.3 | 1.41 |
| Sausage Zucchini Ravioli | Easy Dairy-Free Ketogenic Recipes | 244 | 217 | 15 | 12 | 9 | 3 | 0.57 |
| Juicy Pork Tenderloin | Easy Dairy-Free Ketogenic Recipes | 246 | 216 | 8 | 32 | 1 | 0.1 | 3.60 |
| Thai Pulled Pork with Keto Fried "Rice" | Easy Dairy-Free Ketogenic Recipes | 248 | 442 | 34 | 29 | 2 | 0.2 | 0.81 |
| 30-Minute Porchetta | Easy Dairy-Free Ketogenic Recipes | 249 | 341 | 24 | 30 | 1 | 0.3 | 1.21 |
| Sweet 'n' Sour Pork Meatballs | Easy Dairy-Free Ketogenic Recipes | 250 | 351 | 26 | 23 | 5 | 2 | 0.79 |
| Deviled Ham | Easy Dairy-Free Ketogenic Recipes | 252 | 531 | 46 | 24 | 0 | 0 | 0.52 |
| Mustard-Glazed Ham | Easy Dairy-Free Ketogenic Recipes | 253 | 558 | 38 | 49 | 0 | 0 | 1.29 |
| Hawaiian Luau Pork | Easy Dairy-Free Ketogenic Recipes | 254 | 567 | 42 | 40 | 6 | 4 | 0.91 |
| Cilantro Lime Slow Cooker Ribs | Easy Dairy-Free Ketogenic Recipes | 256 | 623 | 53 | 31 | 2 | 0.3 | 0.57 |
| Bacon-Wrapped Scallops with Avocado Cream | Easy Dairy-Free Ketogenic Recipes | 260 | 461 | 44 | 14 | 6 | 4 | 0.30 |
| Halibut Confit | Easy Dairy-Free Ketogenic Recipes | 262 | 375 | 31 | 23 | 1 | 0.5 | 0.73 |
| Baked Sole with Zucchini | Easy Dairy-Free Ketogenic Recipes | 264 | 239 | 16 | 22 | 5 | 2 | 1.16 |
| Pan-Fried Fish with Tartar Sauce | Easy Dairy-Free Ketogenic Recipes | 266 | 402 | 31 | 29 | 0 | 0 | 0.94 |
| Halibut Smothered in Tomato Basil Cream | Easy Dairy-Free Ketogenic Recipes | 267 | 233 | 12 | 24 | 5 | 1 | 1.50 |
| Salmon Burgers with Dill Sauce | Easy Dairy-Free Ketogenic Recipes | 268 | 443 | 38 | 23 | 4 | 2 | 0.58 |
| Crab Claws with Spicy Mustard Sauce | Easy Dairy-Free Ketogenic Recipes | 270 | 498 | 40 | 30 | 1 | 0.3 | 0.74 |
| Easy Pickled Shrimp with Curry Mayo | Easy Dairy-Free Ketogenic Recipes | 271 | 398 | 31 | 28 | 0.3 | 0.1 | 0.90 |
| Bacon-Wrapped Cod | Easy Dairy-Free Ketogenic Recipes | 272 | 399 | 36 | 18 | 0 | 0 | 0.50 |
| Camarones Cucarachas (Deviled Shrimp) | Easy Dairy-Free Ketogenic Recipes | 274 | 180 | 6 | 29 | 3 | 1 | 3.63 |
| Shrimp Adobo | Easy Dairy-Free Ketogenic Recipes | 275 | 205 | 9 | 30 | 1 | 0.1 | 3.03 |
| Ahi Poke | Easy Dairy-Free Ketogenic Recipes | 276 | 332 | 22 | 31 | 2 | 0.4 | 1.31 |
| Fish in Puttanesca Sauce | Easy Dairy-Free Ketogenic Recipes | 278 | 339 | 26 | 17 | 8 | 2 | 0.53 |
| Garlic Lime Broiled Shrimp | Easy Dairy-Free Ketogenic Recipes | 279 | 253 | 16 | 28 | 1 | 0.3 | 1.68 |
| Personal Salmon en Papillote | Easy Dairy-Free Ketogenic Recipes | 280 | 187 | 9 | 23 | 5 | 1 | 1.77 |
| Salt-Crusted Fish | Easy Dairy-Free Ketogenic Recipes | 282 | 390 | 21 | 46 | 2 | 1 | 2.09 |
| Cajun Shrimp | Easy Dairy-Free Ketogenic Recipes | 284 | 208 | 9 | 28 | 3 | 0.4 | 2.41 |

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|---|-----------------------------------|-----|-----|----|-----|-----|-----|--------|
| Avocado Salmon Ceviche | Easy Dairy-Free Ketogenic Recipes | 285 | 192 | 15 | 9 | 6 | 3 | 0.50 |
| Asian-Style Salmon Lettuce Cups | Easy Dairy-Free Ketogenic Recipes | 286 | 360 | 28 | 24 | 4 | 2 | 0.80 |
| Yellow Curry Shrimp over Keto Fried "Rice" | Easy Dairy-Free Ketogenic Recipes | 287 | 214 | 10 | 29 | 5 | 1 | 2.07 |
| Super Fast Shrimp Fajitas | Easy Dairy-Free Ketogenic Recipes | 288 | 224 | 9 | 29 | 7 | 2 | 2.07 |
| Simple Scallops with Garlic Sauce | Easy Dairy-Free Ketogenic Recipes | 289 | 255 | 15 | 26 | 5 | 0.2 | 1.31 |
| Shrimp Fried "Rice" | Easy Dairy-Free Ketogenic Recipes | 290 | 386 | 21 | 45 | 3 | 0.2 | 1.89 |
| Sweet 'n' Sour Cauliflower over Vegetarian Fried "Rice" | Easy Dairy-Free Ketogenic Recipes | 294 | 251 | 19 | 13 | 9 | 3 | 0.52 |
| Vegetarian Curry | Easy Dairy-Free Ketogenic Recipes | 296 | 174 | 14 | 13 | 3 | 1 | 0.81 |
| Italian Baked Eggs | Easy Dairy-Free Ketogenic Recipes | 298 | 214 | 16 | 13 | 2 | 0.4 | 0.74 |
| Egg Roll in a Bowl | Easy Dairy-Free Ketogenic Recipes | 300 | 266 | 19 | 13 | 12 | 3 | 0.46 |
| Chipotle Lime Egg Salad Wraps | Easy Dairy-Free Ketogenic Recipes | 302 | 304 | 29 | 12 | 1 | 0.2 | 0.40 |
| Creamy Egg Bhurji | Easy Dairy-Free Ketogenic Recipes | 303 | 219 | 18 | 8 | 7 | 2 | 0.35 |
| Vegetarian Doro Watt | Easy Dairy-Free Ketogenic Recipes | 304 | 314 | 27 | 18 | 4 | 1 | 0.60 |
| Avocado Toast | Easy Dairy-Free Ketogenic Recipes | 306 | 276 | 24 | 11 | 5 | 3 | 0.42 |
| Gazpacho | Easy Dairy-Free Ketogenic Recipes | 308 | 112 | 8 | 1 | 9 | 2 | 0.07 |
| Egg Masala | Easy Dairy-Free Ketogenic Recipes | 309 | 468 | 38 | 22 | 18 | 4 | 0.42 |
| Vegetarian Fajitas with Avocado | Easy Dairy-Free Ketogenic Recipes | 310 | 354 | 29 | 25 | 1 | 0 | 0.83 |
| Vegetarian Fajita Stew | Easy Dairy-Free Ketogenic Recipes | 312 | 372 | 25 | 15 | 26 | 6 | 0.33 |
| Grand Marnier Chocolate Candies | Easy Dairy-Free Ketogenic Recipes | 316 | 168 | 20 | 0.3 | 1 | 0.3 | 0.01 |
| Sour Patch Candy | Easy Dairy-Free Ketogenic Recipes | 317 | 25 | 0 | 6 | 0 | 0 | 100.00 |
| Snickerdoodle Bites | Easy Dairy-Free Ketogenic Recipes | 318 | 235 | 28 | 0 | 0.2 | 0.2 | 0.00 |
| Berry Ice Pops | Easy Dairy-Free Ketogenic Recipes | 319 | 2 | 0 | 0.1 | 1 | 0.2 | 0.13 |
| Personal Flourless Chocolate Tortes | Easy Dairy-Free Ketogenic Recipes | 320 | 414 | 40 | 8 | 8 | 6 | 0.19 |
| Mint Chocolate Chunk Gelato | Easy Dairy-Free Ketogenic Recipes | 322 | 447 | 48 | 6 | 1 | 0.3 | 0.12 |
| Mocha Fudge Mug Cakes | Easy Dairy-Free Ketogenic Recipes | 324 | 164 | 14 | 5 | 4 | 2 | 0.31 |
| Classic Sherbet | Easy Dairy-Free Ketogenic Recipes | 326 | 92 | 9 | 1 | 1 | 0 | 0.10 |
| Dirt Cake | Easy Dairy-Free Ketogenic Recipes | 327 | 327 | 32 | 6 | 5 | 4 | 0.18 |
| Gummy Worms | Easy Dairy-Free Ketogenic Recipes | 328 | 19 | 0 | 5 | 0 | 0 | 100.00 |
| Mexican Chocolate Mousse | Easy Dairy-Free Ketogenic Recipes | 329 | 304 | 29 | 6 | 6 | 4 | 0.19 |
| Banana Bread | Easy Dairy-Free Ketogenic Recipes | 330 | 182 | 16 | 11 | 1 | 0.3 | 0.66 |
| Malted Milk Push Pops | Easy Dairy-Free Ketogenic Recipes | 332 | 228 | 23 | 2 | 7 | 2 | 0.07 |
| Chocolate Pudding Pops | Easy Dairy-Free Ketogenic Recipes | 333 | 76 | 7 | 3 | 1 | 1 | 0.43 |
| Hibiscus Strawberry Ice Lollies | Easy Dairy-Free Ketogenic Recipes | 334 | 0 | 0 | 0 | 0 | 0 | 100.00 |
| Tapioca Pudding | Easy Dairy-Free Ketogenic Recipes | 335 | 395 | 36 | 14 | 2 | 0 | 0.37 |
| Keto Pink Squirrels **Ice cream | Easy Dairy-Free Ketogenic Recipes | 336 | 242 | 26 | 3 | 0.4 | 0 | 0.11 |
| Keto Pink Squirrels **drink | Easy Dairy-Free Ketogenic Recipes | 336 | 502 | 57 | 6 | 0.8 | 0 | 0.10 |
| Strawberry Hibiscus Sorbet | Easy Dairy-Free Ketogenic Recipes | 338 | 103 | 10 | 2 | 1 | 0 | 0.18 |
| Keto Custard | Easy Dairy-Free Ketogenic Recipes | 339 | 93 | 6 | 7 | 1 | 0.1 | 1.01 |
| Strawberries and Cream Panna Cotta | Easy Dairy-Free Ketogenic Recipes | 340 | 103 | 10 | 2 | 1 | 0 | 0.18 |
| Bacon-and-Eggs Avocado | Keto Air Fryer | 22 | 536 | 46 | 18 | 18 | 14 | 0.36 |
| Double-Dipped Mini Cinnamon Biscuits | Keto Air Fryer | 24 | 546 | 51 | 14 | 13 | 6 | 0.24 |
| Meritage Eggs | Keto Air Fryer | 26 | 331 | 29 | 16 | 2 | 0.2 | 0.52 |
| Breakfast Pizza | Keto Air Fryer | 28 | 357 | 25 | 24 | 9 | 2 | 0.75 |
| Denver Omelet | Keto Air Fryer | 30 | 476 | 32 | 41 | 3 | 1 | 1.21 |
| Easy Bacon | Keto Air Fryer | 32 | 140 | 12 | 8 | 0 | 0 | 0.67 |
| Valerie's Breakfast Sammies | Keto Air Fryer | 34 | 269 | 19 | 22 | 1 | 0 | 1.10 |

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|---|----------------|-----|-----|-----|----|-----|-----|------|
| Gyro Breakfast Patties with Tzatziki | Keto Air Fryer | 36 | 396 | 31 | 23 | 4 | 0.4 | 0.66 |
| The Best Keto Quiche | Keto Air Fryer | 38 | 333 | 26 | 20 | 6 | 2 | 0.67 |
| Easy Mexican Shakshuka | Keto Air Fryer | 40 | 258 | 17 | 14 | 11 | 4 | 0.58 |
| Green Eggs and Ham | Keto Air Fryer | 42 | 307 | 24 | 14 | 10 | 7 | 0.52 |
| Everything Bagels | Keto Air Fryer | 44 | 224 | 19 | 12 | 4 | 2 | 0.57 |
| Keto Danish | Keto Air Fryer | 46 | 160 | 12 | 8 | 2 | 0.3 | 0.58 |
| French Toast Pavlova | Keto Air Fryer | 48 | 115 | 11 | 3 | 2 | 0.3 | 0.24 |
| Breakfast Cobbler | Keto Air Fryer | 50 | 623 | 55 | 23 | 8 | 3 | 0.38 |
| Buffalo Cauliflower | Keto Air Fryer | 54 | 185 | 15 | 9 | 4 | 2 | 0.53 |
| Ranch Kale Chips | Keto Air Fryer | 56 | 11 | 0.2 | 1 | 2 | 0.4 | 0.56 |
| Crispy Nacho Avocado Fries | Keto Air Fryer | 58 | 282 | 22 | 15 | 9 | 7 | 0.63 |
| Bacon-Wrapped Pickle Poppers | Keto Air Fryer | 60 | 87 | 8 | 4 | 1 | 0 | 0.44 |
| Bourbon Chicken Wings | Keto Air Fryer | 62 | 545 | 30 | 42 | 3 | 0.1 | 1.28 |
| Doro Wat Wings | Keto Air Fryer | 64 | 317 | 24 | 24 | 0.1 | 0 | 1.00 |
| Salt and Vinegar Pork Belly Chips | Keto Air Fryer | 66 | 240 | 21 | 13 | 0 | 0 | 0.62 |
| Crispy Prosciutto-Wrapped Onion Rings | Keto Air Fryer | 68 | 318 | 28 | 14 | 3 | 0.4 | 0.46 |
| Bacon-Wrapped Asparagus | Keto Air Fryer | 70 | 241 | 22 | 7 | 6 | 3 | 0.28 |
| Reuben Egg Rolls | Keto Air Fryer | 72 | 321 | 29 | 13 | 1 | 0.1 | 0.43 |
| Mozzarella Sticks | Keto Air Fryer | 74 | 337 | 27 | 23 | 4 | 1 | 0.77 |
| Crispy Calamari Rings | Keto Air Fryer | 76 | 287 | 13 | 28 | 11 | 3 | 1.33 |
| Bloomin' Onion | Keto Air Fryer | 78 | 51 | 3 | 4 | 3 | 0.4 | 0.71 |
| Prosciutto-Wrapped Guacamole Rings | Keto Air Fryer | 80 | 132 | 9 | 5 | 10 | 4 | 0.33 |
| Prosciutto Pierogi | Keto Air Fryer | 82 | 150 | 11 | 11 | 2 | 1 | 0.92 |
| Keto Tots | Keto Air Fryer | 86 | 166 | 13 | 5 | 5 | 2 | 0.31 |
| Loaded Bacon-Wrapped Keto Tots | Keto Air Fryer | 88 | 385 | 31 | 16 | 6 | 2 | 0.46 |
| Tomatoes Provençal | Keto Air Fryer | 90 | 68 | 3 | 5 | 6 | 1 | 0.63 |
| Burrata-Stuffed Tomatoes | Keto Air Fryer | 92 | 108 | 7 | 6 | 5 | 2 | 0.60 |
| Crispy Brussels Sprouts | Keto Air Fryer | 93 | 149 | 12 | 4 | 10 | 4 | 0.22 |
| Caramelized Broccoli | Keto Air Fryer | 94 | 107 | 9 | 3 | 6 | 2 | 0.23 |
| Perfect Zoodles | Keto Air Fryer | 95 | 29 | 0 | 2 | 6 | 2 | 0.50 |
| Marinated Turmeric Cauliflower Steaks | Keto Air Fryer | 96 | 69 | 4 | 4 | 8 | 4 | 0.50 |
| Caramelized Ranch Cauliflower | Keto Air Fryer | 97 | 62 | 0.1 | 6 | 12 | 6 | 0.98 |
| Fried Cauliflower Rice | Keto Air Fryer | 98 | 30 | 0 | 3 | 4 | 1 | 1.00 |
| Garlic Thyme Mushrooms | Keto Air Fryer | 99 | 82 | 9 | 1 | 1 | 0.2 | 0.10 |
| Sweet Fauxtato Casserole | Keto Air Fryer | 100 | 421 | 40 | 8 | 10 | 5 | 0.18 |
| Spinach Artichoke Tart | Keto Air Fryer | 102 | 228 | 7 | 14 | 6 | 2 | 1.27 |
| Crunchy-Top Personal Mac 'n' Cheese | Keto Air Fryer | 104 | 305 | 26 | 12 | 6 | 3 | 0.41 |
| Parmesan Flan | Keto Air Fryer | 106 | 345 | 32 | 14 | 2 | 0.2 | 0.41 |
| Garlic Butter Breadsticks | Keto Air Fryer | 108 | 301 | 26 | 14 | 6 | 2 | 0.47 |
| Bruschetta | Keto Air Fryer | 110 | 268 | 22 | 10 | 14 | 10 | 0.38 |
| Savory Beefy Poppers | Keto Air Fryer | 114 | 679 | 53 | 42 | 3 | 1 | 0.76 |
| Swedish Meatloaf | Keto Air Fryer | 116 | 395 | 32 | 23 | 3 | 1 | 0.68 |
| Carne Asada | Keto Air Fryer | 118 | 263 | 17 | 24 | 4 | 1 | 1.20 |
| Salisbury Steak with Mushroom Onion Gravy | Keto Air Fryer | 120 | 588 | 44 | 33 | 11 | 3 | 0.63 |
| Fajita Meatball Lettuce Wraps | Keto Air Fryer | 122 | 272 | 18 | 23 | 3 | 0.5 | 1.12 |
| Reuben Fritters | Keto Air Fryer | 124 | 527 | 50 | 18 | 2 | 0.1 | 0.35 |

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|---|----------------|-----|-----|----|----|-----|-----|------|
| Greek Stuffed Tenderloin | Keto Air Fryer | 126 | 415 | 16 | 62 | 4 | 0.3 | 3.15 |
| Herb-Crusted Lamb Chops | Keto Air Fryer | 128 | 790 | 60 | 57 | 2 | 0.4 | 0.93 |
| Black 'n' Blue Burgers | Keto Air Fryer | 130 | 237 | 20 | 11 | 3 | 1 | 0.50 |
| Mojito Lamb Chops | Keto Air Fryer | 132 | 692 | 53 | 48 | 2 | 0.4 | 0.88 |
| Mushroom and Swiss Burgers | Keto Air Fryer | 134 | 345 | 23 | 30 | 5 | 1 | 1.11 |
| Deconstructed Chicago Dogs | Keto Air Fryer | 138 | 123 | 8 | 8 | 3 | 1 | 0.80 |
| Pork Milanese | Keto Air Fryer | 140 | 351 | 18 | 42 | 3 | 1 | 2.10 |
| Italian Sausages with Peppers and Onions | Keto Air Fryer | 142 | 576 | 49 | 25 | 8 | 2 | 0.45 |
| Scotch Eggs | Keto Air Fryer | 144 | 447 | 34 | 43 | 0.5 | 0 | 1.25 |
| Mama Maria's Savory Sausage Cobbler | Keto Air Fryer | 146 | 588 | 48 | 28 | 9 | 3 | 0.52 |
| Pork Tenderloin with Avocado Lime Sauce | Keto Air Fryer | 148 | 326 | 19 | 26 | 15 | 6 | 0.93 |
| Five-Spice Pork Belly | Keto Air Fryer | 150 | 365 | 32 | 19 | 2 | 0.3 | 0.56 |
| BBQRiblets | Keto Air Fryer | 152 | 319 | 26 | 19 | 3 | 0.3 | 0.66 |
| Dry Rub Baby Back Ribs | Keto Air Fryer | 154 | 515 | 40 | 37 | 3 | 1 | 0.88 |
| Bacon-Wrapped Stuffed Pork Chops | Keto Air Fryer | 156 | 578 | 45 | 37 | 16 | 1 | 0.62 |
| Chicken Kiev | Keto Air Fryer | 160 | 801 | 64 | 51 | 3 | 1 | 0.77 |
| Chicken Cordon Bleu Meatballs | Keto Air Fryer | 162 | 288 | 15 | 31 | 5 | 0.5 | 1.59 |
| Buffalo Chicken Drumsticks | Keto Air Fryer | 164 | 472 | 34 | 38 | 1 | 0.3 | 1.10 |
| Sesame Turkey Balls in Lettuce Cups | Keto Air Fryer | 166 | 322 | 19 | 32 | 2 | 0.3 | 1.55 |
| Porchetta-Style Chicken Breasts | Keto Air Fryer | 168 | 468 | 25 | 56 | 3 | 1 | 2.07 |
| Easy Thanksgiving Turkey Breast | Keto Air Fryer | 170 | 388 | 18 | 50 | 1 | 0.3 | 2.67 |
| Chicken Paillard | Keto Air Fryer | 172 | 526 | 33 | 53 | 3 | 1 | 1.51 |
| General Tso's Chicken | Keto Air Fryer | 174 | 254 | 10 | 34 | 5 | 1 | 2.43 |
| Chicken Strips with Satay Sauce | Keto Air Fryer | 176 | 359 | 16 | 49 | 2 | 1 | 2.88 |
| Bacon Lovers' Stuffed Chicken | Keto Air Fryer | 178 | 686 | 51 | 52 | 2 | 0 | 0.98 |
| Chicken Pesto Parmigiana | Keto Air Fryer | 180 | 558 | 43 | 40 | 4 | 1 | 0.87 |
| Crispy Taco Chicken | Keto Air Fryer | 182 | 486 | 29 | 54 | 3 | 0.2 | 1.70 |
| Thai Tacos with Peanut Sauce | Keto Air Fryer | 184 | 350 | 17 | 39 | 11 | 3 | 1.56 |
| Shrimp Scampi | Keto Air Fryer | 188 | 175 | 11 | 18 | 1 | 0.2 | 1.53 |
| Simple Scallops | Keto Air Fryer | 190 | 106 | 2 | 18 | 3 | 0.2 | 3.75 |
| Tuna Melt Croquettes | Keto Air Fryer | 192 | 528 | 36 | 48 | 2 | 0.3 | 1.27 |
| Coconut Shrimp with Spicy Mayo | Keto Air Fryer | 194 | 360 | 28 | 25 | 2 | 1 | 0.86 |
| Crispy Crab Rangoon Patties with Sweet 'n' Sour Sauce | Keto Air Fryer | 196 | 411 | 30 | 35 | 4 | 3 | 1.13 |
| Pecan-Crusted Catfish | Keto Air Fryer | 198 | 162 | 11 | 17 | 1 | 1 | 1.55 |
| Friday Night Fish Fry | Keto Air Fryer | 200 | 164 | 5 | 26 | 1 | 0.2 | 4.48 |
| Parmesan-Crusted Shrimp over Pesto Zoo dies | Keto Air Fryer | 202 | 397 | 26 | 31 | 10 | 3 | 0.94 |
| Asian Marinated Salmon | Keto Air Fryer | 204 | 311 | 18 | 31 | 9 | 1 | 1.19 |
| BLT Crab Cakes | Keto Air Fryer | 206 | 341 | 28 | 22 | 3 | 1 | 0.73 |
| Mouthwatering Cod over Creamy Leek Noodles | Keto Air Fryer | 208 | 345 | 25 | 25 | 3 | 0.4 | 0.91 |
| Spicy Popcorn Shrimp | Keto Air Fryer | 210 | 199 | 9 | 27 | 1 | 0 | 2.70 |
| Breaded Shrimp Tacos | Keto Air Fryer | 212 | 194 | 8 | 28 | 3 | 0.5 | 2.67 |
| Ham 'n' Cheese Hand Pies | Keto Air Fryer | 216 | 484 | 41 | 26 | 6 | 2 | 0.58 |
| Cheeseburger Meatballs | Keto Air Fryer | 218 | 621 | 47 | 45 | 5 | 1 | 0.88 |
| Keto Turtles | Keto Air Fryer | 220 | 389 | 28 | 30 | 0.4 | 0.1 | 1.06 |
| No-Corn Dogs | Keto Air Fryer | 222 | 405 | 33 | 24 | 5 | 2 | 0.67 |
| Italian Dunkers | Keto Air Fryer | 224 | 332 | 22 | 36 | 1 | 0.3 | 1.59 |

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| Hot Dog Buns | Keto Air Fryer | 226 | 145 | 11 | 6 | 10 | 7 | 0.43 |
| BLTSushi | Keto Air Fryer | 228 | 254 | 22 | 9 | 5 | 2 | 0.36 |
| Popcorn Chicken | Keto Air Fryer | 230 | 479 | 36 | 37 | 1 | 0.1 | 1.00 |
| Ham 'n' Cheese Ravioli | Keto Air Fryer | 232 | 269 | 20 | 16 | 4 | 0.3 | 0.68 |
| Chicken Patties | Keto Air Fryer | 234 | 352 | 25 | 28 | 4 | 3 | 1.08 |
| Little French Fudge Cakes | Keto Air Fryer | 238 | 414 | 38 | 12 | 11 | 5 | 0.27 |
| Flourless Cream-Filled Mini Cakes | Keto Air Fryer | 240 | 330 | 30 | 6 | 5 | 2 | 0.18 |
| Halle Berries-and-Cream Cobbler | Keto Air Fryer | 242 | 583 | 51 | 16 | 10 | 3 | 0.28 |
| Chocolate Meringue Cookies | Keto Air Fryer | 244 | 12 | 0.3 | 2 | 1 | 0.3 | 2.00 |
| Lemon Poppy Seed Macaroons | Keto Air Fryer | 246 | 71 | 7 | 1 | 3 | 2 | 0.13 |
| Lemon Curd Pavlova | Keto Air Fryer | 248 | 332 | 33 | 9 | 4 | 1 | 0.25 |
| Browned Butter Mocha Latte | Keto Comfort Foods | 36 | 273 | 27 | 4 | 5 | 2 | 0.13 |
| Lovers' Omelet | Keto Comfort Foods | 38 | 576 | 46 | 30 | 6 | 1 | 0.59 |
| Quiche Lorraine Dutch Baby | Keto Comfort Foods | 40 | 365 | 25 | 33 | 2 | 0.2 | 1.23 |
| Garlicky Cheddar Biscuits and Gravy | Keto Comfort Foods | 42 | 359 | 31 | 14 | 5 | 2 | 0.41 |
| Creamy Stuffed Blintzes | Keto Comfort Foods | 44 | 685 | 60 | 24 | 5 | 0 | 0.37 |
| Flappers | Keto Comfort Foods | 46 | 437 | 38 | 13 | 6 | 3 | 0.32 |
| Buttery Scones | Keto Comfort Foods | 48 | 246 | 23 | 7 | 6 | 3 | 0.27 |
| Cinnamon Roll Bread Pudding | Keto Comfort Foods | 50 | 223 | 20 | 8 | 2 | 0.3 | 0.37 |
| Cream Cheese Pumpkin Muffins | Keto Comfort Foods | 52 | 399 | 33 | 13 | 12 | 4 | 0.32 |
| Grandma Suzie's Kringle | Keto Comfort Foods | 54 | 271 | 23 | 11 | 5 | 2 | 0.42 |
| Sour Cream Coffee Cake with Browned Butter Glaze (w/almond | Keto Comfort Foods | 56 | 536 | 51 | 11 | 9 | 4 | 0.20 |
| Sour Cream Coffee Cake with Browned Butter Glaze (w/coconut | Keto Comfort Foods | 56 | 403 | 37 | 7 | 7 | 3 | 0.17 |
| Tiramisu Muffins | Keto Comfort Foods | 58 | 209 | 19 | 5 | 3 | 2 | 0.25 |
| Amazing Breakfast Sausage Bake | Keto Comfort Foods | 60 | 493 | 42 | 26 | 1 | 0.4 | 0.61 |
| Monte Cristo Crepes | Keto Comfort Foods | 62 | 452 | 38 | 20 | 4 | 0 | 0.48 |
| Chicken and Waffles with Hollandaise | Keto Comfort Foods | 64 | 639 | 48 | 60 | 2 | 1 | 1.22 |
| Glazed Chocolate Donuts | Keto Comfort Foods | 66 | 332 | 28 | 9 | 9 | 5 | 0.28 |
| Chocolate Donut Bread Pudding | Keto Comfort Foods | 68 | 220 | 19 | 6 | 5 | 3 | 0.29 |
| Red Velvet Pancakes with Cream Cheese Syrup | Keto Comfort Foods | 70 | 401 | 33 | 19 | 5 | 1 | 0.51 |
| Snickerdoodle Breakfast Pots de Creme | Keto Comfort Foods | 72 | 326 | 37 | 3 | 1 | 0.2 | 0.08 |
| BBQ Pulled Pork Hash with Eggs | Keto Comfort Foods | 74 | 482 | 36 | 29 | 7 | 2 | 0.71 |
| Maple Bacon Waffle Breakfast Sundaes | Keto Comfort Foods | 76 | 712 | 70 | 18 | 3 | 0.5 | 0.25 |
| Croque Madame Waffles | Keto Comfort Foods | 78 | 499 | 43 | 25 | 1 | 0 | 0.57 |
| Sweet Breakfast Biscuits with Chocolate or Caramel Mocha Gravy | Keto Comfort Foods | 80 | 345 | 34 | 6 | 5 | 2 | 0.16 |
| Crab Cake Eggs Benedict | Keto Comfort Foods | 82 | 554 | 41 | 40 | 1 | 0 | 0.95 |
| BLT Party Cheese Ball | Keto Comfort Foods | 86 | 268 | 22 | 12 | 2 | 0 | 0.50 |
| BLT Stuffed Mushrooms | Keto Comfort Foods | 87 | 520 | 43 | 25 | 6 | 1 | 0.52 |
| Twice-Baked Mashed Fauxtato Bites | Keto Comfort Foods | 88 | 354 | 25 | 19 | 14 | 6 | 0.58 |
| Bacon Poppers | Keto Comfort Foods | 89 | 478 | 39 | 21 | 9 | 3 | 0.47 |
| Buffalo Chicken Cannoli | Keto Comfort Foods | 90 | 441 | 31 | 36 | 3 | 0.4 | 1.07 |
| Loaded Fries with Ranch | Keto Comfort Foods | 92 | 191 | 16 | 9 | 3 | 1 | 0.50 |
| Pizza Fat Bombs | Keto Comfort Foods | 94 | 142 | 13 | 4 | 1 | 0 | 0.29 |
| Bacon-Wrapped Stuffed Portobellos | Keto Comfort Foods | 95 | 271 | 23 | 13 | 2 | 0.2 | 0.52 |
| Loaded Chicken Nachos | Keto Comfort Foods | 96 | 229 | 13 | 24 | 3 | 1 | 1.60 |
| The Best Browned Butter Cheese Fondue | Keto Comfort Foods | 98 | 316 | 30 | 11 | 2 | 0 | 0.34 |

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|--|--------------------|-----|-----|----|----|-----|-----|------|
| Parmesan Chips | Keto Comfort Foods | 100 | 120 | 9 | 12 | 0 | 0 | 1.33 |
| Buffalo Chicken Wings with The Best Blue Cheese Dressing | Keto Comfort Foods | 101 | 585 | 43 | 45 | 1 | 0.1 | 1.03 |
| Baked Brie with Keto Cherry Jelly | Keto Comfort Foods | 102 | 262 | 23 | 13 | 3 | 1 | 0.52 |
| Spanakopita Flatbread | Keto Comfort Foods | 104 | 419 | 35 | 23 | 8 | 3 | 0.58 |
| Bacon-Wrapped Stuffed Meatballs | Keto Comfort Foods | 106 | 512 | 42 | 33 | 1 | 0.2 | 0.77 |
| Hush Puppies with Pimiento Mayo | Keto Comfort Foods | 108 | 127 | 12 | 5 | 1 | 0.1 | 0.39 |
| Seafood Bisque | Keto Comfort Foods | 112 | 521 | 39 | 29 | 8 | 1 | 0.63 |
| Clam Chowder | Keto Comfort Foods | 114 | 371 | 26 | 22 | 8 | 1 | 0.67 |
| Chicken "Wild Rice" Soup | Keto Comfort Foods | 116 | 642 | 54 | 33 | 4 | 1 | 0.58 |
| Cream of Chicken Soup | Keto Comfort Foods | 118 | 268 | 21 | 15 | 4 | 1 | 0.63 |
| Mushroom Truffle Bisque | Keto Comfort Foods | 119 | 304 | 27 | 8 | 6 | 1 | 0.25 |
| Fauxtato Leek Soup | Keto Comfort Foods | 120 | 195 | 16 | 6 | 4 | 1 | 0.32 |
| Beef Stew | Keto Comfort Foods | 122 | 245 | 17 | 13 | 7 | 2 | 0.59 |
| Slow Cooker Chipotle Lime Steak Soup | Keto Comfort Foods | 123 | 204 | 13 | 13 | 7 | 2 | 0.72 |
| Italian Sausage Soup | Keto Comfort Foods | 124 | 340 | 26 | 18 | 8 | 2 | 0.56 |
| Philly Cheesesteak Soup | Keto Comfort Foods | 126 | 409 | 31 | 25 | 4 | 1 | 0.74 |
| Warm Goat Cheese Salad with Bacon Vinaigrette | Keto Comfort Foods | 128 | 766 | 67 | 36 | 8 | 4 | 0.51 |
| Mashed Fauxtatoes | Keto Comfort Foods | 129 | 178 | 12 | 9 | 9 | 4 | 0.53 |
| Roasted Cauliflower with Bearnaise Sauce | Keto Comfort Foods | 130 | 147 | 13 | 3 | 6 | 2 | 0.18 |
| Steak Fries | Keto Comfort Foods | 131 | 171 | 12 | 17 | 2 | 1 | 1.31 |
| Brussels Sprouts with Soft-Boiled Eggs and Avocado | Keto Comfort Foods | 132 | 204 | 14 | 9 | 13 | 6 | 0.43 |
| Yorkshire Pudding | Keto Comfort Foods | 134 | 42 | 1 | 7 | 0.4 | 0 | 5.00 |
| Roasted Asparagus with Poached Eggs and Hollandaise | Keto Comfort Foods | 136 | 291 | 26 | 9 | 5 | 2 | 0.31 |
| Zucchini and Bacon Gratin | Keto Comfort Foods | 138 | 112 | 8 | 9 | 4 | 1 | 0.82 |
| "Cornbread" Muffins | Keto Comfort Foods | 139 | 192 | 17 | 5 | 4 | 2 | 0.26 |
| Stuffing Cupcakes | Keto Comfort Foods | 140 | 221 | 19 | 10 | 2 | 0.5 | 0.49 |
| Creamed Collards with Browned Butter and Bacon | Keto Comfort Foods | 142 | 284 | 25 | 7 | 11 | 5 | 0.23 |
| Scalloped Fauxtatoes with Bacon, Leeks, and Gruyere | Keto Comfort Foods | 144 | 415 | 41 | 12 | 6 | 3 | 0.27 |
| Pimiento Cheese Muffins | Keto Comfort Foods | 146 | 341 | 29 | 13 | 8 | 3 | 0.38 |
| Cordon Bleu Lasagna | Keto Comfort Foods | 150 | 314 | 26 | 16 | 3 | 1 | 0.57 |
| Poulet Grand-Mere | Keto Comfort Foods | 152 | 489 | 42 | 23 | 3 | 1 | 0.52 |
| Chicken and Gravy Cobbler | Keto Comfort Foods | 154 | 438 | 33 | 28 | 6 | 2 | 0.76 |
| Lemon Pepper Roast Turkey with Bacon Gravy | Keto Comfort Foods | 156 | 349 | 19 | 39 | 3 | 1 | 1.86 |
| Turkey Tetrazzini | Keto Comfort Foods | 158 | 372 | 24 | 33 | 6 | 1 | 1.14 |
| Skillet Enchilada Casserole | Keto Comfort Foods | 160 | 442 | 30 | 36 | 6 | 2 | 1.06 |
| Turkey Meatloaf Cupcakes | Keto Comfort Foods | 162 | 329 | 13 | 42 | 10 | 2 | 2.00 |
| Saucy Crispy Chicken | Keto Comfort Foods | 164 | 544 | 42 | 40 | 0.2 | 0 | 0.95 |
| Braised Turkey Legs with Creamy Gravy | Keto Comfort Foods | 166 | 650 | 30 | 80 | 10 | 4 | 2.22 |
| Chicken Club Hand Pies | Keto Comfort Foods | 168 | 513 | 43 | 27 | 7 | 2 | 0.56 |
| Fried Chicken with Cheesy Grits | Keto Comfort Foods | 170 | 592 | 46 | 45 | 1 | 0 | 0.96 |
| Chicken Divan | Keto Comfort Foods | 172 | 691 | 63 | 29 | 4 | 1 | 0.44 |
| Smothered Fried Cabin Chicken | Keto Comfort Foods | 174 | 517 | 36 | 45 | 4 | 1 | 1.15 |
| Shredded Amish Chicken and Gravy | Keto Comfort Foods | 176 | 453 | 31 | 32 | 10 | 3 | 0.84 |
| BBQ Chicken Lasagna | Keto Comfort Foods | 178 | 345 | 21 | 31 | 8 | 2 | 1.15 |
| Turkey Goulash Over Mashed Fauxtatoes | Keto Comfort Foods | 180 | 342 | 18 | 32 | 12 | 4 | 1.23 |
| Red Curry Chicken Over Cauliflower Rice | Keto Comfort Foods | 182 | 355 | 27 | 16 | 10 | 3 | 0.47 |

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|---|--------------------|-----|-----|----|----|-----|-----|------|
| Herb Roasted Chicken | Keto Comfort Foods | 184 | 320 | 23 | 25 | 2 | 0.4 | 1.02 |
| Chicken Cordon Bleu | Keto Comfort Foods | 186 | 592 | 45 | 45 | 3 | 0 | 0.94 |
| Slow Cooker Creamy Picante Chicken | Keto Comfort Foods | 188 | 348 | 21 | 27 | 9 | 2 | 0.96 |
| Buffalo Chicken Casserole | Keto Comfort Foods | 190 | 430 | 29 | 32 | 8 | 2 | 0.91 |
| Duck a l'Orange | Keto Comfort Foods | 192 | 478 | 41 | 20 | 7 | 2 | 0.43 |
| Braised Duck Legs with Bacon and Mushrooms | Keto Comfort Foods | 194 | 393 | 33 | 19 | 6 | 1 | 0.50 |
| Chicken Pot Pies | Keto Comfort Foods | 196 | 631 | 50 | 38 | 9 | 3 | 0.68 |
| Sunday Supper Pot Roast Over Mashed Fauxtatoes | Keto Comfort Foods | 200 | 597 | 40 | 51 | 4 | 1 | 1.19 |
| Skillet Moussaka | Keto Comfort Foods | 202 | 428 | 33 | 23 | 9 | 3 | 0.59 |
| Philly Cheeses teak Cupcakes | Keto Comfort Foods | 204 | 504 | 39 | 33 | 5 | 1 | 0.77 |
| Gyro Loaf with Tzatziki Sauce | Keto Comfort Foods | 206 | 539 | 41 | 33 | 6 | 1 | 0.72 |
| Joe's Special | Keto Comfort Foods | 208 | 495 | 41 | 28 | 4 | 1 | 0.64 |
| Meatloaf Cordon Bleu | Keto Comfort Foods | 209 | 437 | 32 | 31 | 3 | 1 | 0.91 |
| Steak Frites with Bearnaise Sauce | Keto Comfort Foods | 210 | 655 | 61 | 24 | 6 | 2 | 0.37 |
| Rib- Eye Steak with Asparagus Puree and Bacon Custard | Keto Comfort Foods | 212 | 572 | 54 | 22 | 2 | 1 | 0.40 |
| Filet Mignons Florentine | Keto Comfort Foods | 214 | 497 | 43 | 20 | 6 | 2 | 0.43 |
| Meatballs with Brown Gravy | Keto Comfort Foods | 216 | 550 | 44 | 36 | 1 | 0.4 | 0.81 |
| Steak with Blue Cheese Whip | Keto Comfort Foods | 218 | 566 | 48 | 33 | 1 | 0.4 | 0.68 |
| Perfect Reverse-Sear Prime Rib with Tiger Sauce | Keto Comfort Foods | 220 | 703 | 49 | 60 | 2 | 1 | 1.20 |
| Greek Burgers with Feta Dressing | Keto Comfort Foods | 222 | 556 | 46 | 28 | 6 | 2 | 0.56 |
| Country-Fried Steak and Gravy | Keto Comfort Foods | 224 | 775 | 58 | 50 | 12 | 5 | 0.77 |
| Taco Pizza | Keto Comfort Foods | 226 | 518 | 42 | 29 | 12 | 4 | 0.58 |
| Pizza Supreme | Keto Comfort Foods | 228 | 507 | 42 | 28 | 10 | 4 | 0.58 |
| French Dip Sandwiches | Keto Comfort Foods | 230 | 623 | 47 | 39 | 4 | 3 | 0.81 |
| Garlic and Rosemary Rack of Lamb | Keto Comfort Foods | 232 | 344 | 27 | 17 | 4 | 1 | 0.57 |
| Shrimp Thermidor | Keto Comfort Foods | 236 | 785 | 57 | 56 | 5 | 1 | 0.92 |
| Walleye Simmered in Basil Cream | Keto Comfort Foods | 238 | 210 | 11 | 23 | 3 | 0.4 | 1.69 |
| Cheesy Tuna Casserole | Keto Comfort Foods | 240 | 344 | 22 | 31 | 3 | 1 | 1.29 |
| Charleston Shrimp 'n' Gravy Over Grits | Keto Comfort Foods | 242 | 500 | 34 | 41 | 5 | 1 | 1.08 |
| Seafood Risotto | Keto Comfort Foods | 244 | 368 | 24 | 29 | 9 | 4 | 1.00 |
| Surf and Turf for Two | Keto Comfort Foods | 245 | 526 | 49 | 19 | 0.4 | 0 | 0.38 |
| Crawfish Etouffee | Keto Comfort Foods | 246 | 372 | 21 | 36 | 7 | 2 | 1.38 |
| Halibut Smothered in Creamy Lemon-Dill Sauce | Keto Comfort Foods | 248 | 270 | 17 | 24 | 4 | 1 | 1.20 |
| Sole Meuniere | Keto Comfort Foods | 250 | 383 | 31 | 28 | 1 | 0.2 | 0.88 |
| Creole Catfish | Keto Comfort Foods | 252 | 210 | 11 | 19 | 10 | 3 | 1.06 |
| Butter-Poached Lobster Tails Over Creamy Keto Risotto | Keto Comfort Foods | 254 | 775 | 69 | 38 | 1 | 0 | 0.54 |
| BBQ Pulled Pork Sandwiches with Wilted Bacon Slaw | Keto Comfort Foods | 258 | 645 | 47 | 45 | 5 | 1 | 0.88 |
| Saucy Stuffed Cabbage Rolls | Keto Comfort Foods | 260 | 317 | 23 | 14 | 14 | 5 | 0.44 |
| Schnitzel | Keto Comfort Foods | 262 | 464 | 36 | 37 | 2 | 0.5 | 0.99 |
| Smothered Pork Chops in Mushroom and Onion Gravy | Keto Comfort Foods | 264 | 691 | 59 | 30 | 10 | 2 | 0.45 |
| Ham 'n' Grits with Redeye Gravy | Keto Comfort Foods | 265 | 454 | 38 | 24 | 4 | 1 | 0.59 |
| Pork and Cheddar Sausages | Keto Comfort Foods | 266 | 413 | 36 | 21 | 1 | 0 | 0.57 |
| Bangers and Mash with Onion Gravy | Keto Comfort Foods | 268 | 641 | 50 | 33 | 13 | 5 | 0.57 |
| Crispy Pork Belly Over Grits with Bacon Jam | Keto Comfort Foods | 270 | 551 | 48 | 27 | 1 | 0 | 0.55 |
| Creamy Cajun Pasta | Keto Comfort Foods | 272 | 669 | 32 | 64 | 6 | 2 | 1.78 |
| Bomba Burgers | Keto Comfort Foods | 276 | 689 | 56 | 44 | 5 | 3 | 0.76 |

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|---|--------------------|-----|-----|----|-----|-----|-----|------|
| Hot Beef Sundaes | Keto Comfort Foods | 278 | 824 | 65 | 50 | 8 | 3 | 0.71 |
| Grilled Cheese Waffles and Tomato Gorgonzola Bisque | Keto Comfort Foods | 280 | 508 | 42 | 24 | 7 | 2 | 0.51 |
| Cheeseburger Soup | Keto Comfort Foods | 282 | 586 | 48 | 31 | 4 | 0.3 | 0.60 |
| Chili Cheese Dog Casserole | Keto Comfort Foods | 284 | 668 | 48 | 43 | 10 | 2 | 0.77 |
| Pizza Waffles | Keto Comfort Foods | 286 | 270 | 24 | 13 | 1 | 0.3 | 0.53 |
| Chicken Parmesan Mini Meatloaves | Keto Comfort Foods | 288 | 254 | 16 | 27 | 1 | 0.2 | 1.61 |
| Ham 'n' Cheese Cones | Keto Comfort Foods | 290 | 315 | 29 | 12 | 1 | 0.2 | 0.40 |
| Chili Dogs | Keto Comfort Foods | 292 | 367 | 26 | 25 | 6 | 1 | 0.81 |
| Deconstructed Bacon Cheeseburger Pizza | Keto Comfort Foods | 294 | 283 | 23 | 17 | 3 | 1 | 0.68 |
| Italian Cream Soda | Keto Comfort Foods | 298 | 148 | 18 | 0 | 0 | 0 | 0.00 |
| Persian Hot Chocolate | Keto Comfort Foods | 300 | 134 | 10 | 4 | 6 | 3 | 0.31 |
| Pumpkin Dip with Pie Fries | Keto Comfort Foods | 302 | 282 | 25 | 5 | 8 | 3 | 0.17 |
| Malted Milk Ball Buche de Noel | Keto Comfort Foods | 304 | 587 | 55 | 10 | 12 | 5 | 0.16 |
| Gateau au Chocolat | Keto Comfort Foods | 306 | 361 | 35 | 6 | 6 | 4 | 0.16 |
| Pots de Creme | Keto Comfort Foods | 308 | 396 | 38 | 6 | 9 | 6 | 0.15 |
| Deconstructed Chocolate Cannoli Cookies | Keto Comfort Foods | 309 | 115 | 10 | 3 | 3 | 2 | 0.27 |
| Death by Chocolate Cheesecake | Keto Comfort Foods | 310 | 552 | 50 | 11 | 11 | 6 | 0.20 |
| French Silk Ice Cream | Keto Comfort Foods | 312 | 460 | 49 | 7 | 2 | 1 | 0.14 |
| "Keto Debbie" Chocolate Cupcakes | Keto Comfort Foods | 314 | 407 | 38 | 9 | 6 | 2 | 0.21 |
| Penuche (Italian Fudge) | Keto Comfort Foods | 316 | 157 | 16 | 1 | 1 | 1 | 0.06 |
| Peaches and Cream Sorbet | Keto Comfort Foods | 317 | 300 | 36 | 0 | 0 | 0 | 0.00 |
| Chocolate Ice Cream Cake with Almond Butter Swirl | Keto Comfort Foods | 318 | 385 | 35 | 11 | 8 | 4 | 0.28 |
| Deconstructed Chocolate Waffle Cones | Keto Comfort Foods | 320 | 810 | 82 | 19 | 7 | 4 | 0.22 |
| Maple Bacon Ice Cream in Bacon Cones | Keto Comfort Foods | 322 | 514 | 50 | 14 | 1 | 0 | 0.27 |
| Strawberries and Cream Snowballs | Keto Comfort Foods | 324 | 591 | 58 | 9 | 7 | 3 | 0.15 |
| Malted Milk Ball Cheesecake | Keto Comfort Foods | 326 | 358 | 31 | 8 | 9 | 3 | 0.22 |
| Can noli Mini Cheese Balls | Keto Comfort Foods | 328 | 417 | 40 | 6 | 7 | 3 | 0.14 |
| Mini Mocha Bundt Cakes | Keto Comfort Foods | 330 | 328 | 29 | 11 | 9 | 4 | 0.32 |
| Mint Chocolate Whoopie Pies | Keto Comfort Foods | 332 | 609 | 59 | 11 | 8 | 4 | 0.17 |
| Mint Chocolate Cheesecake Buche de Noel | Keto Comfort Foods | 334 | 343 | 35 | 4 | 4 | 3 | 0.11 |
| Decadent Black Forest Dessert for Two | Keto Comfort Foods | 336 | 613 | 65 | 7 | 4 | 2 | 0.10 |
| "Rice" Pudding | Keto Comfort Foods | 338 | 206 | 21 | 4 | 1 | 0.1 | 0.18 |
| Creamy Chocolate Mint Truffles | Keto Comfort Foods | 340 | 111 | 10 | 2 | 2 | 1 | 0.18 |
| Malted Milk Ball Truffles | Keto Comfort Foods | 342 | 123 | 10 | 2 | 4 | 2 | 0.17 |
| Pecan Pie Truffles | Keto Comfort Foods | 344 | 182 | 19 | 1 | 1 | 1 | 0.05 |
| Dark Chocolate Raspberry Truffles | Keto Comfort Foods | 346 | 116 | 11 | 2 | 2 | 1 | 0.17 |
| Pumpkin Cheesecake Truffles | Keto Comfort Foods | 348 | 137 | 12 | 2 | 2 | 1 | 0.15 |
| Bananas Foster for Two | Keto Comfort Foods | 350 | 650 | 69 | 7 | 4 | 2 | 0.10 |
| Banana Cream Pie' | Keto Comfort Foods | 352 | 212 | 21 | 3 | 3 | 2 | 0.14 |
| Bone Broth: Beef, Chicken, or Fish | Keto Comfort Foods | 356 | 10 | 2 | 0.7 | 0.8 | 0 | 0.25 |
| Bearnaise Sauce | Keto Comfort Foods | 357 | 152 | 14 | 4 | 2 | 0.1 | 0.25 |
| Hollandaise | Keto Comfort Foods | 358 | 175 | 19 | 1 | 1 | 0.1 | 0.05 |
| Pizza Sauce | Keto Comfort Foods | 358 | 52 | 3 | 4 | 3 | 1 | 0.80 |
| Mayonnaise | Keto Comfort Foods | 359 | 91 | 10 | 0.2 | 0.1 | 0 | 0.02 |
| Ranch Dressing | Keto Comfort Foods | 359 | 71 | 6 | 2 | 1 | 0 | 0.29 |
| Cilantro Lime Ranch Dressing | Keto Comfort Foods | 360 | 56 | 5 | 1 | 1 | 0.1 | 0.17 |

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| The Best Blue Cheese Dressing | Keto Comfort Foods | 360 | 66 | 5 | 4 | 0.2 | 0 | 0.77 |
| Greek Feta Dressing | Keto Comfort Foods | 361 | 158 | 16 | 3 | 1 | 0 | 0.18 |
| Keto Grits | Keto Comfort Foods | 361 | 405 | 37 | 16 | 1 | 0 | 0.42 |
| Keto Buns | Keto Comfort Foods | 362 | 36 | 2 | 4 | 0.5 | 0 | 1.60 |
| Cauliflower Rice | Keto Comfort Foods | 362 | 70 | 7 | 1 | 2 | 1 | 0.13 |
| Zoodles-Two Ways | Keto Comfort Foods | 363 | 18 | 0.2 | 1.4 | 3.8 | 1.2 | 0.50 |
| Umami Broth | Keto Comfort Foods | 364 | 30 | 1 | 1 | 3 | 1 | 0.33 |
| Pumpkin Coffee Cake | Keto Instant Pot | 44 | 239 | 21 | 9 | 9 | 4 | 0.35 |
| Blueberry Cereal | Keto Instant Pot | 46 | 283 | 25 | 10 | 7 | 4 | 0.36 |
| Crustless Quiche Lorraine | Keto Instant Pot | 48 | 434 | 30 | 31 | 7 | 2 | 0.89 |
| Granola | Keto Instant Pot | 50 | 492 | 44 | 17 | 9 | 5 | 0.35 |
| Easy Baked Eggs | Keto Instant Pot | 52 | 592 | 51 | 33 | 3 | 0.2 | 0.61 |
| Pumpkin Pie Breakfast Pudding | Keto Instant Pot | 54 | 202 | 17 | 6 | 5 | 1 | 0.29 |
| Buffalo Wings with Blue Cheese Dressing | Keto Instant Pot | 58 | 213 | 15 | 15 | 6 | 3 | 0.83 |
| Crab Rangoon Dip | Keto Instant Pot | 60 | 491 | 40 | 24 | 5 | 1 | 0.55 |
| Pizza Hit Breadsticks | Keto Instant Pot | 62 | 214 | 13 | 12 | 10 | 4 | 0.63 |
| Pizza Dip | Keto Instant Pot | 64 | 262 | 21 | 17 | 4 | 1 | 0.71 |
| Tender Mexican Spice Wings | Keto Instant Pot | 66 | 164 | 14 | 10 | 2 | 1 | 0.67 |
| Crab-Stuffed Mushrooms | Keto Instant Pot | 68 | 113 | 8 | 8 | 2 | 1 | 0.89 |
| Mexican Meatballs | Keto Instant Pot | 70 | 676 | 51 | 41 | 8 | 1 | 0.71 |
| Gyro Mushrooms | Keto Instant Pot | 72 | 315 | 25 | 19 | 7 | 2 | 0.63 |
| Ham & Cauliflower au Gratin | Keto Instant Pot | 74 | 308 | 17 | 29 | 8 | 2 | 1.26 |
| French Onion Casserole | Keto Instant Pot | 76 | 278 | 22 | 11 | 11 | 2 | 0.35 |
| Sesame Broccoli | Keto Instant Pot | 78 | 78 | 4 | 3 | 9 | 5 | 0.38 |
| Buttery Mushrooms | Keto Instant Pot | 79 | 256 | 28 | 3 | 3 | 1 | 0.10 |
| Alfredo Veggies | Keto Instant Pot | 80 | 128 | 6 | 8 | 10 | 3 | 0.62 |
| Sweet 'n' Sour Eggplant | Keto Instant Pot | 82 | 125 | 5 | 4 | 19 | 7 | 0.24 |
| Nutty "Noodles" | Keto Instant Pot | 84 | 128 | 8 | 5 | 9 | 3 | 0.36 |
| Reuben Soup | Keto Instant Pot | 88 | 427 | 34 | 20 | 4 | 0.2 | 0.53 |
| Cream of Asparagus Soup | Keto Instant Pot | 90 | 270 | 15 | 13 | 20 | 5 | 0.43 |
| Chicken "Noodle" Soup | Keto Instant Pot | 92 | 253 | 15 | 21 | 11 | 1 | 0.84 |
| New England Clam Chowder | Keto Instant Pot | 94 | 552 | 41 | 34 | 10 | 1 | 0.68 |
| Pumpkin Chili | Keto Instant Pot | 96 | 431 | 41 | 23 | 15 | 4 | 0.44 |
| Italian Chicken Chili | Keto Instant Pot | 98 | 251 | 12 | 26 | 7 | 1 | 1.44 |
| Tomato Basil Parmesan Soup | Keto Instant Pot | 100 | 146 | 10 | 8 | 4 | 1 | 0.62 |
| Provolone Chicken Soup | Keto Instant Pot | 102 | 373 | 18 | 49 | 2 | 0.3 | 2.49 |
| Cicoppino | Keto Instant Pot | 104 | 298 | 12 | 35 | 14 | 2 | 1.46 |
| Seafood Chowder | Keto Instant Pot | 106 | 234 | 15 | 17 | 8 | 1 | 0.77 |
| Broccoli & Brie Soup | Keto Instant Pot | 108 | 210 | 16 | 9 | 7 | 1 | 0.41 |
| Curry Beef Stew | Keto Instant Pot | 110 | 394 | 26 | 33 | 5 | 1 | 1.10 |
| Spicy Chicken Stew | Keto Instant Pot | 112 | 341 | 23 | 21 | 10 | 2 | 0.68 |
| African "Nut" Stew | Keto Instant Pot | 114 | 290 | 19 | 14 | 14 | 2 | 0.45 |
| Venison Stew | Keto Instant Pot | 116 | 359 | 21 | 32 | 9 | 3 | 1.19 |
| French Onion Soup | Keto Instant Pot | 118 | 329 | 11 | 15 | 11 | 4 | 0.83 |
| Creamy Chicken & Tomato Soup | Keto Instant Pot | 120 | 382 | 29 | 24 | 11 | 2 | 0.63 |
| Belgian Boovah | Keto Instant Pot | 122 | 273 | 15 | 22 | 13 | 4 | 0.92 |

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|---------------------------------------|------------------|-----|-----|----|----|----|-----|------|
| Supreme Pizza Soup | Keto Instant Pot | 124 | 260 | 21 | 6 | 9 | 2 | 0.21 |
| Green Borscht | Keto Instant Pot | 126 | 519 | 24 | 52 | 23 | 4 | 1.21 |
| EggRollSoup | Keto Instant Pot | 128 | 425 | 30 | 26 | 11 | 8 | 0.79 |
| Chicken Cordon Bleu Soup | Keto Instant Pot | 130 | 274 | 18 | 22 | 6 | 0.3 | 0.93 |
| Immune-Boosting Soup | Keto Instant Pot | 132 | 230 | 7 | 23 | 18 | 0.1 | 0.92 |
| Mexican Beef Soup | Keto Instant Pot | 134 | 456 | 36 | 25 | 6 | 2 | 0.63 |
| Broccoli Cheddar Soup | Keto Instant Pot | 136 | 227 | 16 | 12 | 9 | 1 | 0.50 |
| Cheesy Bacon Noodle Soup | Keto Instant Pot | 138 | 258 | 19 | 13 | 9 | 1 | 0.48 |
| Chicken & Asparagus Red Curry Soup | Keto Instant Pot | 140 | 235 | 13 | 24 | 8 | 2 | 1.26 |
| Lasagna Soup | Keto Instant Pot | 142 | 622 | 48 | 35 | 9 | 2 | 0.64 |
| Santa Fe Meatloaf | Keto Instant Pot | 146 | 318 | 24 | 21 | 4 | 1 | 0.78 |
| Mocha Pot Roast | Keto Instant Pot | 148 | 698 | 56 | 41 | 6 | 2 | 0.68 |
| Lamb Vindaloo | Keto Instant Pot | 150 | 535 | 35 | 46 | 5 | 1 | 1.18 |
| Mushroom & Swiss Mini Meatloaves | Keto Instant Pot | 152 | 282 | 21 | 20 | 3 | 0.3 | 0.84 |
| Mama Maria's Italian Meatballs | Keto Instant Pot | 154 | 583 | 45 | 33 | 10 | 3 | 0.63 |
| Swedish Meatballs | Keto Instant Pot | 156 | 249 | 20 | 13 | 1 | 0.2 | 0.63 |
| Ranch Mini Meatloaves | Keto Instant Pot | 158 | 314 | 25 | 19 | 1 | 0.2 | 0.74 |
| BBQ Short Ribs | Keto Instant Pot | 160 | 569 | 50 | 26 | 2 | 0.3 | 0.50 |
| Beef Stroganoff | Keto Instant Pot | 162 | 469 | 32 | 34 | 9 | 3 | 0.89 |
| Corned Beef & Cabbage | Keto Instant Pot | 164 | 548 | 40 | 39 | 7 | 3 | 0.89 |
| Smoky BBO Brisket | Keto Instant Pot | 166 | 522 | 40 | 38 | 1 | 0.1 | 0.93 |
| Blue Cheese Steak Roll-Ups | Keto Instant Pot | 168 | 417 | 28 | 37 | 3 | 2 | 1.28 |
| Asian Orange Short Ribs | Keto Instant Pot | 170 | 460 | 38 | 21 | 9 | 2 | 0.47 |
| Protein Noodle Lasaanas | Keto Instant Pot | 172 | 613 | 44 | 45 | 6 | 1 | 0.92 |
| Korean Rib Wraps | Keto Instant Pot | 174 | 547 | 48 | 18 | 9 | 5 | 0.35 |
| Spaghetti Bolognese | Keto Instant Pot | 176 | 460 | 34 | 24 | 13 | 3 | 0.55 |
| Barbacoa | Keto Instant Pot | 178 | 539 | 43 | 32 | 4 | 2 | 0.71 |
| Chili Cheese Dog Casserole | Keto Instant Pot | 180 | 541 | 41 | 33 | 7 | 2 | 0.72 |
| Unaa Rib | Keto Instant Pot | 182 | 594 | 55 | 23 | 1 | 0.1 | 0.41 |
| Pork Lettuce Cups | Keto Instant Pot | 186 | 385 | 30 | 22 | 9 | 2 | 0.59 |
| Smoky Baby Back Ribs | Keto Instant Pot | 188 | 518 | 41 | 37 | 2 | 1 | 0.88 |
| Perfect BBQ Pulled Pork | Keto Instant Pot | 190 | 584 | 34 | 60 | 7 | 1 | 1.50 |
| Melt-in-Your-Mouth Pork Belly | Keto Instant Pot | 192 | 349 | 30 | 18 | 2 | 0.2 | 0.57 |
| Sweet 'n' Sour Pork | Keto Instant Pot | 194 | 294 | 14 | 27 | 11 | 3 | 1.23 |
| Five-Ingredient Pork Roast | Keto Instant Pot | 196 | 560 | 33 | 58 | 5 | 1 | 1.57 |
| Stuffed Pork Tenderloin | Keto Instant Pot | 198 | 253 | 14 | 29 | 1 | 0.3 | 1.97 |
| Pot Roast Pork | Keto Instant Pot | 200 | 261 | 15 | 27 | 2 | 0.2 | 1.61 |
| Sausage Fajita Bowls | Keto Instant Pot | 202 | 204 | 16 | 9 | 4 | 1 | 0.47 |
| Sweet 'n' Sour Ribs | Keto Instant Pot | 204 | 695 | 35 | 88 | 3 | 1 | 2.38 |
| Pot Sticker Bowls | Keto Instant Pot | 206 | 267 | 19 | 17 | 8 | 4 | 0.74 |
| Toscana Paglia e Fieno | Keto Instant Pot | 208 | 378 | 34 | 13 | 9 | 3 | 0.33 |
| Brats with Onion Gravy | Keto Instant Pot | 210 | 424 | 45 | 17 | 11 | 3 | 0.32 |
| Amazing Asian-Inspired Pulled Pork | Keto Instant Pot | 212 | 559 | 41 | 40 | 5 | 3 | 0.93 |
| Chicken Adobo | Keto Instant Pot | 216 | 318 | 21 | 25 | 5 | 3 | 1.09 |
| Mama Maria's Italian Chicken Cupcakes | Keto Instant Pot | 218 | 637 | 41 | 74 | 1 | 0.2 | 1.77 |
| Greek Chicken | Keto Instant Pot | 220 | 764 | 63 | 40 | 13 | 7 | 0.58 |

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| Roast Chicken | Keto Instant Pot | 222 | 593 | 23 | 88 | 4 | 1 | 3.38 |
| Buffalo Chicken Lettuce Wraos | Keto Instant Pot | 224 | 190 | 7 | 24 | 8 | 2 | 1.85 |
| Sesame Chicken | Keto Instant Pot | 226 | 355 | 29 | 20 | 3 | 0.1 | 0.63 |
| BBQ Chicken & "Cornbread" Casserole | Keto Instant Pot | 228 | 240 | 14 | 15 | 13 | 4 | 0.65 |
| Hot Chicken Caesar Sandwiches | Keto Instant Pot | 230 | 577 | 49 | 32 | 10 | 4 | 0.58 |
| Easv Reuben Chicken | Keto Instant Pot | 232 | 303 | 22 | 22 | 4 | 0.2 | 0.85 |
| Chicken Asparagus Rolls | Keto Instant Pot | 234 | 392 | 29 | 26 | 5 | 2 | 0.81 |
| Cornish Game Hens | Keto Instant Pot | 236 | 611 | 42 | 51 | 4 | 0.4 | 1.12 |
| Chicken Broccoli Casserole | Keto Instant Pot | 238 | 583 | 49 | 26 | 6 | 2 | 0.49 |
| Chicken with Mushroom Cream Sauce | Keto Instant Pot | 240 | 275 | 17 | 27 | 5 | 1 | 1.29 |
| Chicken Piccata | Keto Instant Pot | 242 | 442 | 23 | 54 | 6 | 1 | 1.93 |
| Chicken & Bacon Lasagna Roll-Ups | Keto Instant Pot | 244 | 644 | 46 | 51 | 4 | 0.3 | 1.03 |
| Chicken Cacciatore | Keto Instant Pot | 246 | 333 | 22 | 25 | 7 | 1 | 0.89 |
| Chicken Cordon Bleu | Keto Instant Pot | 248 | 239 | 15 | 25 | 1 | 0 | 1.56 |
| Chicken Faiita Bowls | Keto Instant Pot | 250 | 278 | 6 | 51 | 6 | 1 | 4.64 |
| Chicken Parmigiana | Keto Instant Pot | 252 | 604 | 46 | 41 | 6 | 2 | 0.82 |
| Crab-Stuffed Avocados | Keto Instant Pot | 256 | 549 | 46 | 19 | 19 | 14 | 0.37 |
| Italian Salmon | Keto Instant Pot | 258 | 243 | 9 | 34 | 5 | 1 | 2.62 |
| Easv Greek Fish | Keto Instant Pot | 260 | 595 | 55 | 20 | 8 | 2 | 0.33 |
| Gumbo | Keto Instant Pot | 262 | 538 | 38 | 37 | 10 | 3 | 0.82 |
| Shrimp Scampi | Keto Instant Pot | 264 | 393 | 26 | 33 | 8 | 2 | 1.03 |
| Garlickv Tuna Casserole | Keto Instant Pot | 266 | 429 | 27 | 29 | 12 | 2 | 0.78 |
| Lemony Fish with Asnaraaus | Keto Instant Pot | 268 | 158 | 5 | 23 | 7 | 3 | 2.56 |
| Simple Salmon Packets | Keto Instant Pot | 270 | 207 | 10 | 28 | 2 | 1 | 2.55 |
| BBQShrimp | Keto Instant Pot | 272 | 266 | 14 | 31 | 2 | 0.2 | 1.96 |
| Pesto Fish Packets | Keto Instant Pot | 274 | 254 | 17 | 23 | 2 | 1 | 1.28 |
| Classic Tuna Hotdish | Keto Instant Pot | 276 | 276 | 16 | 25 | 5 | 1 | 1.25 |
| White Fish Poached in Garlic Cream Sauce | Keto Instant Pot | 278 | 314 | 14 | 44 | 2 | 0.2 | 2.78 |
| Jambalaya | Keto Instant Pot | 280 | 535 | 29 | 44 | 23 | 6 | 0.96 |
| Creme Brulee | Keto Instant Pot | 284 | 234 | 25 | 4 | 2 | 0 | 0.15 |
| Lemon Ricotta Torte | Keto Instant Pot | 286 | 362 | 34 | 10 | 6 | 3 | 0.27 |
| Chocolate Fondue | Keto Instant Pot | 288 | 297 | 30 | 3 | 6 | 2 | 0.09 |
| Deconstructed Tiramisu | Keto Instant Pot | 290 | 243 | 25 | 5 | 2 | 0.2 | 0.19 |
| Cinnamon Roll Cheesecake | Keto Instant Pot | 292 | 401 | 37 | 8 | 4 | 1 | 0.20 |
| Chocolate Custard | Keto Instant Pot | 294 | 239 | 25 | 5 | 5 | 0.2 | 0.17 |
| Pumpkin Pie Spiced Pots de Creme | Keto Instant Pot | 296 | 242 | 25 | 4 | 3 | 0.4 | 0.14 |
| Bread Pudding | Keto Instant Pot | 298 | 248 | 22 | 8 | 7 | 3 | 0.31 |
| Flourless Chocolate Tortes | Keto Instant Pot | 300 | 407 | 37 | 8 | 9 | 5 | 0.20 |
| Glazed Pumpkin Bundt Cake | Keto Instant Pot | 302 | 382 | 35 | 10 | 10 | 4 | 0.24 |
| Chocolate Almond Fudae | Keto Instant Pot | 304 | 131 | 11 | 4 | 5 | 2 | 0.29 |
| Upside-Down Maple Bacon Mini Cheesecakes | Keto Instant Pot | 306 | 395 | 36 | 9 | 2 | 0 | 0.24 |
| Maple-Glazed Zucchini Bundt Cake | Keto Instant Pot | 308 | 507 | 45 | 9 | 12 | 6 | 0.18 |
| Gingerbread Cafe au Lait | Keto Instant Pot | 310 | 42 | 3 | 1 | 3 | 1 | 0.20 |
| Hot Chocolate | Keto Instant Pot | 312 | 263 | 21 | 6 | 9 | 5 | 0.24 |
| Homemade Chai | Keto Instant Pot | 313 | 28 | 2 | 1 | 3 | 1 | 0.25 |
| Ginger Ale | Keto Instant Pot | 314 | 19 | 0.2 | 1 | 5 | 1 | 0.24 |

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|--|---------------------------|-----|-----|-----|-----|-----|-----|------|
| Homemade Root Beer | Keto Instant Pot | 316 | 3 | 0.1 | 0.1 | 1 | 0.3 | 0.13 |
| Healing Bone Broth | Keto Instant Pot | 320 | 21 | 1 | 2 | 1 | 0.2 | 1.11 |
| Homemade Ricotta | Keto Instant Pot | 322 | 154 | 14 | 4 | 5 | 0 | 0.21 |
| Roasted Garlic | Keto Instant Pot | 324 | 30 | 3 | 0.2 | 1 | 0.1 | 0.05 |
| Low-Carb Loaf Bread | Keto Instant Pot | 326 | 199 | 17 | 9 | 6 | 3 | 0.45 |
| Keto "Rice" | Keto Instant Pot | 328 | 194 | 14 | 13 | 1 | 0.1 | 0.87 |
| Mashed Cauliflower | Keto Instant Pot | 330 | 57 | 1 | 9 | 5 | 2 | 2.25 |
| Hard-Boiled Eggs | Keto Instant Pot | 331 | 77 | 5 | 6 | 0.5 | 0 | 1.09 |
| Mama Maria's Marinara Sauce | Keto Instant Pot | 332 | 75 | 3 | 2 | 10 | 3 | 0.20 |
| Stir-Fry Sauce | Keto Restaurant Favorites | 42 | 126 | 14 | 0.1 | 1 | 1 | 0.01 |
| Ginger Sauce | Keto Restaurant Favorites | 42 | 26 | 1 | 0.3 | 2 | 2 | 0.30 |
| Asian Dipping Sauce | Keto Restaurant Favorites | 43 | 25 | 1 | 0.2 | 4 | 2 | 0.07 |
| Sweet-and-Sour Sauce | Keto Restaurant Favorites | 43 | 28 | 1 | 1 | 3 | 1 | 0.33 |
| Zero-Carb Fried "Rice" | Keto Restaurant Favorites | 44 | 255 | 19 | 16 | 3 | 1 | 0.76 |
| Cauliflower Fried Rice | Keto Restaurant Favorites | 46 | 105 | 8 | 3 | 6 | 3 | 0.27 |
| Scallion Pancakes | Keto Restaurant Favorites | 48 | 236 | 20 | 9 | 3 | 0.2 | 0.39 |
| Break-Your-Fast Ramen | Keto Restaurant Favorites | 50 | 459 | 36 | 25 | 9 | 3 | 0.60 |
| Cucumber Kimchi | Keto Restaurant Favorites | 52 | 12 | 0.2 | 1 | 2 | 1 | 0.83 |
| Gyoza Meatballs | Keto Restaurant Favorites | 53 | 318 | 25 | 21 | 1 | 1 | 0.84 |
| Pot Stickers | Keto Restaurant Favorites | 54 | 322 | 25 | 15 | 12 | 7 | 0.50 |
| Crab Rangoon Puffs | Keto Restaurant Favorites | 56 | 138 | 10 | 9 | 2 | 0.3 | 0.77 |
| Gyoza (Japanese Dumplings) | Keto Restaurant Favorites | 58 | 397 | 39 | 10 | 2 | 1 | 0.25 |
| Cream Cheese Wontons | Keto Restaurant Favorites | 60 | 182 | 14 | 10 | 2 | 1 | 0.67 |
| Crab Rangoon Fritters | Keto Restaurant Favorites | 62 | 149 | 10 | 11 | 2 | 1 | 1.00 |
| General Tso's Chicken Drumsticks | Keto Restaurant Favorites | 64 | 350 | 24 | 31 | 2 | 1 | 1.24 |
| Chinese Sticky Rib Bites | Keto Restaurant Favorites | 66 | 316 | 26 | 18 | 3 | 1 | 0.64 |
| Po HoThng | Keto Restaurant Favorites | 68 | 100 | 8 | 6 | 1 | 0.3 | 0.69 |
| Hot-and-Sour Soup | Keto Restaurant Favorites | 70 | 210 | 15 | 13 | 7 | 3 | 0.68 |
| Simple Egg Drop Soup | Keto Restaurant Favorites | 72 | 317 | 22 | 24 | 6 | 1 | 0.89 |
| Gyoza Meatball Soup | Keto Restaurant Favorites | 74 | 158 | 11 | 8 | 7 | 3 | 0.53 |
| Pot Sticker Soup | Keto Restaurant Favorites | 76 | 386 | 29 | 19 | 14 | 8 | 0.54 |
| Udon Soup with Bok Choy and Poached Eggs | Keto Restaurant Favorites | 78 | 172 | 11 | 11 | 6 | 4 | 0.85 |
| Asian Slow Cooker Short Ribs | Keto Restaurant Favorites | 80 | 605 | 46 | 44 | 1 | 0.1 | 0.94 |
| Moo Shu Pork and Pancakes | Keto Restaurant Favorites | 82 | 655 | 56 | 31 | 7 | 2 | 0.51 |
| Crispy Almond Chicken (Soo Guy) | Keto Restaurant Favorites | 84 | 494 | 33 | 52 | 2 | 1 | 1.53 |
| Chicken Chow Mein | Keto Restaurant Favorites | 86 | 346 | 23 | 28 | 9 | 3 | 0.97 |
| Chicken and Mushrooms w/cabbage pasta | Keto Restaurant Favorites | 88 | 326 | 22 | 26 | 9 | 3 | 0.93 |
| Chicken and Mushrooms w/Miracle Noodles | Keto Restaurant Favorites | 88 | 315 | 22 | 25 | 7 | 2 | 0.93 |
| Beef and Broccoli Stir-Fry | Keto Restaurant Favorites | 90 | 278 | 25 | 11 | 5 | 2 | 0.39 |
| Teriyaki Salmon | Keto Restaurant Favorites | 92 | 219 | 11 | 25 | 6 | 1 | 1.56 |
| Bulgogi Wraps | Keto Restaurant Favorites | 94 | 462 | 39 | 23 | 8 | 2 | 0.51 |
| Sweet-and-Sour Chicken | Keto Restaurant Favorites | 96 | 521 | 36 | 45 | 8 | 4 | 1.13 |
| Chop Suey | Keto Restaurant Favorites | 98 | 439 | 36 | 22 | 10 | 4 | 0.52 |
| Singapore Noodles | Keto Restaurant Favorites | 100 | 203 | 9 | 24 | 6 | 2 | 1.85 |
| Szechuan Beef | Keto Restaurant Favorites | 102 | 443 | 28 | 37 | 11 | 2 | 1.00 |
| Bourbon Chicken | Keto Restaurant Favorites | 104 | 495 | 32 | 44 | 8 | 3 | 1.19 |

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|----------------------------------|---------------------------|-----|-----|----|----|-----|-----|--------|
| CharSiu | Keto Restaurant Favorites | 106 | 323 | 20 | 32 | 3 | 0.4 | 1.42 |
| Moo Go Gai Pan | Keto Restaurant Favorites | 108 | 469 | 32 | 44 | 6 | 2 | 1.22 |
| Kung Pow Shrimp | Keto Restaurant Favorites | 110 | 282 | 10 | 44 | 4 | 1 | 3.38 |
| Chinese Lemon Chicken | Keto Restaurant Favorites | 112 | 432 | 29 | 43 | 5 | 0.4 | 1.28 |
| Sushi Rolls | Keto Restaurant Favorites | 114 | | | | | | 100.00 |
| California Roll | Keto Restaurant Favorites | 114 | 166 | 10 | 10 | 12 | 7 | 0.67 |
| Smoked Salmon Roll | Keto Restaurant Favorites | 114 | 276 | 20 | 12 | 13 | 7 | 0.46 |
| Rainbow Roll | Keto Restaurant Favorites | 114 | 198 | 13 | 11 | 12 | 7 | 0.61 |
| Deconstructed Pot Sticker Bowl | Keto Restaurant Favorites | 118 | 242 | 18 | 17 | 4 | 1 | 0.81 |
| Green Tea Ice Cream | Keto Restaurant Favorites | 120 | 247 | 26 | 3 | 2 | 0 | 0.11 |
| Italian Dressing | Keto Restaurant Favorites | 124 | 97 | 10 | 1 | 0.2 | 0 | 0.10 |
| Alfredo Sauce | Keto Restaurant Favorites | 125 | 313 | 31 | 7 | 1 | 0.1 | 0.22 |
| Mama Maria's Marinara | Keto Restaurant Favorites | 126 | 134 | 11 | 2 | 8 | 2 | 0.12 |
| Mama Maria's Pizza Sauce | Keto Restaurant Favorites | 128 | 34 | 2 | 2 | 3 | 0.5 | 0.44 |
| Italian Wedding Soup | Keto Restaurant Favorites | 129 | 518 | 39 | 31 | 10 | 4 | 0.69 |
| Zuppa Toscana | Keto Restaurant Favorites | 130 | 398 | 29 | 25 | 6 | 2 | 0.76 |
| Italian Restaurant Salad | Keto Restaurant Favorites | 132 | 221 | 20 | 5 | 6 | 1 | 0.20 |
| Garlic Bread | Keto Restaurant Favorites | 134 | 177 | 15 | 6 | 8 | 5 | 0.33 |
| Mama Maria's Stuffed Mushrooms | Keto Restaurant Favorites | 136 | 455 | 37 | 18 | 11 | 2 | 0.39 |
| Mama Maria's Meatballs | Keto Restaurant Favorites | 138 | 449 | 34 | 29 | 6 | 1 | 0.74 |
| Cheesy Zucchini Agnolotti | Keto Restaurant Favorites | 140 | 222 | 18 | 7 | 10 | 3 | 0.28 |
| Five-Cheese "Ziti" | Keto Restaurant Favorites | 142 | 552 | 48 | 26 | 8 | 1 | 0.47 |
| Chicken Scaloppine | Keto Restaurant Favorites | 144 | 301 | 21 | 26 | 5 | 1 | 1.04 |
| Gnocchi- Three Ways | Keto Restaurant Favorites | 146 | 396 | 34 | 24 | 2 | 0.4 | 0.67 |
| Spaghetti and Meatballs | Keto Restaurant Favorites | 148 | 552 | 40 | 37 | 13 | 4 | 0.76 |
| Chicken Parmigiana | Keto Restaurant Favorites | 150 | 619 | 46 | 46 | 10 | 3 | 0.87 |
| Shrimp Caprese Pasta | Keto Restaurant Favorites | 152 | 734 | 62 | 45 | 7 | 2 | 0.67 |
| Sausage and Pepper Rustica | Keto Restaurant Favorites | 154 | 555 | 45 | 26 | 14 | 4 | 0.47 |
| Stuffed Manicotti | Keto Restaurant Favorites | 156 | 592 | 48 | 34 | 4 | 0.2 | 0.66 |
| Steak Gorgonzola Alfredo | Keto Restaurant Favorites | 158 | 710 | 64 | 29 | 7 | 2 | 0.42 |
| Chicken Piccata | Keto Restaurant Favorites | 160 | 299 | 22 | 24 | 3 | 1 | 1.00 |
| SugoBianco | Keto Restaurant Favorites | 162 | 513 | 45 | 26 | 3 | 1 | 0.55 |
| Protein Noodle Lasagna | Keto Restaurant Favorites | 164 | 697 | 52 | 47 | 11 | 2 | 0.77 |
| Chicken Milanese | Keto Restaurant Favorites | 166 | 480 | 36 | 38 | 3 | 1 | 1.00 |
| Chicken Cacciatore | Keto Restaurant Favorites | 168 | 275 | 18 | 20 | 10 | 2 | 0.77 |
| Shrimp Porto fino | Keto Restaurant Favorites | 170 | 587 | 58 | 17 | 7 | 2 | 0.27 |
| Toscana Paglia e Fieno | Keto Restaurant Favorites | 172 | 408 | 39 | 13 | 6 | 2 | 0.30 |
| Salmon Sorrento | Keto Restaurant Favorites | 174 | 309 | 16 | 34 | 5 | 1 | 1.70 |
| Prosciutto-Stuffed Chicken | Keto Restaurant Favorites | 176 | 755 | 64 | 45 | 3 | 1 | 0.68 |
| Chicken Scarpariello | Keto Restaurant Favorites | 178 | 353 | 25 | 24 | 8 | 2 | 0.77 |
| Pasta Carbonara | Keto Restaurant Favorites | 180 | 207 | 13 | 15 | 8 | 3 | 0.83 |
| Craig's Special Pizza | Keto Restaurant Favorites | 182 | 425 | 36 | 23 | 8 | 3 | 0.56 |
| Calzones | Keto Restaurant Favorites | 184 | 412 | 34 | 26 | 6 | 3 | 0.70 |
| Deconstructed Chicken Parm Pizza | Keto Restaurant Favorites | 186 | 651 | 43 | 68 | 2 | 0.3 | 1.52 |
| Keto Cannoli | Keto Restaurant Favorites | 188 | 288 | 31 | 2 | 0 | 0 | 0.06 |
| Dessert Pizza | Keto Restaurant Favorites | 190 | 532 | 47 | 21 | 7 | 2 | 0.40 |

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|--|---------------------------|-----|-----|-----|----|----|-----|------|
| Traditional Tiramisu | Keto Restaurant Favorites | 192 | 293 | 29 | 7 | 2 | 1 | 0.23 |
| Easy Blender Enchilada Sauce | Keto Restaurant Favorites | 196 | 27 | 1 | 1 | 4 | 2 | 0.33 |
| Pico de Gallo | Keto Restaurant Favorites | 197 | 32 | 0.1 | 1 | 6 | 1 | 0.20 |
| "Tortilla" Chips with Guacamole (just chips) | Keto Restaurant Favorites | 198 | 248 | 16 | 15 | 2 | 0 | 0.83 |
| Guacamole | Keto Restaurant Favorites | 198 | 174 | 14 | 3 | 13 | 7 | 0.15 |
| Soft Tortillas | Keto Restaurant Favorites | 200 | 105 | 8 | 4 | 6 | 4 | 0.40 |
| Keto Tortillas | Keto Restaurant Favorites | 201 | 78 | 5 | 6 | 1 | 0 | 1.00 |
| Breakfast Burritos | Keto Restaurant Favorites | 202 | 474 | 39 | 29 | 2 | 0.2 | 0.71 |
| Empanadas | Keto Restaurant Favorites | 204 | 575 | 45 | 34 | 8 | 1 | 0.65 |
| Chicken Quesadilla | Keto Restaurant Favorites | 206 | 360 | 27 | 24 | 6 | 4 | 0.83 |
| Tortilla Soup | Keto Restaurant Favorites | 208 | 295 | 19 | 21 | 11 | 3 | 0.78 |
| Carne en su Jugo | Keto Restaurant Favorites | 210 | 571 | 44 | 30 | 12 | 7 | 0.61 |
| Slow Cooker Posole Soup | Keto Restaurant Favorites | 212 | 350 | 25 | 25 | 8 | 2 | 0.81 |
| Chicken Enchilada Soup | Keto Restaurant Favorites | 214 | 456 | 30 | 28 | 13 | 3 | 0.70 |
| Easy Burrito Bowls | Keto Restaurant Favorites | 216 | 483 | 37 | 28 | 7 | 2 | 0.67 |
| Burritos | Keto Restaurant Favorites | 218 | 398 | 21 | 40 | 12 | 7 | 1.54 |
| Enchiladas | Keto Restaurant Favorites | 220 | 598 | 40 | 48 | 10 | 4 | 1.04 |
| Steak Fajitas | Keto Restaurant Favorites | 222 | 525 | 40 | 27 | 17 | 7 | 0.54 |
| Cheesy Chile Rellenos | Keto Restaurant Favorites | 224 | 799 | 71 | 31 | 7 | 1 | 0.40 |
| Enchiladas Verdes Lasagna | Keto Restaurant Favorites | 226 | 368 | 21 | 34 | 8 | 3 | 1.31 |
| Chicken Thigh Chili Verdes | Keto Restaurant Favorites | 228 | 304 | 23 | 17 | 7 | 2 | 0.61 |
| Simple Polio Asado | Keto Restaurant Favorites | 229 | 345 | 21 | 33 | 6 | 1 | 1.27 |
| Mouthwatering Carnitas | Keto Restaurant Favorites | 230 | 592 | 51 | 30 | 4 | 1 | 0.56 |
| Carne Asada Tacos | Keto Restaurant Favorites | 232 | 386 | 27 | 28 | 7 | 4 | 0.93 |
| Smoky Refried "Beans" | Keto Restaurant Favorites | 234 | 107 | 8 | 6 | 6 | 2 | 0.50 |
| Piia Colada | Keto Restaurant Favorites | 236 | 92 | 9 | 1 | 2 | 0.1 | 0.09 |
| Fried Ice Cream | Keto Restaurant Favorites | 237 | 429 | 36 | 23 | 5 | 3 | 0.61 |
| Flan | Keto Restaurant Favorites | 238 | 495 | 55 | 5 | 1 | 0.2 | 0.09 |
| Churros | Keto Restaurant Favorites | 240 | 153 | 13 | 9 | 3 | 1 | 0.60 |
| Tres Leches Cake | Keto Restaurant Favorites | 242 | 329 | 34 | 7 | 3 | 2 | 0.20 |
| Sinangag | Keto Restaurant Favorites | 246 | 65 | 6 | 1 | 3 | 1 | 0.13 |
| Thai Basil Fried "Rice" | Keto Restaurant Favorites | 247 | 111 | 9 | 5 | 4 | 1 | 0.42 |
| Vietnamese Imperial Rolls | Keto Restaurant Favorites | 248 | 271 | 18 | 23 | 3 | 1 | 1.15 |
| Tom Ka Gai (Coconut Chicken Soup) | Keto Restaurant Favorites | 250 | 390 | 28 | 25 | 9 | 2 | 0.71 |
| Tom Yum Gai (Hot-and-Sour Chicken Soup) | Keto Restaurant Favorites | 252 | 198 | 12 | 21 | 3 | 1 | 1.50 |
| Pho | Keto Restaurant Favorites | 254 | 163 | 9 | 15 | 6 | 2 | 1.15 |
| Pho Ga (Vietnamese Chicken Noodle Soup) | Keto Restaurant Favorites | 256 | 258 | 17 | 22 | 3 | 1 | 1.16 |
| Vietnamese Salad | Keto Restaurant Favorites | 257 | 106 | 9 | 3 | 6 | 2 | 0.23 |
| Thai Curry Stew | Keto Restaurant Favorites | 258 | 490 | 40 | 19 | 10 | 2 | 0.40 |
| Crab Curry "Rice" | Keto Restaurant Favorites | 260 | 615 | 38 | 67 | 2 | 0.1 | 1.68 |
| Pad Thai | Keto Restaurant Favorites | 262 | 329 | 20 | 30 | 9 | 2 | 1.11 |
| Larb | Keto Restaurant Favorites | 264 | 333 | 16 | 36 | 11 | 3 | 1.50 |
| Yellow Chicken Thighs Adobo | Keto Restaurant Favorites | 266 | 371 | 31 | 17 | 6 | 1 | 0.47 |
| Chicken Korma | Keto Restaurant Favorites | 268 | 339 | 27 | 14 | 9 | 2 | 0.41 |
| Green Curry Chicken | Keto Restaurant Favorites | 270 | 489 | 37 | 27 | 15 | 5 | 0.57 |
| Red Curry Shrimp | Keto Restaurant Favorites | 272 | 270 | 21 | 14 | 6 | 1 | 0.54 |

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|---|---------------------------|-----|-----|------|-----|-----|-----|--------|
| Coconut Curry Chicken and Pancakes | Keto Restaurant Favorites | 274 | 347 | 28 | 17 | 4 | 1 | 0.55 |
| Kofta with Cilantro Sauce | Keto Restaurant Favorites | 276 | 332 | 25 | 21 | 6 | 1 | 0.70 |
| Malai Curry Shrimp | Keto Restaurant Favorites | 278 | 358 | 20 | 31 | 14 | 3 | 1.00 |
| FishPalak | Keto Restaurant Favorites | 280 | 384 | 20 | 28 | 16 | 3 | 0.85 |
| Thai Red Beef Curry | Keto Restaurant Favorites | 282 | 393 | 30 | 20 | 10 | 2 | 0.53 |
| Oven-Baked Curried Turkey Legs | Keto Restaurant Favorites | 284 | 401 | 24 | 37 | 7 | 1 | 1.23 |
| Coconut and Thai Basil Ice Cream | Keto Restaurant Favorites | 286 | 236 | 23 | 5 | 2 | 0.1 | 0.20 |
| Keto Ketchup | Keto Restaurant Favorites | 290 | 5 | 0 | 0.3 | 1 | 0.3 | 0.43 |
| Creamy "Honey" Mustard | Keto Restaurant Favorites | 291 | 45 | 5 | 0 | 0 | 0 | 0.00 |
| Sausage Breakfast Sandwiches with Zero-Carb English Muffins | Keto Restaurant Favorites | 292 | 440 | 36 | 29 | 2 | 0.5 | 0.77 |
| Mozzarella Sticks | Keto Restaurant Favorites | 294 | 284 | 22 | 20 | 2 | 1 | 0.87 |
| Taco Dip with Pepper Dippers | Keto Restaurant Favorites | 296 | 354 | 29 | 9 | 10 | 3 | 0.25 |
| Parmesan Garlic Drummies | Keto Restaurant Favorites | 298 | 383 | 45 | 0.4 | 0.2 | 0 | 0.01 |
| Baked "Potato" Soup | Keto Restaurant Favorites | 300 | 113 | 8 | 4 | 5 | 1 | 0.33 |
| The Best Pub Salad | Keto Restaurant Favorites | 302 | 563 | 47 | 28 | 7 | 3 | 0.55 |
| Curry Chicken Salad | Keto Restaurant Favorites | 304 | 463 | 42 | 20 | 1 | 0.3 | 0.47 |
| Egg Salad | Keto Restaurant Favorites | 304 | 336 | 30 | 13 | 1 | 0 | 0.42 |
| Tuna Salad | Keto Restaurant Favorites | 305 | 230 | 19 | 14 | 0.5 | 0 | 0.72 |
| Chicken Lettuce Wraps with Satay Dipping Sauce | Keto Restaurant Favorites | 306 | 424 | 28 | 36 | 7 | 2 | 1.09 |
| Chicken Nuggets | Keto Restaurant Favorites | 308 | 184 | 11 | 20 | 1 | 0 | 1.67 |
| Bacon Cheeseburger | Keto Restaurant Favorites | 310 | 619 | 51 | 36 | 7 | 3 | 0.65 |
| TuicyLucy | Keto Restaurant Favorites | 312 | 444 | 36 | 27 | 1 | 0 | 0.73 |
| Fiesta Lime Chicken | Keto Restaurant Favorites | 314 | 541 | 41 | 37 | 5 | 0.4 | 0.81 |
| Easy Mini Corn Dogs | Keto Restaurant Favorites | 316 | 246 | 17 | 17 | 2 | 1 | 0.94 |
| Deep-Fried Breaded Shrimp with Spicy Mayo | Keto Restaurant Favorites | 318 | 398 | 28 | 34 | 1 | 0.2 | 1.18 |
| Tomato Basil Chicken Salad Wraps | Keto Restaurant Favorites | 320 | 470 | 31 | 38 | 10 | 6 | 1.09 |
| Fish Sticks with Homemade Tartar Sauce | Keto Restaurant Favorites | 322 | 466 | 40 | 23 | 1 | 0.3 | 0.57 |
| Cheeseburger Wraps with Special Sauce | Keto Restaurant Favorites | 324 | 633 | 57 | 27 | 3 | 0.3 | 0.45 |
| Bacon Cheeseburger Pizza | Keto Restaurant Favorites | 326 | 457 | 36 | 27 | 10 | 3 | 0.63 |
| Keto Fries with Aioli | Keto Restaurant Favorites | 328 | 228 | 22 | 4 | 3 | 1 | 0.17 |
| Waffle Fries with Cheese Sauce | Keto Restaurant Favorites | 330 | 457 | 38 | 22 | 6 | 1 | 0.51 |
| Poutine | Keto Restaurant Favorites | 332 | 396 | 34 | 19 | 5 | 2 | 0.51 |
| Frosted Lemonade | Keto Restaurant Favorites | 334 | 158 | 18 | 1 | 3 | 0.1 | 0.05 |
| Frozen Hot Chocolate | Keto Restaurant Favorites | 336 | 115 | 10 | 2 | 3 | 2 | 0.18 |
| The Thickest Chocolate Shake Ever | Keto Restaurant Favorites | 338 | 230 | 25 | 2 | 3 | 1 | 0.07 |
| Leprechaun Shake w/coconut milk | Keto Restaurant Favorites | 340 | 291 | 24 | 14 | 5 | 2 | 0.52 |
| Leprechaun Shake w/almond milk | Keto Restaurant Favorites | 340 | 167 | 11 | 13 | 4 | 3 | 1.08 |
| Classic Diner Malt | Keto Restaurant Favorites | 342 | 283 | 29 | 4 | 5 | 2 | 0.13 |
| Lemon Loaf | Keto Restaurant Favorites | 344 | 319 | 33 | 6 | 4 | 2 | 0.17 |
| Tiramisu Cheesecake | Keto Restaurant Favorites | 346 | 449 | 42 | 10 | 5 | 2 | 0.22 |
| Zero-Carb Pie Crust | Keto Restaurant Favorites | 348 | 4 | 0 | 1 | 0 | 0 | 100.00 |
| Boston Cream Pie | Keto Restaurant Favorites | 350 | 222 | 22 | 4 | 3 | 2 | 0.17 |
| Upside-Down Lemon Meringue Pie | Keto Restaurant Favorites | 352 | 104 | 10.8 | 3.1 | 0.4 | 0 | 0.28 |
| Bone Broth: Beef or Chicken | Keto Restaurant Favorites | 356 | 10 | 2 | 0.7 | 0.8 | 0 | 0.25 |
| Mayonnaise | Keto Restaurant Favorites | 357 | 92 | 10 | 0.3 | 0.1 | 0 | 0.03 |
| Dairy-Free Ranch Dressing | Keto Restaurant Favorites | 358 | 145 | 16 | 0.3 | 0.5 | 0.2 | 0.02 |

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| Roasted Garlic | Keto Restaurant Favorites | 359 | 97 | 4.8 | 2.3 | 11.5 | 0.8 | 0.15 |
| Zoodles-Two Ways | Keto Restaurant Favorites | 360 | 16 | 0.2 | 1 | 3 | 1 | 0.45 |
| Cabbage Pasta | Keto Restaurant Favorites | 361 | 117 | 11 | 1 | 4 | 2 | 0.08 |
| Keto Bread | Keto Restaurant Favorites | 362 | 77 | 4 | 8 | 1 | 0 | 1.60 |
| homemade cashew milk | The 30 Day Ketogenic Cleanse | 106 | 25 | 2 | 1 | 1 | 0 | 0.33 |
| bone broth-beef, chicken, or fish | The 30 Day Ketogenic Cleanse | 108 | 20 | 4 | 1.5 | 1.7 | 0 | 0.26 |
| berbere spice mix | The 30 Day Ketogenic Cleanse | 110 | 1 | 0.03 | 0.04 | 0.2 | 0.1 | 0.31 |
| spicy and sweet hamburger spice mix | The 30 Day Ketogenic Cleanse | 111 | 11 | 0.2 | 0.4 | 2 | 0.9 | 0.31 |
| cajun seasoning | The 30 Day Ketogenic Cleanse | 112 | 6 | 0.1 | 0.2 | 1.1 | 0 | 0.17 |
| herbs de florence | The 30 Day Ketogenic Cleanse | 113 | 6 | 0.1 | 0.2 | 1 | 0.4 | 0.29 |
| ranch seasoning | The 30 Day Ketogenic Cleanse | 114 | 5 | 0 | 0.2 | 1.1 | 0.2 | 0.22 |
| dairy-free ranch dressing | The 30 Day Ketogenic Cleanse | 115 | 128 | 14 | 0.3 | 0.2 | 0.1 | 0.02 |
| creamy mexican dressing | The 30 Day Ketogenic Cleanse | 116 | 72 | 7 | 0.5 | 2 | 1 | 0.06 |
| dairy-free thousand island dressing | The 30 Day Ketogenic Cleanse | 118 | 110 | 12 | 0.1 | 0.3 | 0.1 | 0.01 |
| orange-infused dressing | The 30 Day Ketogenic Cleanse | 119 | 193 | 21 | 0 | 0 | 0 | 0.00 |
| onion-infused dressing | The 30 Day Ketogenic Cleanse | 120 | 164 | 18.4 | 0 | 0.1 | 0 | 0.00 |
| fat-burning herbes de florence dressing | The 30 Day Ketogenic Cleanse | 121 | 175 | 19 | 0.1 | 1 | 0.1 | 0.01 |
| bacon marmalade | The 30 Day Ketogenic Cleanse | 122 | 71 | 6 | 4 | 0.4 | 0.1 | 0.63 |
| mole sauce | The 30 Day Ketogenic Cleanse | 123 | 14 | 1 | 0.2 | 1 | 0.2 | 0.11 |
| easy blender mayo | The 30 Day Ketogenic Cleanse | 124 | 92 | 10 | 0.3 | 0.1 | 0 | 0.03 |
| egg-free keto mayo | The 30 Day Ketogenic Cleanse | 125 | 228 | 25 | 0.1 | 0.2 | 0 | 0.00 |
| berbere mayo | The 30 Day Ketogenic Cleanse | 126 | 205 | 23 | 0 | 0.1 | 0 | 0.00 |
| basil mayonnaise | The 30 Day Ketogenic Cleanse | 127 | 155 | 17 | 0 | 0.1 | 0 | 0.00 |
| garlic and herb aioli | The 30 Day Ketogenic Cleanse | 128 | 208 | 23 | 0.1 | 1 | 0.1 | 0.00 |
| herbes de florence red sauce | The 30 Day Ketogenic Cleanse | 130 | 129 | 9.7 | 9.7 | 8.6 | 2.5 | 0.61 |
| worcestershire sauce | The 30 Day Ketogenic Cleanse | 132 | 48 | 3 | 2 | 3 | 1 | 0.40 |
| hot sauce | The 30 Day Ketogenic Cleanse | 134 | 2 | 0.1 | 0.1 | 0.2 | 0 | 0.33 |
| easy dairy-free hollandaise | The 30 Day Ketogenic Cleanse | 136 | 101 | 11 | 0.5 | 0.1 | 0 | 0.05 |
| keto lemon mostarda | The 30 Day Ketogenic Cleanse | 138 | 81 | 9 | 0 | 0.1 | 0 | 0.00 |
| guacamole | The 30 Day Ketogenic Cleanse | 140 | 175 | 14 | 2 | 11 | 7 | 0.11 |
| garlic confit | The 30 Day Ketogenic Cleanse | 142 | 68 | 6 | 0.1 | 1 | 0.1 | 0.01 |
| keto chai | The 30 Day Ketogenic Cleanse | 146 | 35 | 3 | 1 | 1 | 0.3 | 0.27 |
| breakfast chili | The 30 Day Ketogenic Cleanse | 148 | 440 | 34 | 25 | 8 | 3 | 0.64 |
| bacon and eggs ramen | The 30 Day Ketogenic Cleanse | 150 | 495 | 40 | 24 | 10 | 4 | 0.52 |
| florentine breakfast burgers | The 30 Day Ketogenic Cleanse | 152 | 640 | 52 | 37 | 6 | 3 | 0.67 |
| creamiest keto scrambled eggs | The 30 Day Ketogenic Cleanse | 154 | 398 | 35 | 18 | 2 | 0.4 | 0.49 |
| steak and eggs | The 30 Day Ketogenic Cleanse | 156 | 693 | 64 | 28 | 1 | 0.2 | 0.43 |
| rosti with bacon, mushrooms, and green onions | The 30 Day Ketogenic Cleanse | 158 | 265 | 21 | 10 | 9 | 3 | 0.37 |
| kimchi eggs | The 30 Day Ketogenic Cleanse | 160 | 448 | 40 | 17 | 5 | 0 | 0.38 |
| green eggs and ham | The 30 Day Ketogenic Cleanse | 162 | 640 | 61 | 22 | 1 | 0.1 | 0.36 |
| bacon and mushrooms with soft-boiled eggs | The 30 Day Ketogenic Cleanse | 164 | 528 | 44 | 28 | 5 | 1 | 0.58 |
| eggs florentine with basil hollandaise | The 30 Day Ketogenic Cleanse | 166 | 754 | 67 | 27 | 9 | 4 | 0.38 |
| eggs in a frame | The 30 Day Ketogenic Cleanse | 168 | 345 | 23 | 29 | 1 | 0.5 | 1.23 |
| keto pockets | The 30 Day Ketogenic Cleanse | 170 | 271 | 22 | 17 | 1 | 0 | 0.74 |
| ham and egg cups | The 30 Day Ketogenic Cleanse | 172 | 360 | 25 | 32 | 2 | 0.2 | 1.19 |
| basil deviled eggs | The 30 Day Ketogenic Cleanse | 174 | 198 | 18 | 7 | 2 | 1 | 0.37 |

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|---|------------------------------|-----|-----|-----|-----|-----|-----|------|
| breakfast salad | The 30 Day Ketogenic Cleanse | 176 | 375 | 34 | 11 | 7 | 4 | 0.30 |
| dairy-free yogurt | The 30 Day Ketogenic Cleanse | 178 | 101 | 9 | 2 | 2 | 0.1 | 0.18 |
| snickerdoodle waffles | The 30 Day Ketogenic Cleanse | 180 | 275 | 23 | 14 | 3 | 2 | 0.58 |
| chocolate waffles | The 30 Day Ketogenic Cleanse | 182 | 305 | 24 | 19 | 3 | 1 | 0.73 |
| lemon curd dutch baby | The 30 Day Ketogenic Cleanse | 184 | 347 | 27 | 23 | 4 | 0 | 0.74 |
| chocolate pudding | The 30 Day Ketogenic Cleanse | 186 | 268 | 22 | 14 | 4 | 1 | 0.56 |
| keto english muffins | The 30 Day Ketogenic Cleanse | 188 | 202 | 18 | 7 | 3 | 2 | 0.37 |
| bone broth fat bombs | The 30 Day Ketogenic Cleanse | 192 | 27 | 5.3 | 2 | 2.3 | 0 | 0.26 |
| paleo egg rolls | The 30 Day Ketogenic Cleanse | 194 | 190 | 13 | 15 | 3 | 2 | 1.07 |
| scotch eggs | The 30 Day Ketogenic Cleanse | 196 | 430 | 33 | 33 | 1 | 0.2 | 0.98 |
| bacon cannoli | The 30 Day Ketogenic Cleanse | 198 | 199 | 18 | 9 | 0.3 | 0 | 0.49 |
| chicken tinga wings | The 30 Day Ketogenic Cleanse | 200 | 247 | 17 | 19 | 5 | 2 | 0.95 |
| lemon pepper wings | The 30 Day Ketogenic Cleanse | 202 | 286 | 24 | 16 | 1 | 0.5 | 0.65 |
| fried prosciutto-wrapped deviled eggs | The 30 Day Ketogenic Cleanse | 204 | 232 | 21 | 10 | 1 | 0.1 | 0.46 |
| chicharrón | The 30 Day Ketogenic Cleanse | 206 | 320 | 28 | 17 | 0 | 0 | 0.61 |
| italian marinated mushrooms | The 30 Day Ketogenic Cleanse | 208 | 153 | 14 | 3 | 4 | 2 | 0.19 |
| chicken liver pate | The 30 Day Ketogenic Cleanse | 210 | 258 | 21 | 15 | 2 | 0.3 | 0.66 |
| pickled herring | The 30 Day Ketogenic Cleanse | 212 | 240 | 14 | 27 | 2 | 0.3 | 1.72 |
| braunschweiger | The 30 Day Ketogenic Cleanse | 214 | 272 | 22 | 17 | 2 | 0.3 | 0.72 |
| oscar deviled eggs | The 30 Day Ketogenic Cleanse | 216 | 380 | 35 | 15 | 1 | 0.4 | 0.42 |
| herbaceous salad | The 30 Day Ketogenic Cleanse | 220 | 147 | 14 | 2 | 3 | 1 | 0.13 |
| asian chicken salad | The 30 Day Ketogenic Cleanse | 222 | 402 | 35 | 12 | 10 | 7 | 0.32 |
| keto "fruit" salad | The 30 Day Ketogenic Cleanse | 224 | 146 | 14 | 1 | 4 | 1 | 0.06 |
| warm spring salad | The 30 Day Ketogenic Cleanse | 226 | 380 | 34 | 12 | 7 | 3 | 0.32 |
| 7-layer salad | The 30 Day Ketogenic Cleanse | 228 | 312 | 27 | 12 | 5 | 1 | 0.39 |
| chopped salad | The 30 Day Ketogenic Cleanse | 230 | 388 | 33 | 15 | 8 | 4 | 0.41 |
| mixed green salad | The 30 Day Ketogenic Cleanse | 232 | 418 | 37 | 17 | 4 | 1 | 0.43 |
| panzanella salad | The 30 Day Ketogenic Cleanse | 234 | 480 | 43 | 20 | 4 | 1 | 0.43 |
| simple crab salad | The 30 Day Ketogenic Cleanse | 236 | 382 | 27 | 31 | 4 | 1 | 1.03 |
| chopped salad in jars | The 30 Day Ketogenic Cleanse | 238 | 382 | 31 | 18 | 8 | 3 | 0.50 |
| cleansing ginger soup | The 30 Day Ketogenic Cleanse | 240 | 161 | 10 | 16 | 2 | 0.2 | 1.36 |
| bone marrow chili con keto | The 30 Day Ketogenic Cleanse | 242 | 366 | 32 | 13 | 6 | 2 | 0.36 |
| chilled creamy cucumber soup | The 30 Day Ketogenic Cleanse | 244 | 157 | 14 | 3 | 5 | 2 | 0.18 |
| creamy mushroom soup | The 30 Day Ketogenic Cleanse | 246 | 185 | 13 | 11 | 6 | 2 | 0.65 |
| hot-and-sour soup with pork meatballs | The 30 Day Ketogenic Cleanse | 248 | 388 | 30 | 21 | 9 | 4 | 0.60 |
| bok choy and mushrooms with ginger dressing | The 30 Day Ketogenic Cleanse | 250 | 173 | 15 | 4 | 8 | 4 | 0.21 |
| green curry panna cotta | The 30 Day Ketogenic Cleanse | 252 | 79 | 7 | 2 | 2 | 0.5 | 0.24 |
| wraps | The 30 Day Ketogenic Cleanse | 254 | 172 | 13 | 13 | 1 | 0.5 | 0.96 |
| keto bread | The 30 Day Ketogenic Cleanse | 256 | 70 | 4.3 | 7.5 | 0.4 | 0 | 1.60 |
| crispy chicken skin croutons | The 30 Day Ketogenic Cleanse | 258 | 169 | 15 | 8 | 0.4 | 0.1 | 0.52 |
| crispy pork belly croutons | The 30 Day Ketogenic Cleanse | 260 | 236 | 21 | 12 | 0 | 0 | 0.57 |
| zoodles | The 30 Day Ketogenic Cleanse | 262 | 81 | 1 | 5 | 13 | 4 | 0.50 |
| chiles rellenos | The 30 Day Ketogenic Cleanse | 266 | 444 | 38 | 20 | 6 | 4 | 0.50 |
| deconstructed spicy chicken stack | The 30 Day Ketogenic Cleanse | 268 | 444 | 38 | 20 | 6 | 4 | 0.50 |
| easy egg foo young | The 30 Day Ketogenic Cleanse | 270 | 452 | 38 | 18 | 9 | 6 | 0.44 |
| doro watt chicken salad wraps | The 30 Day Ketogenic Cleanse | 272 | 334 | 28 | 20 | 1 | 0.3 | 0.70 |

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|--|------------------------------|-----|-----|----|----|-----|-----|------|
| slow cooker ethiopian spicy chicken stew | The 30 Day Ketogenic Cleanse | 274 | 324 | 18 | 33 | 9 | 2 | 1.32 |
| california club wraps | The 30 Day Ketogenic Cleanse | 276 | 750 | 63 | 30 | 7 | 4 | 0.45 |
| chicken oscar | The 30 Day Ketogenic Cleanse | 278 | 397 | 29 | 29 | 5 | 2 | 0.91 |
| chicken neapolitan | The 30 Day Ketogenic Cleanse | 280 | 378 | 23 | 33 | 12 | 2 | 1.00 |
| lemon pepper chicken | The 30 Day Ketogenic Cleanse | 282 | 220 | 17 | 16 | 1 | 1 | 0.94 |
| tom ka gai (thai coconut chicken) | The 30 Day Ketogenic Cleanse | 284 | 478 | 33 | 38 | 8 | 2 | 0.97 |
| keto greek avgolemono | The 30 Day Ketogenic Cleanse | 286 | 275 | 20 | 22 | 2 | 1 | 1.05 |
| stewed chicken and sausage | The 30 Day Ketogenic Cleanse | 288 | 415 | 33 | 20 | 10 | 2 | 0.49 |
| simple slow cooker chicken thighs | The 30 Day Ketogenic Cleanse | 290 | 389 | 25 | 39 | 2 | 0.3 | 1.46 |
| smothered bacon and mushroom burgers | The 30 Day Ketogenic Cleanse | 294 | 570 | 45 | 25 | 6 | 2 | 0.51 |
| umami burgers | The 30 Day Ketogenic Cleanse | 296 | 761 | 55 | 37 | 6 | 2 | 0.63 |
| sloppy joes | The 30 Day Ketogenic Cleanse | 298 | 299 | 23 | 20 | 3 | 1 | 0.80 |
| reuben meatballs | The 30 Day Ketogenic Cleanse | 300 | 303 | 22 | 26 | 2 | 0.3 | 1.10 |
| spicy mexican meatballs | The 30 Day Ketogenic Cleanse | 302 | 318 | 25 | 21 | 2 | 1 | 0.81 |
| herbes de florence meatballs | The 30 Day Ketogenic Cleanse | 304 | 355 | 28 | 22 | 4 | 1 | 0.71 |
| slow cooker short rib and chorizo stew | The 30 Day Ketogenic Cleanse | 306 | 411 | 31 | 25 | 7 | 2 | 0.69 |
| slow cooker ropa vieja | The 30 Day Ketogenic Cleanse | 308 | 397 | 29 | 29 | 5 | 1 | 0.88 |
| chili-stuffed peppers | The 30 Day Ketogenic Cleanse | 310 | 385 | 27 | 23 | 10 | 4 | 0.70 |
| slow cooker mole short ribs | The 30 Day Ketogenic Cleanse | 312 | 612 | 54 | 27 | 4 | 1 | 0.47 |
| texas beef sausage | The 30 Day Ketogenic Cleanse | 314 | 377 | 32 | 18 | 4 | 1 | 0.51 |
| deconstructed BLT filet mignons | The 30 Day Ketogenic Cleanse | 316 | 557 | 50 | 22 | 6 | 1 | 0.40 |
| steak au poivre for two | The 30 Day Ketogenic Cleanse | 318 | 630 | 55 | 21 | 2 | 1 | 0.38 |
| steak Diane | The 30 Day Ketogenic Cleanse | 320 | 332 | 20 | 36 | 2 | 1 | 1.71 |
| hunan beef-stuffed peppers | The 30 Day Ketogenic Cleanse | 322 | 480 | 34 | 27 | 17 | 7 | 0.61 |
| slow cooker short rib tacos | The 30 Day Ketogenic Cleanse | 324 | 296 | 16 | 32 | 6 | 2 | 1.60 |
| deconstructed egg rolls | The 30 Day Ketogenic Cleanse | 328 | 250 | 19 | 14 | 6 | 3 | 0.64 |
| pizza meatballs in red gravy | The 30 Day Ketogenic Cleanse | 330 | 369 | 29 | 20 | 7 | 1 | 0.57 |
| sloppy ottos | The 30 Day Ketogenic Cleanse | 332 | 418 | 37 | 19 | 3 | 0.4 | 0.48 |
| reuben pork chops | The 30 Day Ketogenic Cleanse | 334 | 670 | 55 | 40 | 4 | 0.5 | 0.68 |
| slow cooker hot 'n' spicy country-style ribs | The 30 Day Ketogenic Cleanse | 336 | 370 | 19 | 47 | 3 | 1 | 2.24 |
| chive panna cotta with bacon marmalade | The 30 Day Ketogenic Cleanse | 338 | 210 | 18 | 10 | 2 | 0.2 | 0.51 |
| slow cooker pastrami-style pork ribs | The 30 Day Ketogenic Cleanse | 340 | 353 | 18 | 47 | 1 | 1 | 2.61 |
| mexican-style chorizo sausage | The 30 Day Ketogenic Cleanse | 342 | 345 | 30 | 18 | 1 | 0.2 | 0.58 |
| easy smoked ham hocks | The 30 Day Ketogenic Cleanse | 344 | 228 | 17 | 10 | 9 | 3 | 0.43 |
| porchetta | The 30 Day Ketogenic Cleanse | 346 | 321 | 28 | 17 | 0.1 | 0 | 0.60 |
| chorizo sausage and mushroom casserole | The 30 Day Ketogenic Cleanse | 348 | 596 | 56 | 17 | 7 | 1 | 0.27 |
| slow cooker asian pulled pork lettuce cups | The 30 Day Ketogenic Cleanse | 350 | 548 | 41 | 40 | 5 | 5 | 0.98 |
| greek meatballs | The 30 Day Ketogenic Cleanse | 352 | 320 | 26 | 20 | 2 | 0.2 | 0.72 |
| keto BLTs with soft-boiled eggs | The 30 Day Ketogenic Cleanse | 354 | 461 | 42 | 16 | 5 | 1 | 0.35 |
| spicy tuna stacks | The 30 Day Ketogenic Cleanse | 358 | 466 | 37 | 27 | 7 | 4 | 0.68 |
| peel-and-eat garlic shrimp | The 30 Day Ketogenic Cleanse | 360 | 369 | 28 | 28 | 1 | 0.3 | 0.98 |
| hawaiian delight | The 30 Day Ketogenic Cleanse | 362 | 398 | 33 | 17 | 9 | 6 | 0.47 |
| spicy grilled shrimp with mojo verde | The 30 Day Ketogenic Cleanse | 364 | 365 | 29 | 21 | 5 | 1 | 0.64 |
| seafood sausage with leek confit | The 30 Day Ketogenic Cleanse | 366 | 469 | 36 | 30 | 6 | 1 | 0.73 |
| lemon-thyme poached halibut | The 30 Day Ketogenic Cleanse | 368 | 305 | 29 | 9 | 2 | 1 | 0.30 |
| fried catfish with cajun keto mustard | The 30 Day Ketogenic Cleanse | 370 | 361 | 33 | 16 | 0 | 0 | 0.48 |

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|---------------------------------------|----------------------------------|-----|-----|------|-----|------|-----|------|
| grilled trout with hollandaise | The 30 Day Ketogenic Cleanse | 372 | 515 | 48 | 19 | 2 | 1 | 0.39 |
| tom ka plaa (thai coconut fish) | The 30 Day Ketogenic Cleanse | 374 | 360 | 22.4 | 32 | 7 | 1 | 1.13 |
| spaghetti al tonno | The 30 Day Ketogenic Cleanse | 376 | 275 | 17 | 20 | 11 | 3 | 0.80 |
| zoodles in clam sauce | The 30 Day Ketogenic Cleanse | 378 | 355 | 29 | 16 | 8 | 1 | 0.44 |
| pasta puttanesca | The 30 Day Ketogenic Cleanse | 379 | 275 | 20 | 5 | 19 | 5 | 0.15 |
| poached salmon with creamy dill sauce | The 30 Day Ketogenic Cleanse | 380 | 439 | 32 | 34 | 4 | 1 | 0.97 |
| keto mocha latte panna cotta | The 30 Day Ketogenic Cleanse | 384 | 210 | 19 | 7 | 3 | 0.5 | 0.33 |
| chai ice lollies | The 30 Day Ketogenic Cleanse | 386 | 42 | 4 | 0.4 | 1 | 0.2 | 0.08 |
| bone broth ice pops | The 30 Day Ketogenic Cleanse | 388 | 20 | 4 | 1.5 | 1.7 | 0 | 0.26 |
| no-bake grasshoppers in jars | The 30 Day Ketogenic Cleanse | 390 | 195 | 19 | 3 | 3 | 2 | 0.15 |
| no-bake vanilla bean petits fours | The 30 Day Ketogenic Cleanse | 392 | 62 | 6 | 1 | 1 | 0.1 | 0.14 |
| tom ka gai savory ice cream | The 30 Day Ketogenic Cleanse | 394 | 360 | 36 | 5 | 2 | 0.3 | 0.13 |
| vanilla bean bread pudding | The 30 Day Ketogenic Cleanse | 396 | 340 | 25 | 26 | 3 | 1 | 0.96 |
| chai fat bombs | The 30 Day Ketogenic Cleanse | 398 | 335 | 37 | 0 | 1 | 0.4 | 0.00 |
| lava cakes with mocha ice cream | The 30 Day Ketogenic Cleanse | 400 | 670 | 68 | 10 | 5 | 3 | 0.14 |
| lemon curd | The 30 Day Ketogenic Cleanse | 402 | 100 | 10 | 2 | 0.3 | 0 | 0.19 |
| hot fudge sauce | The 30 Day Ketogenic Cleanse | 403 | 79 | 7 | 1 | 3 | 2 | 0.13 |
| vanilla bean creme anglaise | The 30 Day Ketogenic Cleanse | 404 | 202 | 21 | 4 | 1 | 0.1 | 0.18 |
| Rib Rub | Quick and Easy Ketogenic Cooking | 108 | 20 | 0.7 | 0.9 | 3 | 1.4 | 0.39 |
| Seasoned Salt | Quick and Easy Ketogenic Cooking | 109 | 1 | 0 | 0 | 0.15 | 0 | 0.00 |
| Taco Seasoning | Quick and Easy Ketogenic Cooking | 110 | 8 | 0.3 | 0.3 | 1.3 | 0.7 | 0.33 |
| Pizza Spice Mix | Quick and Easy Ketogenic Cooking | 111 | 60 | 2.4 | 4.4 | 6.7 | 1.2 | 0.56 |
| Fat-Burning Immersion Blender Mayo | Quick and Easy Ketogenic Cooking | 112 | 92 | 10 | 0.3 | 0.1 | 0 | 0.03 |
| Spicy Mayo | Quick and Easy Ketogenic Cooking | 113 | 103 | 11.2 | 0.2 | 0.3 | 0 | 0.02 |
| Herb Aioli | Quick and Easy Ketogenic Cooking | 114 | 121 | 13.3 | 0 | 0.2 | 0 | 0.00 |
| Cilantro Lime Sauce | Quick and Easy Ketogenic Cooking | 115 | 124 | 13.4 | 0.1 | 0.8 | 0 | 0.01 |
| Caesar Dressing | Quick and Easy Ketogenic Cooking | 116 | 222 | 22.8 | 2.3 | 0.4 | 0 | 0.10 |
| Green Goddess Dressing | Quick and Easy Ketogenic Cooking | 117 | 145 | 21.4 | 0.1 | 0.1 | 0 | 0.00 |
| Dairy-Free Ranch Dressing | Quick and Easy Ketogenic Cooking | 118 | 123 | 13.4 | 0.3 | 0.2 | 0 | 0.02 |
| Blue Cheese Dressing | Quick and Easy Ketogenic Cooking | 119 | 90 | 8.4 | 3.2 | 0.7 | 0 | 0.35 |
| Easy French Dressing | Quick and Easy Ketogenic Cooking | 120 | 187 | 19.4 | 0.5 | 1.3 | 0 | 0.02 |
| Simple Taco Salad Dressing | Quick and Easy Ketogenic Cooking | 121 | 123 | 13.3 | 0.8 | 0.1 | 0 | 0.06 |
| Creamy Tarragon Keto Sauce | Quick and Easy Ketogenic Cooking | 122 | 94 | 10.3 | 0.1 | 0.2 | 0 | 0.01 |
| Keto Fry Sauce | Quick and Easy Ketogenic Cooking | 123 | 62 | 6.7 | 0.1 | 0.4 | 0 | 0.01 |
| Homemade Sriracha | Quick and Easy Ketogenic Cooking | 124 | 5 | 0.5 | 0 | 0.1 | 0 | 0.00 |
| BBQ Sauce | Quick and Easy Ketogenic Cooking | 125 | 19 | 0.2 | 1.2 | 3.3 | 0.6 | 0.41 |
| White BBQ Sauce | Quick and Easy Ketogenic Cooking | 126 | 149 | 14 | 0.5 | 1 | 0 | 0.03 |
| Easy Ketchup | Quick and Easy Ketogenic Cooking | 127 | 24 | 1.3 | 0.9 | 2.1 | 0 | 0.26 |
| Alfredo Sauce | Quick and Easy Ketogenic Cooking | 128 | 302 | 31 | 7.4 | 0.6 | 0 | 0.23 |
| Minute Hollandaise | Quick and Easy Ketogenic Cooking | 129 | 231 | 25.3 | 1.6 | 0.6 | 0 | 0.06 |
| Simple Chimichurri Sauce | Quick and Easy Ketogenic Cooking | 130 | 51 | 5.3 | 0.1 | 0.3 | 0 | 0.02 |
| Homemade Almond Milk | Quick and Easy Ketogenic Cooking | 131 | 55 | 5 | 1.2 | 1.6 | 1 | 0.21 |
| Simple Slow cooker Bone Broth | Quick and Easy Ketogenic Cooking | 132 | 20 | 4 | 1.5 | 1.7 | 0 | 0.26 |
| Slow Cooker Roasted Garlic | Quick and Easy Ketogenic Cooking | 134 | 30 | 1.9 | 0.6 | 3.3 | 0 | 0.12 |
| Olive Salsa | Quick and Easy Ketogenic Cooking | 135 | 116 | 11.1 | 0.5 | 3.8 | 1 | 0.04 |
| Guacamole | Quick and Easy Ketogenic Cooking | 136 | 220 | 20 | 2.6 | 11 | 7.4 | 0.11 |

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| Dairy-Free Minute "Cream Cheese" Spread | Quick and Easy Ketogenic Cooking | 138 | 268 | 28.1 | 2.5 | 1.5 | 0.7 | 0.09 |
| Orange Marmalade | Quick and Easy Ketogenic Cooking | 139 | 4 | 0 | 1 | 0 | 0 | 100.00 |
| Orange Cream Shake | Quick and Easy Ketogenic Cooking | 142 | 215 | 20.6 | 4.6 | 2.1 | 0 | 0.20 |
| Creme de Menthe Shake | Quick and Easy Ketogenic Cooking | 144 | 238 | 21.2 | 8.5 | 3.9 | 2 | 0.37 |
| Dairy-Free Chocolate Shake | Quick and Easy Ketogenic Cooking | 145 | 664 | 70.6 | 8.2 | 1.2 | 0 | 0.11 |
| Spring Popovers | Quick and Easy Ketogenic Cooking | 146 | 110 | 9.7 | 5.3 | 0.8 | 0 | 0.50 |
| Eggs in Purgatory | Quick and Easy Ketogenic Cooking | 148 | 488 | 38.7 | 27.5 | 7 | 1.7 | 0.63 |
| Tex-Mex Breakfast Gravy | Quick and Easy Ketogenic Cooking | 149 | 131 | 11.8 | 5.6 | 0.6 | 0 | 0.45 |
| Minute English Muffin | Quick and Easy Ketogenic Cooking | 150 | 188 | 16.7 | 6.7 | 3.3 | 2 | 0.37 |
| Cinnamon Roll Minute Muffins | Quick and Easy Ketogenic Cooking | 152 | 311 | 28.1 | 7.7 | 8.4 | 5.3 | 0.25 |
| Dairy-Free Milk Chocolate Protein Bars | Quick and Easy Ketogenic Cooking | 154 | 238 | 23 | 4 | 2.5 | 1.5 | 0.17 |
| Strawberry Cheesecake Protein Bars | Quick and Easy Ketogenic Cooking | 156 | 280 | 30.6 | 2.7 | 0.7 | 0 | 0.09 |
| Cream of No-Wheat Cereal w/heavy cream | Quick and Easy Ketogenic Cooking | 157 | 645 | 65.5 | 13.4 | 2.4 | 0 | 0.20 |
| Cream of No-Wheat Cereal w/coconut milk | Quick and Easy Ketogenic Cooking | 157 | 691 | 69.8 | 14.4 | 5 | 1.8 | 0.20 |
| Chocolate Breakfast Custard | Quick and Easy Ketogenic Cooking | 158 | 237 | 21 | 5 | 6 | 2 | 0.20 |
| Chorizo Breakfast Patties | Quick and Easy Ketogenic Cooking | 160 | 602 | 55.1 | 22.8 | 2 | 0 | 0.40 |
| Pizza Muffins | Quick and Easy Ketogenic Cooking | 162 | 256 | 19.3 | 17.4 | 4.4 | 0 | 0.73 |
| Taco Breakfast Bake | Quick and Easy Ketogenic Cooking | 164 | 301 | 22.4 | 21.8 | 2.5 | 0 | 0.88 |
| Healthy Hash Browns | Quick and Easy Ketogenic Cooking | 166 | 204 | 18.5 | 6.7 | 5.3 | 2.1 | 0.31 |
| Green Eggs and Ham | Quick and Easy Ketogenic Cooking | 168 | 278 | 22.7 | 15.8 | 2.2 | 0 | 0.63 |
| Breakfast Burritos | Quick and Easy Ketogenic Cooking | 169 | 596 | 47.7 | 37.7 | 3.4 | 0 | 0.74 |
| Amuse-Bouche platter | Quick and Easy Ketogenic Cooking | 172 | 346 | 24 | 28 | 5.6 | 1.6 | 1.00 |
| BLT "Chips" and Dip | Quick and Easy Ketogenic Cooking | 173 | 119 | 10.5 | 4.9 | 1.9 | 0.9 | 0.43 |
| Italian Poppers | Quick and Easy Ketogenic Cooking | 174 | 185 | 11.2 | 18.5 | 3.7 | 1.2 | 1.35 |
| Amazing Cheese Puffs w/gouda | Quick and Easy Ketogenic Cooking | 175 | 130 | 11 | 8 | 0 | 0 | 0.73 |
| Amazing Cheese Puffs w/parmesan | Quick and Easy Ketogenic Cooking | 175 | 111 | 8 | 10.1 | 0 | 0 | 1.26 |
| Cheesy Fried Ravioli | Quick and Easy Ketogenic Cooking | 176 | 315 | 25.5 | 22.5 | 1.2 | 0 | 0.84 |
| Popsicle Crudites with Dill Dip | Quick and Easy Ketogenic Cooking | 178 | 163 | 16 | 3.2 | 2.5 | 0 | 0.17 |
| Tomato Tulips | Quick and Easy Ketogenic Cooking | 180 | 77 | 6.7 | 2 | 2.9 | 0 | 0.21 |
| Purple Pickled Eggs | Quick and Easy Ketogenic Cooking | 182 | 64 | 4.4 | 5.6 | 0.5 | 0 | 1.14 |
| Baked Bacon-Wrapped Pickles | Quick and Easy Ketogenic Cooking | 183 | 106 | 9 | 5.3 | 1.1 | 1.1 | 0.59 |
| Classic Deviled Eggs | Quick and Easy Ketogenic Cooking | 184 | 124 | 11.1 | 5.6 | 0.4 | 0 | 0.49 |
| Sriracha Deviled Eggs | Quick and Easy Ketogenic Cooking | 185 | 124 | 11.1 | 5.6 | 0.4 | 0 | 0.49 |
| Teriyaki Jerky | Quick and Easy Ketogenic Cooking | 186 | 84 | 4 | 16.9 | 0 | 0 | 4.23 |
| Dad's Tenderloin Bites | Quick and Easy Ketogenic Cooking | 188 | 299 | 18 | 36 | 0.4 | 0 | 1.96 |
| Paleo Deep-Fried Mushrooms | Quick and Easy Ketogenic Cooking | 190 | 93 | 7.6 | 4.6 | 1.8 | 0.6 | 0.52 |
| Primal Sliders | Quick and Easy Ketogenic Cooking | 191 | 595 | 40 | 55 | 5 | 1.4 | 1.26 |
| Chili Lime Wings | Quick and Easy Ketogenic Cooking | 192 | 428 | 35.1 | 26.4 | 2.6 | 0 | 0.70 |
| Eggs Gribiche (as started - 4 servings) | Quick and Easy Ketogenic Cooking | 193 | 229 | 20.7 | 8.5 | 0.9 | 0 | 0.39 |
| Eggs Gribiche (as main dish - 2 servings) | Quick and Easy Ketogenic Cooking | 193 | 458 | 17 | 17 | 1.8 | 0 | 0.90 |
| Zucchini Chips | Quick and Easy Ketogenic Cooking | 194 | 150 | 10.8 | 10 | 4.2 | 1.2 | 0.72 |
| Prosciutto and Arugula Roll-Ups | Quick and Easy Ketogenic Cooking | 198 | 116 | 9.6 | 6.2 | 1.2 | 0 | 0.57 |
| Mini Pastrami Roll-Ups | Quick and Easy Ketogenic Cooking | 199 | 197 | 13.5 | 14.9 | 4 | 1.6 | 0.94 |
| Turkey Sushi | Quick and Easy Ketogenic Cooking | 200 | 406 | 31.7 | 24.6 | 5.4 | 0.7 | 0.68 |
| Philly Cheesesteak Roll-Ups | Quick and Easy Ketogenic Cooking | 202 | 312 | 19.3 | 30.5 | 3.1 | 0.7 | 1.41 |
| Slow Cooker BBQ Pork Wraps | Quick and Easy Ketogenic Cooking | 203 | 425 | 32.6 | 7.8 | 3.1 | 1 | 0.22 |

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| Easy Tuna Salad Wraps | Quick and Easy Ketogenic Cooking | 204 | 441 | 37.2 | 23.9 | 0.8 | 0 | 0.63 |
| Sardine Salad Wraps | Quick and Easy Ketogenic Cooking | 206 | 386 | 28.5 | 31.2 | 0.9 | 0 | 1.06 |
| Slow Cooker BBQ Chicken Wraps | Quick and Easy Ketogenic Cooking | 207 | 308 | 18.6 | 29.6 | 3.2 | 0.3 | 1.38 |
| Slow Cooker Chicken Caesar Wraps | Quick and Easy Ketogenic Cooking | 208 | 517 | 35.7 | 43 | 3 | 0.6 | 1.13 |
| Slow cooker Beef Barbacoa Wraps | Quick and Easy Ketogenic Cooking | 210 | 388 | 15.2 | 56.5 | 2.5 | 0 | 3.19 |
| Zucchini Tortillas | Quick and Easy Ketogenic Cooking | 212 | 106 | 7.4 | 6.9 | 3.6 | 1.3 | 0.71 |
| Broccoli "Noodle" Cheese Soup | Quick and Easy Ketogenic Cooking | 216 | 232 | 19.2 | 8.7 | 2.4 | 0.6 | 0.41 |
| Easy Tomato Soup with Grilled Cheese | Quick and Easy Ketogenic Cooking | 218 | 412 | 33.4 | 17.3 | 10.9 | 1.8 | 0.41 |
| Simple Salade Nicoise | Quick and Easy Ketogenic Cooking | 220 | 393 | 34.9 | 13.4 | 5 | 0.8 | 0.34 |
| Chicken "Noodle" Soup | Quick and Easy Ketogenic Cooking | 222 | 309 | 21.2 | 22 | 4.9 | 0.7 | 0.87 |
| South of the Border Salad | Quick and Easy Ketogenic Cooking | 223 | 471 | 35 | 32.5 | 5.7 | 1.7 | 0.83 |
| Cucumber Salad | Quick and Easy Ketogenic Cooking | 224 | 161 | 14.2 | 1.4 | 7.3 | 1.1 | 0.07 |
| Wedge Salad | Quick and Easy Ketogenic Cooking | 225 | 204 | 18.4 | 6.3 | 4.2 | 1 | 0.29 |
| 7-Minute Chopped Salad | Quick and Easy Ketogenic Cooking | 226 | 331 | 22 | 24.7 | 8.4 | 1.8 | 0.86 |
| Fish Tacos | Quick and Easy Ketogenic Cooking | 230 | 385 | 29.5 | 31.4 | 1.6 | 0.4 | 1.02 |
| Arctic Char with Olive Salsa | Quick and Easy Ketogenic Cooking | 232 | 439 | 33.6 | 32.5 | 1.1 | 0 | 0.94 |
| Crab-Stuffed Avocado with Lime | Quick and Easy Ketogenic Cooking | 234 | 434 | 36 | 11 | 12 | 10 | 0.29 |
| Shrimp and Grits | Quick and Easy Ketogenic Cooking | 235 | 620 | 53.6 | 32.2 | 3.1 | 0 | 0.57 |
| Fish Sticks | Quick and Easy Ketogenic Cooking | 236 | 362 | 27.4 | 29.6 | 0.3 | 0 | 1.07 |
| Masala Mussels | Quick and Easy Ketogenic Cooking | 238 | 412 | 28.2 | 28.8 | 11.4 | 7.4 | 0.89 |
| King Crab Legs with Garlic Butter | Quick and Easy Ketogenic Cooking | 240 | 376 | 30.1 | 21.7 | 2.8 | 0.6 | 0.67 |
| Slow Cooker Chicken Fajitas | Quick and Easy Ketogenic Cooking | 244 | 342 | 27 | 18 | 6 | 2 | 0.58 |
| Slow Cooker Chimichurri Chicken | Quick and Easy Ketogenic Cooking | 245 | 505 | 31.4 | 49.8 | 1.7 | 0.7 | 1.54 |
| Chicken Alfredo | Quick and Easy Ketogenic Cooking | 246 | 468 | 42.4 | 21.3 | 1.1 | 0 | 0.49 |
| Mushroom Alfredo | Quick and Easy Ketogenic Cooking | 246 | 339 | 33 | 9.3 | 4.8 | 1.1 | 0.25 |
| Grilled Chicken with White BBQ Sauce | Quick and Easy Ketogenic Cooking | 248 | 476 | 41.8 | 20 | 5.2 | 2.7 | 0.45 |
| Double-Fried Chicken | Quick and Easy Ketogenic Cooking | 249 | 230 | 18.4 | 19 | 0.5 | 0 | 1.01 |
| Slow Cooker Laotian Chicken and Herbs (Larb) | Quick and Easy Ketogenic Cooking | 250 | 438 | 28.3 | 39.5 | 3.6 | 0.8 | 1.27 |
| Slow Cooker "Butter" Chicken | Quick and Easy Ketogenic Cooking | 252 | 472 | 32.5 | 37.4 | 5.8 | 0.9 | 1.00 |
| Naan | Quick and Easy Ketogenic Cooking | 252 | 64 | 4.5 | 5.2 | 0.6 | 0.5 | 1.13 |
| Chicken "Noodle" Stir-Fry | Quick and Easy Ketogenic Cooking | 254 | 296 | 18.7 | 25.6 | 5.3 | 2 | 1.16 |
| Marinated Tenderloin with Bordelaise Mushrooms | Quick and Easy Ketogenic Cooking | 258 | 344 | 21.1 | 34.6 | 0.8 | 0 | 1.58 |
| Grandma Nancy's Italian Beef | Quick and Easy Ketogenic Cooking | 259 | 331 | 12.1 | 51 | 1.5 | 0.5 | 3.89 |
| Easy Campfire Casserole | Quick and Easy Ketogenic Cooking | 260 | 301 | 21.9 | 19.7 | 8.2 | 2.5 | 0.71 |
| Slow Cooker Sweet-n-Spicy Short Ribs | Quick and Easy Ketogenic Cooking | 262 | 609 | 56 | 21 | 1.4 | 0 | 0.37 |
| Easy Corned Beef "Hash" | Quick and Easy Ketogenic Cooking | 263 | 332 | 46.3 | 22.8 | 4.1 | 2.8 | 0.48 |
| Upside-Down Pizza | Quick and Easy Ketogenic Cooking | 264 | 458 | 36.3 | 28.5 | 2 | 0.8 | 0.76 |
| Skillet Lasagna | Quick and Easy Ketogenic Cooking | 266 | 311 | 16.1 | 27.6 | 13.3 | 1.7 | 1.00 |
| Open-Faced Hamburgers on "Buns" | Quick and Easy Ketogenic Cooking | 268 | 339 | 26.7 | 20.5 | 3 | 0.9 | 0.71 |
| Taco Bar Night | Quick and Easy Ketogenic Cooking | 270 | 354 | 22.4 | 31.7 | 5 | 1.8 | 1.24 |
| Taco Shells or Bowls | Quick and Easy Ketogenic Cooking | 271 | 65 | 5 | 5 | 0 | 0 | 1.00 |
| Roasted Bone Marrow | Quick and Easy Ketogenic Cooking | 272 | 500 | 56 | 0 | 0 | 0 | 0.00 |
| Slow Cooker Osso Buco | Quick and Easy Ketogenic Cooking | 274 | 347 | 17 | 44.6 | 2.4 | 0.8 | 2.40 |
| Basted Rib-Eye Steak | Quick and Easy Ketogenic Cooking | 276 | 474 | 44 | 21.3 | 0.8 | 0 | 0.48 |
| Mexican Meatloaf Cupcakes | Quick and Easy Ketogenic Cooking | 278 | 430 | 29.8 | 39.2 | 1.2 | 0.6 | 1.29 |
| 20-Minute Ground Lamb Casserole | Quick and Easy Ketogenic Cooking | 280 | 256 | 17.1 | 14.6 | 11 | 3 | 0.58 |

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|--|----------------------------------|-----|-----|------|------|-----|-----|------|
| Grilled Lamb Chops with Mint Aioli | Quick and Easy Ketogenic Cooking | 282 | 862 | 76 | 38.2 | 0.4 | 0 | 0.50 |
| Broccoli Carbonara | Quick and Easy Ketogenic Cooking | 286 | 216 | 12.3 | 19 | 8 | 2.7 | 1.08 |
| Pigs in a Bacon Blanket | Quick and Easy Ketogenic Cooking | 287 | 300 | 24 | 19.5 | 1.5 | 0 | 0.76 |
| Brats with Simple Coleslaw | Quick and Easy Ketogenic Cooking | 288 | 581 | 47.3 | 29.2 | 9.9 | 2.5 | 0.53 |
| Sweet-n-Sour Country-Style Ribs over Zoodles | Quick and Easy Ketogenic Cooking | 290 | 476 | 28.1 | 45.5 | 7.3 | 1.4 | 1.34 |
| Slow Cooker Pork Ragu over Paleo Polenta | Quick and Easy Ketogenic Cooking | 291 | 660 | 51 | 40 | 11 | 4 | 0.69 |
| Deconstructed BLT with Pork Belly | Quick and Easy Ketogenic Cooking | 292 | 659 | 60.9 | 26.6 | 0.8 | 0 | 0.43 |
| Schweinshaxen | Quick and Easy Ketogenic Cooking | 294 | 668 | 45.9 | 58.1 | 2.3 | 1 | 1.23 |
| Goat Cheese Panna Cotta with Crispy Prosciutto and Fried Basil | Quick and Easy Ketogenic Cooking | 296 | 264 | 21.6 | 16.1 | 1 | 0 | 0.71 |
| Mushroom Ragu | Quick and Easy Ketogenic Cooking | 300 | 246 | 18.5 | 10.6 | 9.8 | 2.4 | 0.41 |
| Cheesy Grits | Quick and Easy Ketogenic Cooking | 302 | 408 | 37.8 | 16.9 | 1.1 | 0 | 0.43 |
| Creamy Cilantro-Lime Pasta | Quick and Easy Ketogenic Cooking | 303 | 3 | 35 | 1.6 | 5.7 | 1.6 | 0.04 |
| Pizza Sticks | Quick and Easy Ketogenic Cooking | 304 | 372 | 30.8 | 18.8 | 6.2 | 0.5 | 0.52 |
| Easy as Portobello Pizza Pie | Quick and Easy Ketogenic Cooking | 306 | 392 | 27 | 27 | 10 | 2 | 0.77 |
| Zoodles Two Ways | Quick and Easy Ketogenic Cooking | 308 | 18 | 0.2 | 1.4 | 3.8 | 1.2 | 0.50 |
| Bordelaise Mushrooms | Quick and Easy Ketogenic Cooking | 310 | 128 | 11.6 | 1.9 | 3.5 | 0.7 | 0.13 |
| Curry Braised Cucumbers | Quick and Easy Ketogenic Cooking | 311 | 78 | 7 | 0.6 | 3.5 | 0.6 | 0.06 |
| Grilled Radicchio with Sweet-and-Sour Hot Bacon Dressing | Quick and Easy Ketogenic Cooking | 312 | 126 | 11.6 | 3.2 | 2.1 | 0 | 0.23 |
| Caramelized Endive | Quick and Easy Ketogenic Cooking | 313 | 103 | 7 | 3 | 8 | 7.8 | 0.42 |
| Easy Homemade Sauerkraut | Quick and Easy Ketogenic Cooking | 314 | 32 | 0.1 | 1.4 | 6.6 | 2.8 | 0.36 |
| Easy Kimchi | Quick and Easy Ketogenic Cooking | 316 | 61 | 1 | 3 | 10 | 3 | 0.38 |
| Refrigerator Pickles | Quick and Easy Ketogenic Cooking | 318 | 10 | 0.1 | 0.4 | 2.3 | 0 | 0.17 |
| Paleo Polenta | Quick and Easy Ketogenic Cooking | 320 | 136 | 9.2 | 6.3 | 8.3 | 3.6 | 0.45 |
| Deconstructed Creme Brulee | Quick and Easy Ketogenic Cooking | 324 | 186 | 16 | 7.3 | 3.9 | 0 | 0.37 |
| Grand Marnier Fat Bombs | Quick and Easy Ketogenic Cooking | 325 | 275 | 31 | 0 | 0 | 0 | 0.00 |
| Crispy Vanilla Fat Bombs | Quick and Easy Ketogenic Cooking | 326 | 89 | 10.8 | 0 | 0 | 0 | 0.00 |
| Crispy Maple Bacon Fat Bombs | Quick and Easy Ketogenic Cooking | 328 | 137 | 14.1 | 2.5 | 0 | 0 | 0.18 |
| Frozen Orange Cream Bites | Quick and Easy Ketogenic Cooking | 330 | 138 | 14.8 | 0.8 | 0.8 | 0 | 0.05 |
| Frozen Snickerdoodle Cream Bites | Quick and Easy Ketogenic Cooking | 332 | 138 | 14.8 | 0.8 | 0.8 | 0 | 0.05 |
| Strawberry Cheesecake in Jars | Quick and Easy Ketogenic Cooking | 334 | 220 | 21.3 | 3.4 | 5.4 | 1.7 | 0.14 |
| Paletas w/coconut milk | Quick and Easy Ketogenic Cooking | 336 | 156 | 15.2 | 1.6 | 3.2 | 0 | 0.09 |
| Paletas w/heavy cream | Quick and Easy Ketogenic Cooking | 336 | 114 | 12 | 0.9 | 1.3 | 0 | 0.07 |
| Orange Cream Push Pops | Quick and Easy Ketogenic Cooking | 337 | 99 | 9.9 | 2.1 | 0.8 | 0 | 0.20 |
| Key Lime Curd | Quick and Easy Ketogenic Cooking | 338 | 94 | 9.4 | 2 | 0.4 | 0 | 0.20 |
| Key Lime Fat Bombs | Quick and Easy Ketogenic Cooking | 340 | 98 | 9.4 | 3.3 | 0.3 | 0 | 0.34 |
| Key Lime Ice Cream | Quick and Easy Ketogenic Cooking | 342 | 212 | 22.7 | 2 | 0.4 | 0 | 0.09 |
| Coffee Ice Cream | Quick and Easy Ketogenic Cooking | 343 | 332 | 35.3 | 4.1 | 1.1 | 0 | 0.11 |
| Hibiscus Berry Ice Cream | Quick and Easy Ketogenic Cooking | 344 | 331 | 35.3 | 4.1 | 1.1 | 0 | 0.11 |
| Chai Ice Cream | Quick and Easy Ketogenic Cooking | 345 | 225 | 23.5 | 2.8 | 1.7 | 0 | 0.11 |
| Dreamy Chai Float | Quick and Easy Ketogenic Cooking | 346 | 225 | 23.5 | 2.8 | 1.7 | 0 | 0.11 |
| Savory Pizza Gelato | Quick and Easy Ketogenic Cooking | 347 | 225 | 23.9 | 2.9 | 0.8 | 0 | 0.12 |
| Egg-Free Ice Cream | Quick and Easy Ketogenic Cooking | 348 | 225 | 20.9 | 1.9 | 8.7 | 6.8 | 0.08 |
| Dairy-Free Chocolate Ice Cream Coating | Quick and Easy Ketogenic Cooking | 349 | 139 | 14 | 1 | 3 | 1.6 | 0.06 |
| Butterscotch Mousse | Quick and Easy Ketogenic Cooking | 350 | 129 | 12.9 | 1.9 | 0.9 | 0 | 0.14 |
| French Silk Mousse | Quick and Easy Ketogenic Cooking | 351 | 218 | 21.5 | 3.4 | 2.8 | 0.8 | 0.14 |
| Gummy Bears | Quick and Easy Ketogenic Cooking | 352 | 44 | 4.3 | 0.5 | 0.9 | 0 | 0.10 |

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|-------------------------------------|----------------------------------|-----|------|------|------|------|-----|------|
| Bananas Foster Fudge | Quick and Easy Ketogenic Cooking | 353 | 202 | 21.9 | 1.6 | 0.5 | 0 | 0.07 |
| Flourless Fudgy Brownies | Quick and Easy Ketogenic Cooking | 354 | 150 | 14 | 3 | 3 | 1 | 0.19 |
| Buttermints | Quick and Easy Ketogenic Cooking | 356 | 136 | 15.3 | 0.2 | 0 | 0 | 0.01 |
| Smoked Brisket | Quick and Easy Ketogenic Cooking | 362 | 410 | 14.1 | 68.8 | 0 | 0 | 4.88 |
| Smoked Beef Long Ribs | Quick and Easy Ketogenic Cooking | 364 | 748 | 61.7 | 45.5 | 4.4 | 2.4 | 0.71 |
| Smoked Baby Back Ribs | Quick and Easy Ketogenic Cooking | 366 | 562 | 47.4 | 31.6 | 0 | 0 | 0.67 |
| Smoked Pork Shoulder | Quick and Easy Ketogenic Cooking | 368 | 599 | 46.8 | 3.9 | 3.3 | 1.8 | 0.08 |
| Smoked Salmon | Quick and Easy Ketogenic Cooking | 370 | 250 | 11.7 | 36.7 | 0 | 0 | 3.14 |
| Pan-Fried Smoked Cauliflower Steaks | Quick and Easy Ketogenic Cooking | 372 | 121 | 10.4 | 1.9 | 6 | 3 | 0.14 |
| Pan-Fried Smoked Eggplant | Quick and Easy Ketogenic Cooking | 374 | 316 | 30.6 | 2.2 | 9.1 | 4.7 | 0.06 |
| Slow Cooker Bone Broth | The Ketogenic Cookbook | 42 | 13 | 0 | 1.5 | 1.7 | 0 | 0.88 |
| Herb-Infused Compound "Butter" | The Ketogenic Cookbook | 44 | 123 | 13 | 0.2 | 1.4 | 0 | 0.01 |
| Roasted Garlic | The Ketogenic Cookbook | 46 | 97 | 4.8 | 2.3 | 11.5 | 0.8 | 0.15 |
| Dairy-Free Hollandaise | The Ketogenic Cookbook | 47 | 241 | 26 | 1.4 | 0.6 | 0 | 0.05 |
| Sweet-N-Spicy Mustard | The Ketogenic Cookbook | 48 | 21 | 1.1 | 1 | 1.7 | 0.6 | 0.45 |
| Dijon Mustard | The Ketogenic Cookbook | 49 | 18 | 1 | 0.9 | 1.4 | 0.5 | 0.47 |
| Rosemary Thyme Mustard | The Ketogenic Cookbook | 50 | 15 | 0.8 | 0.7 | 1.2 | 0.5 | 0.47 |
| BBQ Mustard | The Ketogenic Cookbook | 50 | 19.5 | 1.4 | 0.6 | 1.2 | 0.3 | 0.26 |
| Tartar Sauce | The Ketogenic Cookbook | 52 | 121 | 13.3 | 0 | 0.5 | 0 | 0.00 |
| "Honey" Dressing | The Ketogenic Cookbook | 53 | 78 | 8.5 | 0.3 | 0.1 | 0 | 0.03 |
| Dairy-Free Avocado Ranch Dressing | The Ketogenic Cookbook | 54 | 86 | 8 | 1.8 | 2.6 | 1.1 | 0.19 |
| Ranch Dressing | The Ketogenic Cookbook | 55 | 69 | 6.6 | 1.7 | 0.7 | 0 | 0.23 |
| Dairy-Free Thousand Island Dressing | The Ketogenic Cookbook | 56 | 59 | 4.9 | 0.2 | 3.8 | 1.2 | 0.03 |
| Fat-Burning Salad Dressing | The Ketogenic Cookbook | 57 | 174 | 18.7 | 0.1 | 0.1 | 0 | 0.01 |
| Greek Salad Dressing | The Ketogenic Cookbook | 58 | 139 | 14.3 | 0.5 | 2.1 | 1.1 | 0.03 |
| Tomato Sauce | The Ketogenic Cookbook | 59 | 46 | 3.6 | 0.6 | 2.9 | 0.7 | 0.10 |
| Yellow Marinara Sauce | The Ketogenic Cookbook | 60 | 48 | 2.5 | 0.9 | 5.5 | 0.9 | 0.13 |
| Keto Ketchup | The Ketogenic Cookbook | 62 | 17 | 0.2 | 1 | 2.7 | 0.5 | 0.42 |
| Keto BBQ Sauce | The Ketogenic Cookbook | 63 | 15 | 0 | 0 | 3.7 | 0 | 0.00 |
| Dairy-Free Nacho Cheese Sauce | The Ketogenic Cookbook | 64 | 416 | 42.4 | 4.7 | 3.9 | 1.4 | 0.10 |
| Copycat Baconnaise | The Ketogenic Cookbook | 65 | 120 | 13.3 | 0 | 0 | 0 | 0.00 |
| Brown Butter Bearnaise | The Ketogenic Cookbook | 66 | 93 | 9.1 | 2.2 | 0.9 | 0 | 0.22 |
| Brown Butter | The Ketogenic Cookbook | 68 | 208 | 23 | 0.3 | 0 | 0 | 0.01 |
| Fat-Burning Chimichurri Sauce | The Ketogenic Cookbook | 70 | 67 | 7.1 | 0.2 | 0.5 | 0 | 0.03 |
| Enchilada Sauce | The Ketogenic Cookbook | 72 | 59 | 4.2 | 1.6 | 3.7 | 2 | 0.27 |
| Taco Seasoning | The Ketogenic Cookbook | 74 | 16 | 0.6 | 0.5 | 2.2 | 1.1 | 0.29 |
| Seafood Seasoning | The Ketogenic Cookbook | 75 | 23 | 0.4 | 0.8 | 4 | 1.5 | 0.28 |
| Brown Butter Syrup | The Ketogenic Cookbook | 78 | 77 | 8.4 | 0.2 | 0.2 | 0 | 0.02 |
| Keto Pancakes and Syrup | The Ketogenic Cookbook | 82 | 170 | 15 | 8.2 | 0.6 | 0 | 0.53 |
| French Scrambled Eggs | The Ketogenic Cookbook | 83 | 476 | 37 | 32 | 4.4 | 0.6 | 0.78 |
| Dairy-Free Breakfast Pizza | The Ketogenic Cookbook | 84 | 571 | 53.5 | 19.5 | 5.8 | 5 | 0.36 |
| Floating Islands | The Ketogenic Cookbook | 86 | 181 | 14.2 | 10.5 | 1.7 | 1 | 0.70 |
| Creamy Zucchini Hash Browns | The Ketogenic Cookbook | 88 | 436 | 46 | 3 | 2.3 | 0.4 | 0.06 |
| Keto Bagels | The Ketogenic Cookbook | 90 | 119 | 8.9 | 7.8 | 2 | 1 | 0.79 |
| Bagels and Lox | The Ketogenic Cookbook | 90 | 171 | 12.8 | 9.3 | 4.7 | 1 | 0.56 |
| Breakfast Sushi | The Ketogenic Cookbook | 92 | 717 | 63 | 28 | 10.3 | 5 | 0.41 |

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| Creamy Breakfast Shake | The Ketogenic Cookbook | 94 | 213 | 18.6 | 6.4 | 5.3 | 3 | 0.31 |
| Dairy-Free Key Lime Shake | The Ketogenic Cookbook | 96 | 397 | 40.8 | 8.1 | 1.8 | 0 | 0.19 |
| Ham-N-Cheese Mini Quiches | The Ketogenic Cookbook | 98 | 253 | 16.1 | 21.9 | 4.8 | 1.1 | 1.11 |
| Avocado Egg Cups | The Ketogenic Cookbook | 100 | 490 | 45.8 | 10.7 | 11.6 | 7.6 | 0.21 |
| Strawberry Popovers with Strawberry "Butter" | The Ketogenic Cookbook | 102 | 308 | 30 | 8.6 | 1.7 | 0 | 0.27 |
| Caramel Apple Dutch Baby | The Ketogenic Cookbook | 104 | 698 | 67 | 23 | 3.5 | 0.7 | 0.33 |
| Mock Apple Porridge | The Ketogenic Cookbook | 106 | 528 | 51.9 | 13.4 | 2.6 | 0 | 0.25 |
| Keto Soft-Boiled Eggs | The Ketogenic Cookbook | 108 | 260 | 20.5 | 17.9 | 1.4 | 0 | 0.82 |
| Breakfast Lasagna | The Ketogenic Cookbook | 110 | 423 | 29.5 | 34.5 | 4.9 | 0 | 1.00 |
| Ham-N-"Cheese" Omelet | The Ketogenic Cookbook | 112 | 552 | 48 | 25 | 4.9 | 0.7 | 0.48 |
| Salmon and Chive Omelet | The Ketogenic Cookbook | 114 | 357 | 27.6 | 26.1 | 2 | 0 | 0.88 |
| Herb Goat Cheese Omelet | The Ketogenic Cookbook | 115 | 445 | 35.9 | 28.8 | 2.2 | 0 | 0.76 |
| Mushroom and Onion Omelet | The Ketogenic Cookbook | 116 | 455 | 38.8 | 24 | 3.9 | 0.6 | 0.57 |
| Maple Bacon Breakfast Patties | The Ketogenic Cookbook | 118 | 334 | 27 | 21.4 | 0.7 | 0 | 0.77 |
| Chai Muffins | The Ketogenic Cookbook | 120 | 218 | 21.6 | 3.7 | 3.2 | 2.1 | 0.16 |
| Huevos Rancheros | The Ketogenic Cookbook | 122 | 524 | 39 | 35 | 9.5 | 4.4 | 0.79 |
| French Toast Custard | The Ketogenic Cookbook | 124 | 332 | 31 | 6.9 | 5.2 | 0 | 0.19 |
| Herb Salmon Dip | The Ketogenic Cookbook | 128 | 145 | 12.8 | 6.9 | 1 | 0 | 0.50 |
| Antipasti Platter | The Ketogenic Cookbook | 129 | 289 | 21.9 | 18.8 | 4.1 | 0.9 | 0.75 |
| Beef Carpaccio | The Ketogenic Cookbook | 130 | 256 | 17.8 | 21.7 | 1.9 | 0.6 | 1.14 |
| Curry Chicken Stuffed Endive | The Ketogenic Cookbook | 132 | 378 | 32.8 | 15.3 | 7.2 | 4.9 | 0.44 |
| Grilled Halloumi with Prosciutto and Pesto | The Ketogenic Cookbook | 134 | 185 | 15 | 11.3 | 1.3 | 0 | 0.69 |
| Pan-Fried Prosciutto-Wrapped String Cheese | The Ketogenic Cookbook | 135 | 334 | 28.4 | 17.3 | 2 | 0 | 0.57 |
| Celery Boats | The Ketogenic Cookbook | 136 | 192 | 17.2 | 7 | 3.2 | 1.5 | 0.37 |
| Ham Salad | The Ketogenic Cookbook | 138 | 189 | 17.1 | 6.7 | 1.8 | 0.5 | 0.36 |
| Mini Frico Cups | The Ketogenic Cookbook | 140 | 131 | 10.1 | 9.1 | 1.4 | 0 | 0.79 |
| BLT Bites | The Ketogenic Cookbook | 142 | 274 | 25 | 10 | 3 | 0 | 0.36 |
| Nirvana Meatballs | The Ketogenic Cookbook | 144 | 282 | 22.3 | 19.2 | 1 | 0 | 0.82 |
| Easy Greek Meze | The Ketogenic Cookbook | 146 | 120 | 8.3 | 4.9 | 7.1 | 1.6 | 0.36 |
| Spring Rolls | The Ketogenic Cookbook | 148 | 288 | 22 | 19 | 3.5 | 0.6 | 0.76 |
| Bacon-Wrapped Cheese Curds | The Ketogenic Cookbook | 150 | 317 | 27.5 | 10.9 | 7.6 | 0.6 | 0.32 |
| Nacho Cheese Crisps | The Ketogenic Cookbook | 152 | 57 | 3.5 | 4.6 | 1.8 | 0.7 | 1.00 |
| BBQ Meatloaf | The Ketogenic Cookbook | 156 | 569 | 36.8 | 48.9 | 8.4 | 2.2 | 1.14 |
| Asian Meatballs | The Ketogenic Cookbook | 158 | 403 | 28 | 33.2 | 3.1 | 0 | 1.07 |
| Steak with Brown Butter Bearnaise | The Ketogenic Cookbook | 160 | 761 | 59.6 | 52.4 | 0.3 | 0 | 0.87 |
| Meaty Spaghetti | The Ketogenic Cookbook | 162 | 468 | 30 | 33.6 | 15.2 | 4.1 | 0.82 |
| Slow-Cooker Beefy Asian Noodles | The Ketogenic Cookbook | 164 | 286 | 18.1 | 23.4 | 6.9 | 2.3 | 1.03 |
| Chimichurri Flank Steak | The Ketogenic Cookbook | 166 | 391 | 27.5 | 31.7 | 2.8 | 0.6 | 1.07 |
| Teriyaki Steak Roll-Ups with Sautéed Mushrooms | The Ketogenic Cookbook | 168 | 821 | 66 | 45.9 | 8 | 1.6 | 0.63 |
| Swedish Meatballs | The Ketogenic Cookbook | 170 | 426 | 32.1 | 31.3 | 2.1 | 0 | 0.92 |
| Reubens | The Ketogenic Cookbook | 172 | 291 | 23.6 | 10.6 | 9.1 | 1.6 | 0.34 |
| Slow-Cooker BBQ Short Ribs | The Ketogenic Cookbook | 174 | 749 | 68.6 | 28.4 | 1.8 | 0.5 | 0.41 |
| Philly "Cheese" Steak Stuffed Portobellos | The Ketogenic Cookbook | 176 | 651 | 57 | 31 | 5 | 1.3 | 0.51 |
| Taco Salad in a Crispy Cheese Bowl | The Ketogenic Cookbook | 178 | 363 | 24.3 | 29.5 | 9.6 | 2.3 | 0.93 |
| Braised Lamb Shanks and Mushrooms | The Ketogenic Cookbook | 180 | 465 | 25.9 | 51.1 | 6.8 | 2.2 | 1.68 |
| Lamb Tikka Masala | The Ketogenic Cookbook | 182 | 489 | 37.8 | 29.7 | 6.8 | 1.2 | 0.68 |

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| Zucchini Tot Hot Dish | The Ketogenic Cookbook | 184 | 457 | 35 | 30.5 | 4.8 | 1.2 | 0.79 |
| Easy Mortadella Ravioli | The Ketogenic Cookbook | 188 | 677 | 55.6 | 34.7 | 9.1 | 0.8 | 0.54 |
| Smoked Pork Chops with Apple Glaze | The Ketogenic Cookbook | 190 | 418 | 36.6 | 19 | 3 | 1.4 | 0.50 |
| Kielbasa and Braised Cabbage | The Ketogenic Cookbook | 192 | 351 | 26.1 | 17.1 | 12.2 | 4.2 | 0.50 |
| Asian Lettuce Wraps | The Ketogenic Cookbook | 194 | 468 | 25.9 | 44.5 | 14.2 | 3.9 | 1.23 |
| Pork Belly in Aromatic Spices | The Ketogenic Cookbook | 196 | 350 | 28.8 | 18.3 | 5.3 | 2.6 | 0.58 |
| Stromboli | The Ketogenic Cookbook | 198 | 355 | 27.9 | 21.6 | 4.8 | 1.2 | 0.69 |
| Mini Lettuce Wraps | The Ketogenic Cookbook | 200 | 339 | 27.3 | 14.5 | 10.5 | 4.6 | 0.44 |
| Armadillo Eggs | The Ketogenic Cookbook | 202 | 764 | 66.7 | 36.6 | 2.4 | 1 | 0.54 |
| Lasagna Roll-Ups | The Ketogenic Cookbook | 206 | 467 | 25.7 | 50 | 9.3 | 2.6 | 1.54 |
| Buffalo Chicken Stuffed Avocados | The Ketogenic Cookbook | 208 | 475 | 40 | 23 | 8 | 6.5 | 0.55 |
| Zesty Chicken Pizza | The Ketogenic Cookbook | 210 | 610 | 41.2 | 55.2 | 6 | 0.5 | 1.18 |
| Deep Dish BBQ Chicken Pizza | The Ketogenic Cookbook | 212 | 617 | 42 | 51.8 | 5.2 | 0 | 1.10 |
| Chicken Enchiladas | The Ketogenic Cookbook | 214 | 602 | 39.6 | 47.3 | 14 | 4.6 | 0.97 |
| Herb and Ricotta Rotolo | The Ketogenic Cookbook | 216 | 386 | 14.2 | 60.5 | 5.3 | 1.7 | 3.40 |
| Brown Butter Chicken and "Pasta" | The Ketogenic Cookbook | 218 | 459 | 37.6 | 24.7 | 5.9 | 2.4 | 0.60 |
| Duck Confit | The Ketogenic Cookbook | 220 | 675 | 57.8 | 29 | 5.5 | 0.7 | 0.46 |
| Gumbo | The Ketogenic Cookbook | 222 | 330 | 25.3 | 20.1 | 5.7 | 1.7 | 0.69 |
| BBQ Chicken and "Faux" Tatoes | The Ketogenic Cookbook | 224 | 519 | 25.9 | 67.5 | 4 | 1 | 2.34 |
| Chicken a la King | The Ketogenic Cookbook | 226 | 358 | 28.1 | 21.1 | 6.1 | 1.5 | 0.65 |
| Creamy Chicken Casserole | The Ketogenic Cookbook | 228 | 283 | 25.9 | 10.5 | 2.9 | 1.4 | 0.38 |
| Grilled Halibut with Smoky Avocado Cream | The Ketogenic Cookbook | 232 | 525 | 28.8 | 60 | 4.9 | 3.6 | 1.99 |
| Shrimp Po' Boys | The Ketogenic Cookbook | 234 | 516 | 34 | 39 | 14 | 3.8 | 0.88 |
| Gravlax | The Ketogenic Cookbook | 236 | 247 | 13.4 | 31 | 0.4 | 0 | 2.25 |
| Gravlax Sushi | The Ketogenic Cookbook | 238 | 226 | 18.6 | 10.7 | 4.8 | 2.4 | 0.51 |
| Seafood Salad | The Ketogenic Cookbook | 240 | 503 | 31.9 | 42.6 | 9.7 | 1.3 | 1.06 |
| Grandpa Joe's Barramundi | The Ketogenic Cookbook | 242 | 580 | 44 | 43.9 | 1.5 | 0 | 0.96 |
| Grilled Whole Mackerel with Homemade Tartar Sauce | The Ketogenic Cookbook | 244 | 509 | 37.6 | 42.7 | 1.5 | 0 | 1.09 |
| Grilled Trout with Lemon-Thyme Glaze | The Ketogenic Cookbook | 246 | 369 | 21 | 41.6 | 3.8 | 1.1 | 1.76 |
| Canned Salmon | The Ketogenic Cookbook | 248 | 162 | 7.2 | 21 | 3.6 | 1 | 2.14 |
| Broiled Sesame-Orange Salmon | The Ketogenic Cookbook | 250 | 531 | 42.8 | 25.6 | 11.5 | 4.5 | 0.51 |
| Shrimp Scampi with Cabbage Noodles | The Ketogenic Cookbook | 252 | 514 | 37.3 | 30.3 | 15.3 | 4.9 | 0.64 |
| Fried Parmesan Tomatoes | The Ketogenic Cookbook | 256 | 209 | 19 | 7 | 2.3 | 0 | 0.33 |
| Creamy "Mac" -N-Cheese | The Ketogenic Cookbook | 258 | 241 | 23.3 | 7.5 | 1.8 | 0 | 0.30 |
| Yellow Tomato and Burrata Salad | The Ketogenic Cookbook | 260 | 281 | 24.1 | 12 | 4 | 1.1 | 0.44 |
| Toasted Open-Face Brie and Tomato Sandwich | The Ketogenic Cookbook | 261 | 310 | 27 | 13.5 | 2.7 | 0.7 | 0.47 |
| Yellow Tomato Soup and Grilled Cheese | The Ketogenic Cookbook | 262 | 463 | 37 | 26.3 | 8 | 1.2 | 0.60 |
| Deep Dish Alfredo Pizza with Mushrooms | The Ketogenic Cookbook | 264 | 506 | 47 | 17.4 | 5 | 0.5 | 0.34 |
| Pizza Margherita | The Ketogenic Cookbook | 266 | 199 | 12.8 | 17 | 5 | 1.6 | 1.05 |
| Mini Egg Salad Sandwiches | The Ketogenic Cookbook | 268 | 433 | 36 | 23.5 | 4 | 0 | 0.59 |
| Dutch Baby Pizza with "Honey" Dressing | The Ketogenic Cookbook | 270 | 493 | 38 | 29.7 | 6.8 | 1.2 | 0.68 |
| Slow Cooker Pesto pasta with Crispy Basil | The Ketogenic Cookbook | 272 | 359 | 34.1 | 9.4 | 2.6 | 0.6 | 0.26 |
| Keto Bread | The Ketogenic Cookbook | 276 | 70 | 4.3 | 7.5 | 0.4 | 0 | 1.60 |
| Keto Naan | The Ketogenic Cookbook | 278 | 64 | 4.5 | 5.2 | 0.6 | 0.5 | 1.13 |
| Braised Swiss Chard | The Ketogenic Cookbook | 279 | 199 | 14.5 | 11 | 7 | 3 | 0.59 |
| Braised Cabbage | The Ketogenic Cookbook | 280 | 191 | 14.2 | 3.1 | 13 | 5.8 | 0.14 |

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|--|--------------------------------|-----|-----|------|------|-------|------|--------|
| Slow Cooker Cabbage "Pasta" | The Ketogenic Cookbook | 282 | 147 | 11.7 | 2.5 | 8.4 | 4.5 | 0.16 |
| Zucchini "Pasta" | The Ketogenic Cookbook | 284 | 20 | 0 | 1 | 4 | 1 | 0.33 |
| Brown Butter Mushrooms | The Ketogenic Cookbook | 286 | 131 | 11.4 | 3 | 4.8 | 1.7 | 0.21 |
| Creamy Coleslaw | The Ketogenic Cookbook | 288 | 162 | 13.6 | 2.1 | 9.4 | 3.9 | 0.11 |
| BLT Coleslaw | The Ketogenic Cookbook | 289 | 258 | 20.7 | 5.5 | 14.4 | 1.7 | 0.16 |
| Paleo Onion Rings | The Ketogenic Cookbook | 290 | 242 | 16.1 | 15.5 | 7.9 | 1.6 | 0.69 |
| Avocado Fries | The Ketogenic Cookbook | 291 | 635 | 51.6 | 30.6 | 12 | 7.8 | 0.55 |
| Fried Pickles | The Ketogenic Cookbook | 292 | 191 | 17.5 | 7 | 2 | 0 | 0.36 |
| Buffalo Chicken Deviled Eggs | The Ketogenic Cookbook | 294 | 149 | 11.7 | 10.2 | 1.1 | 0 | 0.80 |
| Cheddar Deviled Eggs | The Ketogenic Cookbook | 296 | 175 | 15.2 | 9.1 | 0.8 | 0 | 0.57 |
| Spinach Dip | The Ketogenic Cookbook | 298 | 342 | 31.2 | 11.8 | 4.6 | 1 | 0.34 |
| Zucchini Tots | The Ketogenic Cookbook | 300 | 116 | 8.2 | 7.6 | 3.3 | 1.2 | 0.74 |
| Chocolate Gingerbread Cookies | The Ketogenic Cookbook | 306 | 51 | 4.7 | 1.1 | 1.2 | 0.7 | 0.21 |
| Gingerbread House | The Ketogenic Cookbook | 308 | 813 | 16.7 | 24.8 | 140.8 | 76.2 | 0.31 |
| Dairy-Free Keto Vanilla Bean Ice Cream | The Ketogenic Cookbook | 310 | 210 | 21.4 | 3.2 | 1.6 | 0 | 0.14 |
| Dary-Free Keto Chocolate Ice Cream with Cherry Glaze | The Ketogenic Cookbook | 312 | 249 | 25.3 | 3.5 | 2.1 | 0.6 | 0.13 |
| Easy Mocha Fudge Truffles | The Ketogenic Cookbook | 314 | 116 | 11.5 | 1.5 | 1.6 | 0.5 | 0.12 |
| Chocolate Mocha Cake Pops | The Ketogenic Cookbook | 316 | 325 | 30.5 | 6.3 | 5.3 | 3.7 | 0.20 |
| Strawberry Truffles | The Ketogenic Cookbook | 318 | 153 | 16.3 | 1.1 | 0 | 0 | 0.07 |
| Chocolate Mint Cookies | The Ketogenic Cookbook | 320 | 304 | 28.6 | 5.9 | 7.3 | 3.7 | 0.18 |
| Dark Chocolate Raspberry Fat Bombs | The Ketogenic Cookbook | 322 | 220 | 24 | 0.3 | 0.9 | 0 | 0.01 |
| Chocolate Berry Pie | The Ketogenic Cookbook | 324 | 177 | 15.6 | 7 | 2.8 | 1.6 | 0.42 |
| Caramel Apple Fudge | The Ketogenic Cookbook | 326 | 205 | 22 | 1.6 | 0.6 | 0 | 0.07 |
| Dairy-Free Chocolate Egg Cream | The Ketogenic Cookbook | 327 | 78 | 7.3 | 1.1 | 2.1 | 0 | 0.12 |
| Cookie Dough Brownies | The Ketogenic Cookbook | 328 | 427 | 41.6 | 6.5 | 6.4 | 4.2 | 0.15 |
| Dairy-Free Chocolate Syrup | The Ketogenic Cookbook | 330 | 33 | 3.1 | 0.4 | 0.9 | 0 | 0.10 |
| Chocolate Creme de Menthe Pops | The Ketogenic Cookbook | 332 | 96 | 8.3 | 2.7 | 2.9 | 1.5 | 0.28 |
| Pumpkin Pie Frozen Custard | The Ketogenic Cookbook | 334 | 112 | 11.2 | 1.8 | 1.2 | 0 | 0.15 |
| Cinnamon Swirl Cheesecake | The Ketogenic Cookbook | 336 | 252 | 19.7 | 12.2 | 6.8 | 1.3 | 0.48 |
| Chai Panna Cotta | The Ketogenic Cookbook | 338 | 176 | 16.3 | 3 | 4.1 | 0 | 0.15 |
| Lemon Curd Ice Cream | The Ketogenic Cookbook | 340 | 101 | 10 | 2.3 | 0.5 | 0 | 0.22 |
| Almond Roca Mocha Cake | The Ketogenic Cookbook | 342 | 375 | 36.9 | 6.4 | 4.4 | 2 | 0.16 |
| Iced Mocha Pops | The Ketogenic Cookbook | 344 | 251 | 25.3 | 3.2 | 3.1 | 1.2 | 0.12 |
| Easy Toffee Fudge Pops | The Ketogenic Cookbook | 346 | 46 | 2.7 | 2.8 | 2.6 | 0 | 0.53 |
| Chai "Sugar" | The Ketogenic Cookbook | 348 | 3 | 0 | 0 | 0.5 | 0 | 0.00 |
| Chai Streusel Candy | The Ketogenic Cookbook | 349 | 91 | 10.2 | 0 | 0.1 | 0 | 0.00 |
| Chocolate-Covered Toffee | The Ketogenic Cookbook | 350 | 60 | 6 | 0.5 | 1.1 | 0.8 | 0.08 |
| Easy Peppermint Fudge | The Ketogenic Cookbook | 352 | 99 | 8.2 | 2 | 4 | 3 | 0.22 |
| Tiramisu Fudge | The Ketogenic Cookbook | 354 | 113 | 10.8 | 2.2 | 2 | 0 | 0.17 |
| Tiramisu Panna Cotta | The Ketogenic Cookbook | 356 | 105 | 10.2 | 2.5 | 0.7 | 0 | 0.23 |
| Fruit Roll Ups | The Art of Healthy Eating-Kids | 23 | 23 | 0.2 | 0.5 | 5.5 | 1.4 | 0.12 |
| Apple "Juice" | The Art of Healthy Eating-Kids | 29 | 0 | 0 | 0 | 0 | 0 | 100.00 |
| "Healthified" Snowcone | The Art of Healthy Eating-Kids | 29 | 0 | 0 | 0 | 0 | 0 | 100.00 |
| Hot Chocolate | The Art of Healthy Eating-Kids | 30 | 113 | 10 | 3 | 6.3 | 3.4 | 0.23 |
| Shamrock Shake | The Art of Healthy Eating-Kids | 31 | 355 | 31 | 15 | 8.9 | 4.4 | 0.42 |
| Frozen Hot Chocolate | The Art of Healthy Eating-Kids | 31 | 365 | 18 | 29 | 6.5 | 2 | 1.29 |

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|--------------------------------|--------------------------------|----|-----|------|------|------|-----|------|
| Captain Crunch Berries | The Art of Healthy Eating-Kids | 33 | 211 | 16 | 15.6 | 4.2 | 1.6 | 0.84 |
| Chocolate PB | The Art of Healthy Eating-Kids | 33 | 187 | 12 | 14.5 | 3 | 1.6 | 1.08 |
| Blueberry Crunch | The Art of Healthy Eating-Kids | 33 | 220 | 18 | 9.2 | 4 | 2 | 0.46 |
| Malt-OH-Meal | The Art of Healthy Eating-Kids | 35 | 169 | 9 | 24 | 5 | 4.5 | 2.53 |
| Super Power Waffles | The Art of Healthy Eating-Kids | 37 | 187 | 14 | 7.6 | 7.4 | 6.1 | 0.50 |
| "Yum"tella Protein Waffles | The Art of Healthy Eating-Kids | 39 | 221 | 18 | 11.4 | 5.8 | 2.6 | 0.54 |
| Donut Holes & Dip | The Art of Healthy Eating-Kids | 40 | 83 | 5.2 | 7.2 | 2.5 | 0 | 0.94 |
| Crepes | The Art of Healthy Eating-Kids | 41 | 190 | 15 | 10.2 | 3 | 0.9 | 0.60 |
| Cinnamon Bagel | The Art of Healthy Eating-Kids | 42 | 161 | 13 | 8 | 2.9 | 1.7 | 0.56 |
| English Muffins | The Art of Healthy Eating-Kids | 43 | 104 | 4 | 7 | 11.6 | 8.8 | 1.03 |
| Pizza Bites | The Art of Healthy Eating-Kids | 47 | 327 | 14 | 14 | 3.8 | 3 | 0.95 |
| Pizza "Hit" Breadsticks | The Art of Healthy Eating-Kids | 47 | 109 | 4.6 | 9.6 | 5.2 | 2.2 | 1.26 |
| Deep Dish Pizza | The Art of Healthy Eating-Kids | 48 | 157 | 10 | 6 | 0.6 | 0 | 0.57 |
| Pizza Roni | The Art of Healthy Eating-Kids | 49 | 293 | 19 | 20 | 5.9 | 1.7 | 0.86 |
| PB and Jelly Sushi | The Art of Healthy Eating-Kids | 52 | 123 | 8.7 | 2 | 9.3 | 6.7 | 0.18 |
| Hotdog "Mac" n Cheese | The Art of Healthy Eating-Kids | 53 | 239 | 4.9 | 19 | 10 | 2.7 | 1.56 |
| Mini Corn Dogs | The Art of Healthy Eating-Kids | 54 | 210 | 5.3 | 12.9 | 9.4 | 7 | 1.68 |
| Pigs in a Blanket | The Art of Healthy Eating-Kids | 54 | 209 | 17 | 8.5 | 6.4 | 3.3 | 0.42 |
| French Fries | The Art of Healthy Eating-Kids | 55 | 185 | 13 | 7.8 | 13 | 7.6 | 0.42 |
| Enchilada Casserole | The Art of Healthy Eating-Kids | 56 | 417 | 30 | 38.7 | 6.9 | 3.5 | 1.16 |
| Taquitos | The Art of Healthy Eating-Kids | 57 | 257 | 10 | 29 | 1.9 | 0 | 2.44 |
| Grilled Cheese | The Art of Healthy Eating-Kids | 59 | 218 | 15 | 19 | 1 | 0 | 1.19 |
| Chicken Nuggets | The Art of Healthy Eating-Kids | 61 | 171 | 10 | 16 | 3.2 | 1.6 | 1.38 |
| Spaghetti and Meatballs | The Art of Healthy Eating-Kids | 62 | 344 | 20 | 35 | 2.3 | 1.3 | 1.67 |
| Quesadillas | The Art of Healthy Eating-Kids | 63 | 123 | 8.7 | 2 | 9.3 | 6.7 | 0.18 |
| Peanut Butter Chicken | The Art of Healthy Eating-Kids | 65 | 290 | 22 | 37 | 3.2 | 2.1 | 1.60 |
| Peanut "Noodles" | The Art of Healthy Eating-Kids | 65 | 119 | 8 | 7 | 7 | 3 | 0.58 |
| Chinese Fried "Rice" | The Art of Healthy Eating-Kids | 66 | 106 | 7 | 5.1 | 7.3 | 3 | 0.45 |
| Bacon Cheeseburger Goodness | The Art of Healthy Eating-Kids | 67 | 404 | 19 | 44.7 | 10 | 3.5 | 1.75 |
| Hot BEEF Sundae | The Art of Healthy Eating-Kids | 68 | 35 | 28 | 38 | 9 | 3.8 | 1.14 |
| Meatloaf Cupcakes | The Art of Healthy Eating-Kids | 69 | 200 | 12.8 | 28 | 3 | 0 | 1.77 |
| Sloppy Joe's | The Art of Healthy Eating-Kids | 71 | 141 | 7.6 | 16 | 1.7 | 1 | 1.93 |
| Coconut Shrimp | The Art of Healthy Eating-Kids | 72 | 252 | 14 | 30 | 12 | 7 | 1.58 |
| "Healthified" Orange Marmalade | The Art of Healthy Eating-Kids | 72 | 29 | 0 | 0 | 2 | 0 | 0.00 |
| Protein Pizza Waffles | The Art of Healthy Eating-Kids | 73 | 214 | 14.8 | 15 | 4 | 1.6 | 0.87 |
| Sandwich Waffles | The Art of Healthy Eating-Kids | 73 | 239 | 16.8 | 17 | 2.9 | 1.5 | 0.93 |
| Taco Seasoning | The Art of Healthy Eating-Kids | 74 | 5 | 0 | 0 | 0.9 | 0.4 | 0.00 |
| Cheese It Crackers | The Art of Healthy Eating-Kids | 75 | 120 | 9.5 | 6.1 | 2.4 | 1.1 | 0.56 |
| Nacho Chips | The Art of Healthy Eating-Kids | 75 | 104 | 7 | 10.3 | 3 | 1 | 1.14 |
| Protein Pizza Dip | The Art of Healthy Eating-Kids | 77 | 180 | 9 | 14 | 5 | 0.8 | 1.06 |
| Protein Dip | The Art of Healthy Eating-Kids | 77 | 150 | 11 | 7 | 7.7 | 4.7 | 0.50 |
| Pecan Butter | The Art of Healthy Eating-Kids | 78 | 181 | 19 | 1.2 | 1.9 | 1.3 | 0.06 |
| Macadamia Butter | The Art of Healthy Eating-Kids | 78 | 208 | 22 | 1.3 | 2.3 | 1.4 | 0.06 |
| Cashew Butter | The Art of Healthy Eating-Kids | 78 | 186 | 18 | 2.6 | 5.6 | 0.5 | 0.11 |
| Peanut Butter | The Art of Healthy Eating-Kids | 78 | 192 | 19 | 4.7 | 2.9 | 1.6 | 0.23 |
| PB and J Ice Cream Sandwich | The Art of Healthy Eating-Kids | 79 | 320 | 26.2 | 12.8 | 8 | 4.4 | 0.43 |

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| Cherry Magic Shell | The Art of Healthy Eating-Kids | 80 | 102 | 11 | 0.1 | 0 | 0 | 0.01 |
| Tropical Ice Cream | The Art of Healthy Eating-Kids | 81 | 276 | 28 | 3 | 6.5 | 2.6 | 0.09 |
| Sorbet | The Art of Healthy Eating-Kids | 81 | 35 | 0 | 0.7 | 7.4 | 1.9 | 0.13 |
| Cookie Dough Ice Cream | The Art of Healthy Eating-Kids | 82 | 189 | 15 | 5 | 6.7 | 3.3 | 0.27 |
| Creamsicle Push Pop | The Art of Healthy Eating-Kids | 83 | 112 | 10 | 2.4 | 3.5 | 1 | 0.19 |
| Strawberry Cream Push Pop | The Art of Healthy Eating-Kids | 83 | 112 | 10 | 2.5 | 4 | 1 | 0.19 |
| Fudge Push Pop | The Art of Healthy Eating-Kids | 83 | 79 | 7 | 2.1 | 3.6 | 1.9 | 0.24 |
| Lemon Bars | The Art of Healthy Eating-Kids | 85 | 112 | 10 | 3 | 2.5 | 1.2 | 0.27 |
| "Yum"tella Cupcakes | The Art of Healthy Eating-Kids | 86 | 52 | 5 | 1.5 | 2.4 | 1.4 | 0.25 |
| Maple Cupcakes | The Art of Healthy Eating-Kids | 87 | 176 | 16 | 3.3 | 4.5 | 1.8 | 0.18 |
| Strawberry Cupcakes | The Art of Healthy Eating-Kids | 88 | 201 | 18 | 9 | 3.3 | 1.5 | 0.45 |
| Pumpkin Whoopie Pies | The Art of Healthy Eating-Kids | 89 | 258 | 21 | 10 | 7.7 | 2.8 | 0.39 |
| PB & J Whoopie Pies | The Art of Healthy Eating-Kids | 90 | 179 | 13 | 9.5 | 5.2 | 2 | 0.59 |
| Chocolate Pie | The Art of Healthy Eating-Kids | 91 | 360 | 37 | 5.2 | 5.7 | 3 | 0.13 |
| Snickerdoodle Cookies | The Art of Healthy Eating-Kids | 92 | 125 | 11 | 2.5 | 3 | 1.6 | 0.20 |
| Caramel "Apples" | The Art of Healthy Eating-Kids | 93 | 105 | 5.7 | 1.1 | 7.5 | 6.5 | 0.16 |
| Sunflower Cookies | The Art of Healthy Eating-Kids | 95 | 149 | 11 | 5.1 | 5.7 | 3.7 | 0.39 |
| Chocolate Sauce | The Art of Healthy Eating-Kids | 96 | 75 | 7.8 | 0.8 | 1 | 0 | 0.09 |
| Fudge Stripe Cookies | The Art of Healthy Eating-Kids | 97 | 150 | 14 | 2.5 | 3.2 | 1.8 | 0.16 |
| Mighty Munchers | The Art of Healthy Eating-Kids | 99 | 137 | 13 | 3 | 4.2 | 3.9 | 0.23 |
| PB and J Chocolates | The Art of Healthy Eating-Kids | 101 | 150 | 15 | 9.1 | 6 | 2 | 0.48 |
| Fudgey Brownies | The Art of Healthy Eating-Kids | 103 | 182 | 17.7 | 5 | 4.5 | 2.4 | 0.25 |
| Strawberry Shortcake | The Art of Healthy Eating-Kids | 105 | 143 | 11.3 | 5.2 | 5.7 | 1.9 | 0.34 |
| Cherry Red Velvet Cake | The Art of Healthy Eating-Kids | 107 | 214 | 18.5 | 6 | 5 | 2.9 | 0.29 |
| Energy Power Bars | The Art of Healthy Eating-Kids | 109 | 278 | 23 | 5.2 | 10.6 | 5.6 | 0.19 |
| Protein Granola Bars | The Art of Healthy Eating-Kids | 111 | 238 | 19 | 22 | 7.5 | 2.9 | 0.93 |
| Graham Crackers | The Art of Healthy Eating-Kids | 113 | 130 | 8 | 6 | 4.5 | 2.6 | 0.61 |
| Reece's Twinkies | The Art of Healthy Eating-Kids | 115 | 113 | 7 | 8 | 6 | 3 | 0.80 |
| Protein Pudding | The Art of Healthy Eating-Kids | 117 | 126 | 8.8 | 11 | 0.7 | 0 | 1.16 |
| "Tapioca" Pudding | The Art of Healthy Eating-Kids | 117 | 239 | 17 | 11 | 13 | 10.5 | 0.56 |
| Strawberry Pudding | The Art of Healthy Eating-Kids | 119 | 125 | 2.4 | 16 | 9.6 | 1.4 | 1.51 |
| Brain Building Banana Pudding | The Art of Healthy Eating-Kids | 119 | 154 | 6 | 21 | 2.8 | 0 | 2.39 |
| Coconut Custard | The Art of Healthy Eating-Kids | 121 | 327 | 32 | 5 | 7.4 | 3.6 | 0.14 |
| Gingerbread Latte | The Art Of Healthy Eating-Slow Cooker | 20 | 35 | 0 | 2 | 1 | 0 | 2.00 |
| Hot Chocolate | The Art Of Healthy Eating-Slow Cooker | 20 | 113 | 10 | 3 | 6.3 | 3.4 | 0.23 |
| Ginger Ale | The Art Of Healthy Eating-Slow Cooker | 21 | 49 | 0 | 1.3 | 9 | 2 | 0.19 |
| Cereal | The Art Of Healthy Eating-Slow Cooker | 22 | 220 | 9.2 | 18 | 4 | 2 | 1.61 |
| Granola | The Art Of Healthy Eating-Slow Cooker | 23 | 130 | 8 | 5.3 | 2.3 | 0.9 | 0.56 |
| Overnight "Oat"meal | The Art Of Healthy Eating-Slow Cooker | 24 | 254 | 10 | 22 | 18 | 13.6 | 1.53 |
| French Toast Casserole | The Art Of Healthy Eating-Slow Cooker | 25 | 122 | 8.6 | 6 | 6 | 3.8 | 0.56 |
| Coffee Cake (Almond Flour) | The Art Of Healthy Eating-Slow Cooker | 26 | 387 | 35 | 9.5 | 8 | 3.5 | 0.24 |
| Coffee Cake (Coconut Flour) | The Art Of Healthy Eating-Slow Cooker | 26 | 254 | 22 | 5.5 | 5.8 | 2.9 | 0.22 |
| Glazed Breakfast Cake | The Art Of Healthy Eating-Slow Cooker | 27 | 131 | 10 | 4.6 | 4.3 | 1.6 | 0.36 |
| Crust-less Quiche | The Art Of Healthy Eating-Slow Cooker | 28 | 173 | 12.1 | 12 | 4.2 | 1.2 | 0.79 |
| Hard Boiled Eggs | The Art Of Healthy Eating-Slow Cooker | 29 | 70 | 5 | 7 | 0.5 | 0 | 1.27 |
| Easy Homemade Ricotta | The Art Of Healthy Eating-Slow Cooker | 29 | 108 | 8.5 | 3.3 | 5 | 0 | 0.24 |

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| Bran Muffins (Almond Flour) | The Art Of Healthy Eating-Slow Cooker | 30 | 127 | 11 | 4 | 3.9 | 2.9 | 0.33 |
| Bran Muffins (Coconut Flour) | The Art Of Healthy Eating-Slow Cooker | 30 | 102 | 7 | 3 | 3.8 | 2.9 | 0.38 |
| Sweet n Spicy Nuts | The Art Of Healthy Eating-Slow Cooker | 32 | 216 | 21 | 3.8 | 4.9 | 3 | 0.17 |
| Candied Walnuts | The Art Of Healthy Eating-Slow Cooker | 33 | 222 | 21 | 7.5 | 3.1 | 2.1 | 0.34 |
| Roasted Garlic | The Art Of Healthy Eating-Slow Cooker | 34 | 15 | 0 | 0 | 3 | 0 | 0.00 |
| Marinara Sauce | The Art Of Healthy Eating-Slow Cooker | 35 | 51 | 0 | 3.2 | 5.4 | 1.4 | 0.80 |
| Primal Poppers | The Art Of Healthy Eating-Slow Cooker | 36 | 112 | 8 | 6 | 1.7 | 0 | 0.62 |
| Healing Broth | The Art Of Healthy Eating-Slow Cooker | 38 | 40 | 3 | 4 | 0 | 0 | 1.33 |
| Artichokes | The Art Of Healthy Eating-Slow Cooker | 39 | 114 | 4.2 | 5.4 | 16 | 7 | 0.41 |
| Chicken Chips | The Art Of Healthy Eating-Slow Cooker | 40 | 86 | 7.7 | 4 | 0 | 0 | 0.52 |
| Green Bean Casserole | The Art Of Healthy Eating-Slow Cooker | 40 | 146 | 12 | 4 | 7 | 3 | 0.25 |
| Buffalo Wings | The Art Of Healthy Eating-Slow Cooker | 41 | 193 | 7.7 | 24.6 | 2.7 | 1.4 | 2.73 |
| "Healthified" Blue Cheese Dressing | The Art Of Healthy Eating-Slow Cooker | 41 | 104 | | | 1.1 | | 0.00 |
| Sweet Asian Wings | The Art Of Healthy Eating-Slow Cooker | 42 | 162 | 7.5 | 22 | 0.3 | 0 | 2.82 |
| Craig's Curry Wings | The Art Of Healthy Eating-Slow Cooker | 43 | 217 | 12 | 24.7 | 0.5 | 0 | 1.98 |
| Little Smokies | The Art Of Healthy Eating-Slow Cooker | 43 | 250 | 22 | 8.5 | 3.8 | 0.8 | 0.34 |
| Easy Pizza Dip | The Art Of Healthy Eating-Slow Cooker | 44 | 128 | 8 | 9 | 3 | 0.5 | 0.86 |
| Pizza Hit Breadsticks | The Art Of Healthy Eating-Slow Cooker | 44 | 109 | 4.6 | 9.6 | 5.2 | 2.2 | 1.26 |
| Italian Meatballs | The Art Of Healthy Eating-Slow Cooker | 45 | 262 | 11 | 26.2 | 8 | 3 | 1.64 |
| Mexican Meatballs | The Art Of Healthy Eating-Slow Cooker | 46 | 257 | 10 | 29.4 | 8 | 3 | 1.96 |
| Buffalo Meatballs | The Art Of Healthy Eating-Slow Cooker | 47 | 279 | 22 | 19.1 | 5 | 0 | 0.71 |
| Ranch Dressing | The Art Of Healthy Eating-Slow Cooker | 47 | 66 | | | 0.75 | | 0.00 |
| Crab Stuffed Avocado | The Art Of Healthy Eating-Slow Cooker | 48 | 290 | 24 | 10.3 | 10.3 | 6.9 | 0.38 |
| Crab Stuffed Mushrooms | The Art Of Healthy Eating-Slow Cooker | 49 | 64 | 3.8 | 5.2 | 2.8 | 0 | 0.79 |
| Greek Mushrooms | The Art Of Healthy Eating-Slow Cooker | 50 | 53 | 3.3 | 4.8 | 1.5 | 0 | 1.00 |
| Italian Meatballs | The Art Of Healthy Eating-Slow Cooker | 51 | 77 | 4.9 | 4 | 3.5 | 1 | 0.54 |
| Bacon Cheese Mushrooms | The Art Of Healthy Eating-Slow Cooker | 52 | 156 | 12 | 10 | 2.4 | 0.5 | 0.72 |
| Artichoke Stuffed Mushrooms | The Art Of Healthy Eating-Slow Cooker | 53 | 117 | 9 | 5.4 | 3.7 | 1.3 | 0.47 |
| Spinach Artichoke Dip | The Art Of Healthy Eating-Slow Cooker | 54 | 127 | 6.6 | 6.2 | 6 | 2.3 | 0.60 |
| Crab Dip | The Art Of Healthy Eating-Slow Cooker | 55 | 177 | 15 | 7 | 2.2 | 0 | 0.41 |
| Crab Rangoon Dip | The Art Of Healthy Eating-Slow Cooker | 56 | 141 | 13.3 | 3.8 | 2.2 | 0 | 0.25 |
| Stuffing | The Art Of Healthy Eating-Slow Cooker | 57 | 167 | 14.6 | 4.1 | 6.1 | 2.8 | 0.23 |
| Creamed Spinach | The Art Of Healthy Eating-Slow Cooker | 58 | 90 | 6.5 | 6 | 2.3 | 1 | 0.77 |
| Sesame Veggies | The Art Of Healthy Eating-Slow Cooker | 59 | 54 | 1.6 | 3 | 6.2 | 2.6 | 0.58 |
| Alfredo Veggies | The Art Of Healthy Eating-Slow Cooker | 59 | 115 | 7.9 | 5.5 | 7 | 3 | 0.46 |
| Buttery Mushrooms | The Art Of Healthy Eating-Slow Cooker | 60 | 118 | 11 | 2.2 | 2.1 | 0.6 | 0.18 |
| Creamy "Grits" | The Art Of Healthy Eating-Slow Cooker | 60 | 75 | 4.2 | 5.3 | 5 | 1.9 | 0.73 |
| Mashed "Faux"tatoes | The Art Of Healthy Eating-Slow Cooker | 61 | 37 | 1 | 4.1 | 2.9 | 1.1 | 1.46 |
| Creamy Fennel | The Art Of Healthy Eating-Slow Cooker | 61 | 196 | 12 | 11.4 | 10 | 4 | 0.63 |
| German "Faux"tato Salad | The Art Of Healthy Eating-Slow Cooker | 62 | 78 | 4.4 | 3.7 | 7 | 2.8 | 0.43 |
| Sweet n Sour Eggplant | The Art Of Healthy Eating-Slow Cooker | 63 | 62 | 3.6 | 1.4 | 7.5 | 2 | 0.15 |
| Ham and Cauliflower au Gratin | The Art Of Healthy Eating-Slow Cooker | 64 | 123 | 8.8 | 7.5 | 4.1 | 1.6 | 0.66 |
| French Onion Casserole (Almond Flour) | The Art Of Healthy Eating-Slow Cooker | 65 | 220 | 15 | 11 | 10 | 3 | 0.50 |
| French Onion Casserole (Coconut Flour) | The Art Of Healthy Eating-Slow Cooker | 65 | 178 | 12 | 10 | 8.5 | 2.2 | 0.55 |
| BBQ Shrimp | The Art Of Healthy Eating-Slow Cooker | 66 | 133 | 10.3 | 10 | 0.1 | 0 | 0.96 |
| Chicken Lettuce Wraps | The Art Of Healthy Eating-Slow Cooker | 67 | 150 | 5.3 | 21.9 | 2.2 | 0.5 | 3.13 |

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| Buffalo Lettuce Wraps | The Art Of Healthy Eating-Slow Cooker | 68 | 212 | 4.4 | 37.5 | 2.9 | 0.9 | 5.86 |
| Italian Tuna Casserole | The Art Of Healthy Eating-Slow Cooker | 69 | 314 | 22.3 | 19.6 | 8.7 | 1.8 | 0.67 |
| Tuna "Noodle" Casserole | The Art Of Healthy Eating-Slow Cooker | 69 | 283 | 18 | 24.6 | 4.4 | 1.4 | 1.17 |
| Gorgonzola Bisque | The Art Of Healthy Eating-Slow Cooker | 70 | 197 | 6 | 11 | 5 | 2.5 | 1.29 |
| Cream of Asparagus Soup | The Art Of Healthy Eating-Slow Cooker | 71 | 95 | 5.7 | 6 | 6.2 | 2.6 | 0.65 |
| Cream of Mushroom Soup | The Art Of Healthy Eating-Slow Cooker | 71 | 155 | 13 | 6.4 | 5.9 | 1.3 | 0.36 |
| Chicken "Noodle" Soup | The Art Of Healthy Eating-Slow Cooker | 72 | 120 | 8 | 24 | 4 | 2 | 2.40 |
| Smoky Tomatillo Chicken | The Art Of Healthy Eating-Slow Cooker | 73 | 222 | 5 | 37 | 5.5 | 1.9 | 4.30 |
| Clam Chowder | The Art Of Healthy Eating-Slow Cooker | 74 | 319 | 23 | 24 | 5 | 0.4 | 0.87 |
| Pumpkin Chili | The Art Of Healthy Eating-Slow Cooker | 75 | 296 | 8 | 27.4 | 8 | 4 | 2.28 |
| Lasagna Soup | The Art Of Healthy Eating-Slow Cooker | 76 | 373 | 27 | 25.6 | 5.6 | 1 | 0.81 |
| Provolone "Noodle" Soup | The Art Of Healthy Eating-Slow Cooker | 77 | 279 | 10.4 | 39 | 6.2 | 2.3 | 2.73 |
| Cioppino | The Art Of Healthy Eating-Slow Cooker | 78 | 163 | 6.2 | 17 | 8 | 2 | 1.39 |
| Seafood Bisque | The Art Of Healthy Eating-Slow Cooker | 79 | 227 | 14.4 | 18 | 6.3 | 1 | 0.91 |
| Grilled Brie & Tomato on Crusty Bread | The Art Of Healthy Eating-Slow Cooker | 79 | 286 | 26 | 14.3 | 2.1 | 0.6 | 0.52 |
| Fish Chowder | The Art Of Healthy Eating-Slow Cooker | 80 | 112 | 6 | 9.9 | 4.9 | 1.5 | 1.05 |
| Cauliflower Soup with Crispy Capers | The Art Of Healthy Eating-Slow Cooker | 81 | 201 | 16.5 | 8.4 | 5.5 | 2 | 0.42 |
| Broccoli and Brie Soup | The Art Of Healthy Eating-Slow Cooker | 82 | 174 | 12.3 | 10.5 | 7 | 2.6 | 0.63 |
| Chicken Coconut Kale Soup | The Art Of Healthy Eating-Slow Cooker | 83 | 253 | 15 | 22.6 | 8.8 | 2.8 | 1.08 |
| Thai Soup | The Art Of Healthy Eating-Slow Cooker | 84 | 131 | 10 | 5 | 5.2 | 1.7 | 0.37 |
| Pho Soup | The Art Of Healthy Eating-Slow Cooker | 85 | 146 | 5.9 | 19.9 | 2.1 | 0 | 2.49 |
| Pork Belly Ramen | The Art Of Healthy Eating-Slow Cooker | 86 | 327 | 32 | 6.7 | 1.9 | 0 | 0.20 |
| Spicy Beef Stew | The Art Of Healthy Eating-Slow Cooker | 87 | 290 | 11 | 38 | 8.8 | 2.6 | 2.21 |
| Turkey Stew | The Art Of Healthy Eating-Slow Cooker | 88 | 220 | 9.4 | 22.3 | 6.8 | 1.3 | 1.50 |
| Creamy Chicken Tomato Soup | The Art Of Healthy Eating-Slow Cooker | 89 | 283 | 16.1 | 29 | 5.5 | 1.5 | 1.44 |
| Cordon Bleu Soup | The Art Of Healthy Eating-Slow Cooker | 89 | 245 | 15.5 | 22.5 | 3.3 | 0.5 | 1.23 |
| Chili | The Art Of Healthy Eating-Slow Cooker | 90 | 396 | 20 | 31 | 12 | 4 | 1.11 |
| Cabbage and Ham Soup | The Art Of Healthy Eating-Slow Cooker | 91 | 154 | 6.3 | 15.3 | 8 | 3 | 1.35 |
| African "Nut" Stew | The Art Of Healthy Eating-Slow Cooker | 92 | 198 | 11.8 | 11.2 | 11 | 5 | 0.63 |
| French Onion Soup | The Art Of Healthy Eating-Slow Cooker | 93 | 155 | 8.9 | 11 | 5.8 | 1 | 0.80 |
| Cheeseburger Soup | The Art Of Healthy Eating-Slow Cooker | 94 | 305 | 23 | 22 | 2.5 | 0.6 | 0.88 |
| Cauliflower & Aged White Cheddar Soup | The Art Of Healthy Eating-Slow Cooker | 94 | 146 | 9 | 8.2 | 4.4 | 1.3 | 0.68 |
| Tomato Basil Parmesan Soup | The Art Of Healthy Eating-Slow Cooker | 95 | 198 | 17.5 | 7 | 4.6 | 1.1 | 0.33 |
| Nutty "Noodles" | The Art Of Healthy Eating-Slow Cooker | 96 | 117 | 8.2 | 5.4 | 8 | 3 | 0.41 |
| Swedish Meatballs | The Art Of Healthy Eating-Slow Cooker | 97 | 221 | 13 | 21.8 | 1.6 | 0 | 1.49 |
| Sloppy Joe's | The Art Of Healthy Eating-Slow Cooker | 98 | 228 | 11 | 24.7 | 4.2 | 1.3 | 1.78 |
| Beef Stroganoff | The Art Of Healthy Eating-Slow Cooker | 99 | 380 | 17.5 | 41 | 8.5 | 2.5 | 1.74 |
| French Dip Sandwiches | The Art Of Healthy Eating-Slow Cooker | 100 | 218 | 7 | 35.2 | 0.3 | 0 | 4.82 |
| Philly Cheesesteak (without Protein Bun) | The Art Of Healthy Eating-Slow Cooker | 101 | 351 | 17 | 43 | 4.2 | 1.1 | 2.14 |
| Philly Cheesesteak (with Protein Bun) | The Art Of Healthy Eating-Slow Cooker | 101 | 397 | 20 | 65 | 4.8 | 1.1 | 2.74 |
| Blue Cheese Steak Roll-Ups | The Art Of Healthy Eating-Slow Cooker | 102 | 317 | 15.3 | 41 | 1.4 | 0 | 2.46 |
| Beefy "Noodles" | The Art Of Healthy Eating-Slow Cooker | 103 | 352 | 18 | 41 | 3.6 | 1.1 | 2.00 |
| Goat Cheese Meatloaf | The Art Of Healthy Eating-Slow Cooker | 104 | 307 | 17 | 27.9 | 1.6 | 0.8 | 1.57 |
| Easy Ribs | The Art Of Healthy Eating-Slow Cooker | 105 | 394 | 31 | 25 | 0.8 | 0 | 0.79 |
| Smoky Baby Back Ribs | The Art Of Healthy Eating-Slow Cooker | 105 | 640 | 54 | 36 | 0.9 | 0 | 0.66 |
| Pepper Venison Steak | The Art Of Healthy Eating-Slow Cooker | 106 | 238 | 8 | 35.1 | 4.8 | 1.4 | 3.08 |

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|-----------------------------------|---------------------------------------|-----|-----|------|------|------|-----|-------|
| Paprika Tenderloin | The Art Of Healthy Eating-Slow Cooker | 107 | 221 | 9 | 30.8 | 2.4 | 0.8 | 2.91 |
| Shredded Beef | The Art Of Healthy Eating-Slow Cooker | 108 | 535 | 28 | 38 | 9 | 3.8 | 1.14 |
| "Smoked" Beef Brisket | The Art Of Healthy Eating-Slow Cooker | 108 | 331 | 12.6 | 50.1 | 0.9 | 0 | 3.71 |
| Stuffed Tenderloin | The Art Of Healthy Eating-Slow Cooker | 109 | 194 | 6.9 | 29 | 1.7 | 0 | 3.37 |
| Perfect Pulled Pork | The Art Of Healthy Eating-Slow Cooker | 110 | 199 | 4.8 | 35 | 2.1 | 0.7 | 5.65 |
| Pot Roast Pork | The Art Of Healthy Eating-Slow Cooker | 111 | 274 | 12 | 38 | 0.7 | 0 | 2.99 |
| Parmesan Honey Pork | The Art Of Healthy Eating-Slow Cooker | 112 | 231 | 9.8 | 33 | 1.2 | 0 | 3.00 |
| Pork Lettuce Cups | The Art Of Healthy Eating-Slow Cooker | 113 | 223 | 4.7 | 32 | 8 | 2.5 | 3.14 |
| Pork Cabbage Rolls | The Art Of Healthy Eating-Slow Cooker | 114 | 279 | 18 | 18 | 14 | 7 | 0.72 |
| Sausage and Veggies | The Art Of Healthy Eating-Slow Cooker | 115 | 185 | 7.4 | 19 | 5 | 2.3 | 1.88 |
| Roast Chicken | The Art Of Healthy Eating-Slow Cooker | 115 | 188 | 6 | 28.6 | 1 | 0 | 4.09 |
| Stuffed Cabbage | The Art Of Healthy Eating-Slow Cooker | 116 | 399 | 18 | 45 | 9.1 | 3 | 1.87 |
| Reuban Rolls | The Art Of Healthy Eating-Slow Cooker | 116 | 377 | 30 | 22.7 | 6.2 | 2.1 | 0.67 |
| BBQ Chicken Cornbread Casserole | The Art Of Healthy Eating-Slow Cooker | 117 | 207 | 8 | 26.7 | 5.1 | 2 | 2.41 |
| Chicken Caesar Sandwiches | The Art Of Healthy Eating-Slow Cooker | 118 | 336 | 13 | 40.1 | 12 | 5.9 | 2.10 |
| Easy Reuben Chicken | The Art Of Healthy Eating-Slow Cooker | 119 | 336 | 16.2 | 29.6 | 10 | 4.9 | 1.39 |
| Chicken Asparagus Rolls | The Art Of Healthy Eating-Slow Cooker | 120 | 316 | 16.4 | 29 | 7.4 | 1.4 | 1.29 |
| Cornish Game Hens | The Art Of Healthy Eating-Slow Cooker | 121 | 340 | 23.4 | 29 | 1 | 0 | 1.19 |
| Chicken Broccoli Casserole | The Art Of Healthy Eating-Slow Cooker | 121 | 356 | 24 | 27.8 | 7.5 | 1 | 0.91 |
| Balsamic Chicken | The Art Of Healthy Eating-Slow Cooker | 122 | 223 | 8 | 33 | 1.1 | 0 | 3.63 |
| Jambalaya | The Art Of Healthy Eating-Slow Cooker | 123 | 303 | 13 | 36.5 | 8.1 | 2.5 | 1.96 |
| Chicken Gumbo | The Art Of Healthy Eating-Slow Cooker | 124 | 221 | 9.4 | 23.3 | 9.7 | 3.5 | 1.49 |
| Chicken with Mushroom Cream Sauce | The Art Of Healthy Eating-Slow Cooker | 125 | 268 | 19 | 18.1 | 4.2 | 1 | 0.82 |
| Creamed Pheasant | The Art Of Healthy Eating-Slow Cooker | 126 | 284 | 15.8 | 31.9 | 3.5 | 1 | 1.74 |
| BBQ Pheasant | The Art Of Healthy Eating-Slow Cooker | 127 | 159 | 4.2 | 27.2 | 1.9 | 0 | 4.46 |
| German Pheasant | The Art Of Healthy Eating-Slow Cooker | 128 | 133 | 10.3 | 10 | 0.1 | 0 | 0.96 |
| Turkey Tetrazzini | The Art Of Healthy Eating-Slow Cooker | 130 | 234 | 5.3 | 27 | 5.8 | 2.3 | 3.07 |
| Easy White Fish | The Art Of Healthy Eating-Slow Cooker | 131 | 109 | 0.1 | 22.6 | 3 | 1.5 | 14.13 |
| Lamb with Mint, Rosemary & Garlic | The Art Of Healthy Eating-Slow Cooker | 131 | 253 | 11.2 | 32.5 | 3.1 | 1.5 | 2.54 |
| Deep Dish Pizza | The Art Of Healthy Eating-Slow Cooker | 132 | 109 | 4.6 | 9.6 | 5.2 | 2.2 | 1.26 |
| Italian Eggplant and Goat Cheese | The Art Of Healthy Eating-Slow Cooker | 133 | 132 | 6 | 7.6 | 10 | 5.5 | 0.72 |
| Italian Stuffed Peppers | The Art Of Healthy Eating-Slow Cooker | 134 | 398 | 15.2 | 33 | 12 | 7 | 1.63 |
| Pizza Casserole | The Art Of Healthy Eating-Slow Cooker | 135 | 239 | 10.6 | 18 | 12 | 6 | 1.08 |
| Easy Spaghetti | The Art Of Healthy Eating-Slow Cooker | 136 | 91 | 2.4 | 2.5 | 11 | 4 | 0.27 |
| Shrimp Scampi | The Art Of Healthy Eating-Slow Cooker | 136 | 320 | 24 | 24.1 | 1.1 | 0 | 0.96 |
| Chicken Alfredo | The Art Of Healthy Eating-Slow Cooker | 137 | 315 | 31 | 7.7 | 5.2 | 1.3 | 0.22 |
| Protein Lasagna | The Art Of Healthy Eating-Slow Cooker | 138 | 294 | 12.2 | 32.6 | 5.3 | 2 | 2.10 |
| Veggie Lasagna | The Art Of Healthy Eating-Slow Cooker | 139 | 256 | 11.3 | 19.5 | 10 | 4 | 1.13 |
| Moussaka | The Art Of Healthy Eating-Slow Cooker | 140 | 421 | 23.3 | 37.6 | 16.9 | 7.5 | 1.15 |
| Chicken Picatta | The Art Of Healthy Eating-Slow Cooker | 141 | 402 | 18 | 44.9 | 14 | 7.6 | 1.84 |
| Chicken Cacciatore | The Art Of Healthy Eating-Slow Cooker | 142 | 246 | 8.8 | 34.7 | 5.4 | 1.5 | 2.73 |
| Chicken Parmesan | The Art Of Healthy Eating-Slow Cooker | 143 | 277 | 11.5 | 35.2 | 6.8 | 1.1 | 2.05 |
| Creamy Italian Chicken | The Art Of Healthy Eating-Slow Cooker | 144 | 349 | 17.4 | 37.3 | 8 | 2.8 | 1.65 |
| EASY Greek Chicken | The Art Of Healthy Eating-Slow Cooker | 144 | 321 | 14.7 | 38 | 6.5 | 1.4 | 1.92 |
| Coq Au-No Vin | The Art Of Healthy Eating-Slow Cooker | 145 | 244 | 17 | 20.2 | 2.9 | 0.6 | 1.05 |
| Orange Spanish Chicken | The Art Of Healthy Eating-Slow Cooker | 146 | 332 | 12 | 43 | 8 | 2.5 | 2.46 |

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|--------------------------------|---------------------------------------|-----|-----|------|------|-----|-----|------|
| Pesto Fish | The Art Of Healthy Eating-Slow Cooker | 146 | 191 | 7.9 | 26 | 1.2 | 0 | 2.86 |
| Chicken Cordon Bleu | The Art Of Healthy Eating-Slow Cooker | 147 | 426 | 23 | 50.3 | 1.8 | 0 | 2.03 |
| Take Out Beef and Broccoli | The Art Of Healthy Eating-Slow Cooker | 148 | 281 | 11 | 37.9 | 6.8 | 3 | 2.56 |
| 5-Spice Steak | The Art Of Healthy Eating-Slow Cooker | 149 | 232 | 9.9 | 31.9 | 1.9 | 0 | 2.70 |
| Thai Beef and Pasta Salad | The Art Of Healthy Eating-Slow Cooker | 150 | 140 | 6 | 16.6 | 3.3 | 1.8 | 2.21 |
| Korean Short Ribs | The Art Of Healthy Eating-Slow Cooker | 151 | 469 | 14 | 21 | 6.5 | 2.5 | 1.17 |
| Garlic Chicken Fried "Rice" | The Art Of Healthy Eating-Slow Cooker | 152 | 106 | 7 | 5.1 | 7.3 | 3 | 0.45 |
| Yakisoba Chicken | The Art Of Healthy Eating-Slow Cooker | 153 | 102 | 5 | 8.3 | 6.3 | 2.1 | 0.90 |
| Thai Chicken Thighs | The Art Of Healthy Eating-Slow Cooker | 154 | 293 | 12.2 | 41.1 | 6 | 1.6 | 2.48 |
| General Tso's Chicken | The Art Of Healthy Eating-Slow Cooker | 154 | 218 | 3.9 | 36.3 | 8 | 3 | 4.08 |
| Sesame Chicken | The Art Of Healthy Eating-Slow Cooker | 155 | 190 | 8.7 | 24.3 | 4 | 1.1 | 2.09 |
| Cashew Chicken | The Art Of Healthy Eating-Slow Cooker | 156 | 364 | 16.5 | 46 | 5.2 | 0.6 | 2.18 |
| Chicken Adobo | The Art Of Healthy Eating-Slow Cooker | 157 | 306 | 12.2 | 44.2 | 1.8 | 0 | 3.16 |
| Chicken on Curry "Rice" | The Art Of Healthy Eating-Slow Cooker | 158 | 400 | 20 | 47 | 7.7 | 3.1 | 1.91 |
| Chicken Tikka Masala | The Art Of Healthy Eating-Slow Cooker | 159 | 366 | 24.2 | 29.5 | 8 | 2.6 | 1.00 |
| Butter Chicken | The Art Of Healthy Eating-Slow Cooker | 160 | 214 | 5.3 | 30.6 | 10 | 3 | 2.49 |
| Chicken Makhani | The Art Of Healthy Eating-Slow Cooker | 161 | 420 | 28 | 35 | 7 | 2.2 | 1.07 |
| Indian Chicken and Cauliflower | The Art Of Healthy Eating-Slow Cooker | 162 | 321 | 24 | 18 | 9 | 3.5 | 0.61 |
| Curry Chicken | The Art Of Healthy Eating-Slow Cooker | 163 | 366 | 12 | 48 | 6.2 | 3 | 3.16 |
| NAAN Bread | The Art Of Healthy Eating-Slow Cooker | 164 | 73 | 4.5 | 6.6 | 1.5 | 0 | 1.10 |
| Coconut Chicken and NAAN | The Art Of Healthy Eating-Slow Cooker | 165 | 122 | 4.6 | 13 | 8.3 | 3.7 | 1.41 |
| Mexican Lasagna | The Art Of Healthy Eating-Slow Cooker | 166 | 417 | 30 | 43 | 5 | 3 | 1.34 |
| Taco Seasoning | The Art Of Healthy Eating-Slow Cooker | 166 | 5 | 0.2 | 0.2 | 0.9 | 0.4 | 0.29 |
| Tamale Pie | The Art Of Healthy Eating-Slow Cooker | 167 | 313 | 17 | 23 | 13 | 6 | 0.96 |
| Fajitas | The Art Of Healthy Eating-Slow Cooker | 168 | 187 | 6.1 | 29 | 5.8 | 3 | 3.26 |
| Picadillo | The Art Of Healthy Eating-Slow Cooker | 169 | 329 | 20 | 30.6 | 4.8 | 1.5 | 1.31 |
| Creamy Mexican Chicken | The Art Of Healthy Eating-Slow Cooker | 170 | 349 | 17.4 | 37.3 | 8 | 2.8 | 1.65 |
| Chicken Mole | The Art Of Healthy Eating-Slow Cooker | 171 | 382 | 20 | 45.8 | 4.8 | 2.1 | 2.02 |
| Doro Watt | The Art Of Healthy Eating-Slow Cooker | 172 | 338 | 22.7 | 39 | 3.8 | 0.6 | 1.51 |
| Moroccan Beef | The Art Of Healthy Eating-Slow Cooker | 173 | 209 | 9.5 | 30.4 | 0.7 | 0 | 2.98 |
| Shrimp Etouffee | The Art Of Healthy Eating-Slow Cooker | 173 | 201 | 5.8 | 22.7 | 5.2 | 0.9 | 2.25 |
| Glazed Pumpkin Bread | The Art Of Healthy Eating-Slow Cooker | 174 | 191 | 14 | 7.3 | 7.5 | 3.5 | 0.41 |
| Zucchini Bread | The Art Of Healthy Eating-Slow Cooker | 175 | 268 | 25 | 4.8 | 4.8 | 2.8 | 0.18 |
| Fudge | The Art Of Healthy Eating-Slow Cooker | 176 | 120 | 10.5 | 5 | 4.7 | 2.1 | 0.38 |
| Creme Brulee | The Art Of Healthy Eating-Slow Cooker | 177 | 274 | 27.8 | 4.6 | 2.4 | 0 | 0.15 |
| Chocolate Torte | The Art Of Healthy Eating-Slow Cooker | 178 | 231 | 25 | 5 | 5.4 | 3 | 0.18 |
| Chocolate Mousse | The Art Of Healthy Eating-Slow Cooker | 178 | 214 | 22 | 4.1 | 6 | 2.7 | 0.16 |
| Mocha Pudding Cake | The Art Of Healthy Eating-Slow Cooker | 179 | 179 | 17.1 | 4.9 | 3.7 | 2 | 0.26 |
| Lemon Poppysseed Cake | The Art Of Healthy Eating-Slow Cooker | 180 | 226 | 23.2 | 3.5 | 3.6 | 1.4 | 0.14 |
| Tropical Pudding Cake | The Art Of Healthy Eating-Slow Cooker | 181 | 373 | 35 | 8.3 | 6.5 | 1.6 | 0.21 |
| Bread Pudding | The Art Of Healthy Eating-Slow Cooker | 182 | 204 | 15 | 7.9 | 9 | 3.8 | 0.39 |
| Tapioca Pudding | The Art Of Healthy Eating-Slow Cooker | 182 | 110 | 10 | 3.7 | 3.2 | 1 | 0.30 |
| Orange Cranberry Cake | The Art Of Healthy Eating-Slow Cooker | 183 | 226 | 23.2 | 3.5 | 3.6 | 1.4 | 0.14 |
| Cheesecake | The Art Of Healthy Eating-Slow Cooker | 184 | 214 | 19.6 | 6.3 | 3.3 | 1 | 0.29 |
| Chocolate Raspberry Cheesecake | The Art Of Healthy Eating-Slow Cooker | 185 | 298 | 29 | 7.7 | 7.7 | 4.3 | 0.24 |
| Pumpkin Cheesecake | The Art Of Healthy Eating-Slow Cooker | 186 | 128 | 7 | 7.1 | 10 | 3.8 | 0.54 |

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| Pumpkin Pie Fondue | The Art Of Healthy Eating-Slow Cooker | 187 | 73 | 5.3 | 1.8 | 5.8 | 2 | 0.20 |
| Pumpkin Custard | The Art Of Healthy Eating-Slow Cooker | 187 | 128 | 7 | 7.1 | 10 | 3.8 | 0.54 |
| Pumpkin "Cup"cakes | The Art Of Healthy Eating-Slow Cooker | 188 | 160 | 13.2 | 5.5 | 5.2 | 2.2 | 0.34 |
| Chai Tea Cupcakes | The Art Of Healthy Eating-Slow Cooker | 189 | 176 | 16.5 | 3.6 | 3.7 | 2.2 | 0.20 |
| Cookie Dough Cupcakes | The Art Of Healthy Eating-Slow Cooker | 190 | 267 | 26 | 5 | 4.8 | 2.5 | 0.18 |
| Chocolate Chip PB Cake | The Art of Healthy Eating-Slow Cooker | 191 | 316 | 29 | 11 | 6.8 | 2.7 | 0.33 |
| Breakfast Pizza | The Art of Healthy Eating-Savory | 12 | 112 | 6.9 | 9.4 | 2.1 | 0 | 1.04 |
| Greek Quiche | The Art of Healthy Eating-Savory | 13 | 301 | 24 | 11.9 | 8 | 3.6 | 0.42 |
| Waffle Eggs Benedict | The Art of Healthy Eating-Savory | 15 | 373 | 29 | 21.5 | 5.3 | 1.4 | 0.65 |
| Biscuits and Gravy | The Art of Healthy Eating-Savory | 16 | 345 | 29.9 | 14.6 | 4.9 | 1.5 | 0.44 |
| Cheezy Bacon Scones | The Art of Healthy Eating-Savory | 17 | 292 | 24 | 13.6 | 5.3 | 2.1 | 0.50 |
| Pinwheel Crackers | The Art of Healthy Eating-Savory | 17 | 145 | 12 | 6 | 2.6 | 1.2 | 0.45 |
| "Corn" Bread (Oil) | The Art of Healthy Eating-Savory | 19 | 132 | 11 | 3.4 | 2.8 | 1.7 | 0.28 |
| "Corn" Bread (Almond Milk) | The Art of Healthy Eating-Savory | 19 | 54 | 2.8 | 3.5 | 2.9 | 1.7 | 0.88 |
| Tortillas (Almond Flour) | The Art of Healthy Eating-Savory | 20 | 105 | 7.5 | 4.1 | 5.6 | 3.8 | 0.44 |
| Tortillas (Coconut Flour) | The Art of Healthy Eating-Savory | 20 | 71 | 2.6 | 3.4 | 7.4 | 5.2 | 0.71 |
| Protein Popovers | The Art of Healthy Eating-Savory | 20 | 106 | 7 | 10 | 1.2 | 0 | 1.22 |
| Sandwich Wraps | The Art of Healthy Eating-Savory | 21 | 123 | 8.7 | 2 | 9.3 | 6.7 | 0.18 |
| Toasted Sub (Almond Flour) | The Art of Healthy Eating-Savory | 22 | 180 | 12 | 7.3 | 10.8 | 7.6 | 0.48 |
| Toasted Sub (Coconut Flour) | The Art of Healthy Eating-Savory | 22 | 137 | 1.1 | 14.7 | 15 | 10.4 | 2.58 |
| Bagels | The Art of Healthy Eating-Savory | 23 | 161 | 13 | 8 | 2.9 | 1.7 | 0.56 |
| GRISSINI (Italian Bread Sticks) | The Art of Healthy Eating-Savory | 24 | 97 | 7 | 4 | 4.7 | 2 | 0.41 |
| Pesto and Olive Rolls (Almond Flour) | The Art of Healthy Eating-Savory | 25 | 205 | 14 | 8.4 | 10.9 | 7.6 | 0.49 |
| Pesto and Olive Rolls (Coconut Flour) | The Art of Healthy Eating-Savory | 25 | 142 | 5 | 6.8 | 14.8 | 10.4 | 0.72 |
| Carolina BBQ Sauce | The Art of Healthy Eating-Savory | 27 | 37 | 2.7 | 1 | 1.9 | 1 | 0.28 |
| Ranch Dressing | The Art of Healthy Eating-Savory | 29 | 66 | 5.8 | 2.7 | 0.75 | 0 | 0.41 |
| Super Salad Dressing | The Art of Healthy Eating-Savory | 31 | 160 | 3 | 0 | 0.2 | 0 | 0.00 |
| "Healthified" Green Goddess Dressing | The Art of Healthy Eating-Savory | 33 | 53 | 4.1 | 0.8 | 3.5 | 0 | 0.11 |
| "Healthified" Warm Bacon Mushroom Vinaigrette | The Art of Healthy Eating-Savory | 33 | 56 | 4.7 | 2.9 | 0.4 | 0 | 0.57 |
| "Healthified" Garlic Oregano | The Art of Healthy Eating-Savory | 33 | 41 | 3.5 | 1 | 2.6 | 1.4 | 0.21 |
| "Healthified" Sweet Miso | The Art of Healthy Eating-Savory | 33 | 96 | 8 | 1.6 | 3.3 | 0.8 | 0.15 |
| Salad Toppers | The Art of Healthy Eating-Savory | 35 | 65 | 4 | 2 | 3.8 | 2.3 | 0.36 |
| Croutons | The Art of Healthy Eating-Savory | 35 | 162 | 2 | 6.3 | 0.9 | 0 | 2.17 |
| Kale Chips | The Art of Healthy Eating-Savory | 37 | 34 | 0.5 | 2.3 | 6 | 1.5 | 0.46 |
| Grilled Romaine | The Art of Healthy Eating-Savory | 37 | 124 | 4 | 2 | 3 | 1 | 0.33 |
| Tuna "Noodle" Salad | The Art of Healthy Eating-Savory | 38 | 124 | 5 | 12 | 6 | 2 | 1.33 |
| Asparagus Crab Salad | The Art of Healthy Eating-Savory | 38 | 163 | 3 | 12 | 6 | 2.8 | 1.94 |
| "Quinoa" Greek Salad | The Art of Healthy Eating-Savory | 39 | 288 | 14 | 33.8 | 4.8 | 1.1 | 1.91 |
| Gorgonzola Bisque | The Art of Healthy Eating-Savory | 40 | | | | | | 100.00 |
| Wild "Rice" Soup | The Art of Healthy Eating-Savory | 41 | 171 | 13 | 7.9 | 3.8 | 1.4 | 0.51 |
| Chicken "Noodle" Soup | The Art of Healthy Eating-Savory | 43 | 120 | 8 | 24 | 4 | 2 | 2.40 |
| Ramen | The Art of Healthy Eating-Savory | 43 | 75 | 2 | 9 | 5.3 | 1.4 | 1.53 |
| Cream of Mushroom Soup | The Art of Healthy Eating-Savory | 44 | 155 | 13 | 6.4 | 5.9 | 1.3 | 0.36 |
| Chicken Dumpling Soup (Almond Flour) | The Art of Healthy Eating-Savory | 45 | 363 | 22 | 29 | 9.7 | 3.5 | 1.03 |
| Chicken Dumpling Soup (Coconut Flour) | The Art of Healthy Eating-Savory | 45 | 291 | 12 | 28 | 11 | 5 | 1.56 |
| Bread Bowl Chowder (Almond Flour) | The Art of Healthy Eating-Savory | 47 | 309 | 23 | 10.6 | 10.5 | 5.7 | 0.38 |

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| Bread Bowl Chowder (Coconut Flour) | The Art of Healthy Eating-Savory | 47 | 267 | 16 | 19.5 | 11 | 6.2 | 0.94 |
| Pop "Corn" | The Art of Healthy Eating-Savory | 49 | 45 | 4 | 8 | 0 | 0 | 2.00 |
| Crab Rangoon Puffs (Puffs) | The Art of Healthy Eating-Savory | 50 | 21 | 2 | 3 | 0 | 0 | 1.50 |
| Crab Rangoon Puffs (Crab Filling) | The Art of Healthy Eating-Savory | 50 | 177.5 | 11 | 12 | 2.1 | 1 | 0.99 |
| Crab Rangoon Puffs (Egg Salad Filling) | The Art of Healthy Eating-Savory | 50 | 183 | 2.9 | | | 0.5 | 0.00 |
| Fried Green Tomatoes | The Art of Healthy Eating-Savory | 51 | 204 | 20 | 4.3 | 4.4 | 2 | 0.19 |
| Chicken and Salmon Patties (Chicken) | The Art of Healthy Eating-Savory | 52 | 268 | 9.6 | 39.7 | 2.9 | 1.4 | 3.58 |
| Chicken and Salmon Patties (Salmon) | The Art of Healthy Eating-Savory | 52 | 314 | 19 | 30 | 2.9 | 1.4 | 1.46 |
| Crab Cakes | The Art of Healthy Eating-Savory | 53 | 248 | 10 | 13 | 0.4 | 0 | 1.25 |
| "Hummus" | The Art of Healthy Eating-Savory | 54 | 228 | 19 | 6.5 | 10.5 | 3.9 | 0.25 |
| Re-fried "Beans" | The Art of Healthy Eating-Savory | 55 | 93 | 5.6 | 5.7 | 5.8 | 2.6 | 0.65 |
| Poutine | The Art of Healthy Eating-Savory | 56 | 204 | 13.8 | 9.5 | 12 | 2.6 | 0.41 |
| Farmer's Market Pie | The Art of Healthy Eating-Savory | 57 | 264 | 21 | 10 | 8 | 3.8 | 0.40 |
| Spinach Artichoke Tart | The Art of Healthy Eating-Savory | 58 | 252 | 18 | 14 | 5.6 | 2.2 | 0.65 |
| Crab Rangoon Tart | The Art of Healthy Eating-Savory | 58 | 222 | 17.9 | 11 | 4.8 | 1.6 | 0.52 |
| Chili Cheese Fries | The Art of Healthy Eating-Savory | 59 | 460 | 30.3 | 32.3 | 15 | 5 | 0.80 |
| Baked Brie (Almond Flour) | The Art of Healthy Eating-Savory | 60 | 208 | 15 | 10 | 7.7 | 4.9 | 0.56 |
| Baked Brie (Coconut Flour) | The Art of Healthy Eating-Savory | 60 | 243 | 16 | 10 | 10 | 7.5 | 0.54 |
| Chicken Broccoli Braid | The Art of Healthy Eating-Savory | 61 | 229 | 13 | 12.5 | 13.7 | 7.2 | 0.64 |
| Steak Fries | The Art of Healthy Eating-Savory | 63 | 110 | 8.1 | 6.8 | 4.2 | 1.9 | 0.65 |
| Potted Crab | The Art of Healthy Eating-Savory | 64 | 212 | 15 | 13.1 | 1.2 | 0 | 0.81 |
| Zucchini Prosciutto Ribbons | The Art of Healthy Eating-Savory | 65 | 221 | 16 | 11.7 | 9.5 | 3 | 0.52 |
| Sloppy Joe Stuffed Peppers | The Art of Healthy Eating-Savory | 66 | 314 | 17 | 34 | 5 | 1.5 | 1.66 |
| Shrimp Stuffed Peppers | The Art of Healthy Eating-Savory | 66 | 235 | 23 | 9 | 9 | 3 | 0.31 |
| Smoked Chicken Salad | The Art of Healthy Eating-Savory | 67 | 325 | 22 | 29 | 4 | 1.5 | 1.18 |
| Crab BLT | The Art of Healthy Eating-Savory | 69 | 283 | 17.2 | 33 | 1 | 0 | 1.81 |
| Chicken and Waffles | The Art of Healthy Eating-Savory | 71 | 338 | 19 | 34.1 | 7.6 | 3.2 | 1.46 |
| Creamy Chicken and Corn Bread Pancakes | The Art of Healthy Eating-Savory | 71 | 597 | 29 | 65 | 10.5 | 5 | 1.88 |
| Chicken Broccoli Bake | The Art of Healthy Eating-Savory | 72 | 292 | 22 | 20 | 4.5 | 1.2 | 0.79 |
| Buffalo Chicken with Blue Cheese Mash (Cauliflower Mash Only) | The Art of Healthy Eating-Savory | 73 | 28 | 0.5 | 1.8 | 5.2 | 2.2 | 0.51 |
| Lemon Braised Chicken | The Art of Healthy Eating-Savory | 74 | 304 | 16 | 35 | 2.7 | 0.7 | 1.94 |
| Chicken Adobo | The Art of Healthy Eating-Savory | 74 | 337 | 16 | 44.4 | 2 | 0 | 2.47 |
| Chicken Oscar | The Art of Healthy Eating-Savory | 75 | 523 | 22 | 76 | 3.3 | 1.5 | 3.19 |
| Chicken and Eggplant Parmesan (Chicken Parm) | The Art of Healthy Eating-Savory | 76 | 369 | 19 | 41 | 9 | 4 | 1.71 |
| Chicken and Eggplant Parmesan (Eggplant Parm) | The Art of Healthy Eating-Savory | 76 | 212 | 15.8 | 6.1 | 12 | 6 | 0.28 |
| Beef Brisket | The Art of Healthy Eating-Savory | 77 | 331 | 11 | 49 | 4 | 2 | 3.77 |
| Chicken Cacciatore | The Art of Healthy Eating-Savory | 78 | 317 | 9 | 31 | 9 | 3 | 2.07 |
| Cheesesteak (without Protein Bun) | The Art of Healthy Eating-Savory | 79 | 351 | 17 | 43 | 4.2 | 1.1 | 2.14 |
| Cheesesteak (with Protein Bun) | The Art of Healthy Eating-Savory | 79 | 397 | 20 | 65 | 4.1 | 1.1 | 2.83 |
| Chicken Pot Pie | The Art of Healthy Eating-Savory | 81 | 365 | 26 | 22 | 6.3 | 3.1 | 0.75 |
| Light Italian Meatloaf | The Art of Healthy Eating-Savory | 83 | 475 | 31.6 | 43.3 | 2.3 | 0.5 | 1.30 |
| EGGcelent Meatloaf | The Art of Healthy Eating-Savory | 85 | 528 | 33.6 | 49.7 | 3.3 | 0 | 1.35 |
| Reuben Enchiladas | The Art of Healthy Eating-Savory | 88 | 377 | 30 | 22.7 | 6.2 | 2.1 | 0.67 |
| Mexican Lasagna | The Art of Healthy Eating-Savory | 89 | 417 | 30 | 38.7 | 6.9 | 3.5 | 1.16 |
| Enchiladas | The Art of Healthy Eating-Savory | 89 | 350 | 17 | 40 | 5.7 | 2 | 1.93 |
| Jicama Tacos (Shell Only) | The Art of Healthy Eating-Savory | 90 | 12 | 0 | 0 | 2.6 | 1.5 | 0.00 |

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| Fish Tacos (Almond Flour Tortilla Only) | The Art of Healthy Eating-Savory | 90 | 105 | 7.5 | 4.1 | 5.6 | 3.8 | 0.44 |
| Fish Tacos (Coconut Flour Tortilla Only) | The Art of Healthy Eating-Savory | 90 | 71 | 2.6 | 3.4 | 7.4 | 5.2 | 0.71 |
| Burrito | The Art of Healthy Eating-Savory | 91 | 310 | 18 | 15 | 8 | 3 | 0.65 |
| Focaccia (Almond Flour) | The Art of Healthy Eating-Savory | 92 | 180 | 12 | 7.3 | 10.8 | 7.6 | 0.48 |
| Focaccia (Coconut Flour) | The Art of Healthy Eating-Savory | 92 | 137 | 1.3 | 14.6 | 15 | 10.4 | 2.47 |
| Gyros (with Yogurt Sauce) | The Art of Healthy Eating-Savory | 93 | 440 | 26 | 40.6 | 14 | 8 | 1.27 |
| Gyros (with Kefir Sauce) | The Art of Healthy Eating-Savory | 93 | 399 | 21 | 38 | 12.5 | 8 | 1.49 |
| Calzones (Eggplant) | The Art of Healthy Eating-Savory | 95 | 369 | 26 | 29.7 | 11 | 4.1 | 0.90 |
| Calzones (Zucchini) | The Art of Healthy Eating-Savory | 95 | 394 | 26 | 30 | 10.4 | 2.9 | 0.90 |
| Calzones (Cauliflower) | The Art of Healthy Eating-Savory | 95 | 400 | 26 | 30 | 11.5 | 3.9 | 0.89 |
| "Bread" sticks | The Art of Healthy Eating-Savory | 95 | 66 | 4.2 | 4 | 3.4 | 1.8 | 0.69 |
| Thin Crust Pizza (CRUST Only) | The Art of Healthy Eating-Savory | 97 | 220 | 14 | 22 | 5 | 2 | 1.29 |
| White Crab Lasagna | The Art of Healthy Eating-Savory | 98 | 394 | 28 | 29 | 7.4 | 1.4 | 0.85 |
| Five Cheese "Ziti" | The Art of Healthy Eating-Savory | 99 | 425 | 27 | 23.5 | 8 | 2 | 0.71 |
| Garlic Bread | The Art of Healthy Eating-Savory | 100 | 43 | 2 | 5.6 | 1 | 0 | 1.87 |
| Mousakka | The Art of Healthy Eating-Savory | 101 | 421 | 23.3 | 37.6 | 16.9 | 7.5 | 1.15 |
| Protein Noodle Lasagna (Noodles Only) | The Art of Healthy Eating-Savory | 101 | 84 | 1 | 20 | 2 | 0 | 6.67 |
| Seafood Alfredo | The Art of Healthy Eating-Savory | 102 | 315 | 31 | 7.7 | 5.2 | 1.3 | 0.22 |
| Lemon Cream "Pasta" | The Art of Healthy Eating-Savory | 103 | 257 | 22 | 7.5 | 8.4 | 2.4 | 0.27 |
| "Pasta" Carbonara (Miracle Noodles) | The Art of Healthy Eating-Savory | 104 | 197 | 12.9 | 15.8 | 4 | 0.8 | 0.98 |
| "Pasta" Carbonara (Zucchini Noodles) | The Art of Healthy Eating-Savory | 104 | 212 | 13 | 17 | 7.4 | 1.9 | 0.92 |
| Pad Thai | The Art of Healthy Eating-Savory | 105 | 311 | 15.8 | 36.3 | 4.8 | 1 | 1.85 |
| Veggie Lo Mein with Poached Egg | The Art of Healthy Eating-Savory | 107 | 228 | 18 | 8.5 | 8 | 2.3 | 0.36 |
| Moo Goo Gai Pan | The Art of Healthy Eating-Savory | 108 | 314 | 13 | 36.2 | 11 | 4 | 1.81 |
| Malai Shrimp Curry | The Art of Healthy Eating-Savory | 109 | 336 | 25 | 21 | 7.8 | 2.3 | 0.69 |
| Cheesy "Risotto" | The Art of Healthy Eating-Savory | 111 | 269 | 25 | 10.1 | 0.8 | 0 | 0.39 |
| Chicken and Coconut "Rice" | The Art of Healthy Eating-Savory | 113 | 325 | 16 | 37.5 | 6.5 | 2.9 | 1.91 |
| Southwestern Tabbouleh | The Art of Healthy Eating-Savory | 114 | 229 | 17 | 5.5 | 13 | 5.4 | 0.22 |
| Seafood "Risotto" | The Art of Healthy Eating-Savory | 114 | 143 | 8.2 | 8.9 | 10.9 | 4.1 | 0.59 |
| Mushroom "Risotto" | The Art of Healthy Eating-Savory | 115 | 264 | 17.1 | 11.9 | 13.5 | 5.1 | 0.47 |
| Paella | The Art of Healthy Eating-Savory | 115 | 531 | 32 | 55 | 3.8 | 1.3 | 1.59 |
| Shrimp Scampi | The Art of Healthy Eating-Savory | 116 | 320 | 24 | 24.1 | 1.1 | 0 | 0.96 |
| Coconut-Lime Fried "Rice" | The Art of Healthy Eating-Savory | 117 | 220 | 19.8 | 6.3 | 7.3 | 3.1 | 0.26 |
| Scallops on Coconut "Rice" | The Art of Healthy Eating-Savory | 118 | 305 | 19 | 23 | 12 | 4 | 0.85 |
| Shrimp with Lemon "Rice" and Crispy Basil ("Rice" Only) | The Art of Healthy Eating-Savory | 119 | 28 | 0 | 0 | 3 | 1 | 0.00 |
| Sushi | The Art of Healthy Eating-Savory | 121 | 256 | 11.8 | 27.3 | 12.5 | 6.6 | 1.54 |
| Caramel Sauce | The Art of Healthy Eating-Sweets | 25 | 60 | 12 | 0 | 1 | 0 | 0.00 |
| Chocolate Sauce | The Art of Healthy Eating-Sweets | 25 | 75 | 7.8 | 0.8 | 1 | 0 | 0.09 |
| Cream of "Whey" Cereal | The Art of Healthy Eating-Sweets | 29 | 169 | 3.6 | 17 | 16 | 13 | 2.58 |
| Granola | The Art of Healthy Eating-Sweets | 31 | 130 | 8 | 5.3 | 2.3 | 0.9 | 0.56 |
| Pancakes and Syrup (Pancakes Only) | The Art of Healthy Eating-Sweets | 33 | 90 | 2 | 13 | 1.75 | 0 | 3.47 |
| Pancakes and Syrup (Syrup Only) | The Art of Healthy Eating-Sweets | 33 | 140 | 14 | 5 | 3.4 | 1.3 | 0.31 |
| Protein Waffles | The Art of Healthy Eating-Sweets | 35 | 182 | 14 | 14 | 3.5 | 1.5 | 0.88 |
| Cinnamon Coffee Cake | The Art of Healthy Eating-Sweets | 36 | 293 | 27 | 6.1 | 6 | 3 | 0.20 |
| Gingerbread Donuts | The Art of Healthy Eating-Sweets | 39 | 249 | 25 | 3 | 6.4 | 4.9 | 0.11 |
| Peanut Butter Donut | The Art of Healthy Eating-Sweets | 41 | 224 | 18 | 10.4 | 10 | 7 | 0.50 |

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|---|----------------------------------|-----|-----|-----|------|------|-----|------|
| Cinnamon Roll | The Art of Healthy Eating-Sweets | 43 | 257 | 23 | 4 | 6.9 | 4.2 | 0.16 |
| Peanut Butter Biscotti | The Art of Healthy Eating-Sweets | 45 | 65 | 6 | 2 | 1.5 | 1.1 | 0.31 |
| Sweet Zucchini Bread | The Art of Healthy Eating-Sweets | 49 | 211 | 16 | 7 | 6 | 4 | 0.39 |
| Cinnamon Fry Bread | The Art of Healthy Eating-Sweets | 51 | 168 | 11 | 17 | 0.8 | 0 | 1.44 |
| Hazelnut Muffins | The Art of Healthy Eating-Sweets | 52 | 280 | 26 | 7 | 7.5 | 5.8 | 0.25 |
| Reece's Mini Muffins | The Art of Healthy Eating-Sweets | 53 | 86 | 5 | 2.8 | 3.6 | 2 | 0.42 |
| Lemon Poppysseed Muffins | The Art of Healthy Eating-Sweets | 55 | 199 | 16 | 5 | 4.9 | 3.1 | 0.28 |
| Pumpkin Mixer | The Art of Healthy Eating-Sweets | 59 | 365 | 18 | 29 | 8.5 | 2 | 1.18 |
| Chocolate Cream Puffs | The Art of Healthy Eating-Sweets | 61 | 126 | 12 | 5 | 2 | 1 | 0.38 |
| Pumpkin Cream Puffs | The Art of Healthy Eating-Sweets | 63 | 160 | 14 | 5 | 1.4 | 0 | 0.32 |
| Blondies | The Art of Healthy Eating-Sweets | 67 | 164 | 17 | 4 | 3 | 1.8 | 0.22 |
| Chocolate Chip Cookie | The Art of Healthy Eating-Sweets | 68 | 128 | 12 | 3 | 3.9 | 2.4 | 0.22 |
| Boston Cream Minis | The Art of Healthy Eating-Sweets | 69 | 240 | 23 | 5.5 | 3 | 1 | 0.22 |
| Cookie Dough Dip | The Art of Healthy Eating-Sweets | 71 | 159 | 20 | 3 | 5 | 4.5 | 0.15 |
| French Macarons | The Art of Healthy Eating-Sweets | 73 | 71 | 6.4 | 2.6 | 2.8 | 1.6 | 0.34 |
| Nutty Butter Cookies | The Art of Healthy Eating-Sweets | 74 | 160 | 60 | 10.5 | 5 | 2 | 0.17 |
| Ore"oh" Cookies | The Art of Healthy Eating-Sweets | 75 | 135 | 11 | 8 | 3 | 1.1 | 0.62 |
| Sam"oh"a Cookies | The Art of Healthy Eating-Sweets | 77 | 125 | 11 | 3 | 5 | 3.8 | 0.25 |
| Fried "Apples" | The Art of Healthy Eating-Sweets | 79 | 71 | 5.9 | 0.3 | 3.7 | 1.8 | 0.04 |
| Ice Cream | The Art of Healthy Eating-Sweets | 83 | 137 | 13 | 4 | 1.3 | 0 | 0.28 |
| Ice Cream Cone | The Art of Healthy Eating-Sweets | 85 | 50 | 3 | 4 | 1.3 | 0 | 0.93 |
| Magic Shell | The Art of Healthy Eating-Sweets | 87 | 129 | 14 | 1 | 3 | 1.6 | 0.06 |
| Ice Cream Candy Bar | The Art of Healthy Eating-Sweets | 89 | 250 | 24 | 8 | 4.5 | 1.6 | 0.30 |
| Snickery Candy Bar | The Art of Healthy Eating-Sweets | 91 | 254 | 19 | 10 | 8 | 4.6 | 0.45 |
| Peanut Candy Bar | The Art of Healthy Eating-Sweets | 93 | 240 | 15 | 7 | 3.5 | 1.2 | 0.40 |
| Twix-a-licious | The Art of Healthy Eating-Sweets | 95 | 195 | 15 | 8 | 4 | 1.9 | 0.47 |
| Easy Almond Joys | The Art of Healthy Eating-Sweets | 97 | 200 | 19 | 3 | 6 | 3.3 | 0.14 |
| "Healthy" Chamacallit | The Art of Healthy Eating-Sweets | 99 | 210 | 12 | 7 | 3.8 | 1.5 | 0.49 |
| Caramel Crisp Candy Bar | The Art of Healthy Eating-Sweets | 101 | 165 | 12 | 6.3 | 3.6 | 0 | 0.40 |
| Cannoli | The Art of Healthy Eating-Sweets | 102 | 118 | 8 | 8.4 | 1.6 | 0 | 0.88 |
| Peppermint Melts | The Art of Healthy Eating-Sweets | 103 | 99 | 9 | 0.3 | 3 | 2.4 | 0.03 |
| Turtle Cheesecake | The Art of Healthy Eating-Sweets | 105 | 487 | 47 | 11 | 5.6 | 1.6 | 0.22 |
| Tiramisu | The Art of Healthy Eating-Sweets | 107 | 159 | 12 | 10 | 2.2 | 0 | 0.70 |
| Tres Leches | The Art of Healthy Eating-Sweets | 109 | 303 | 29 | 6.3 | 5.5 | 1.8 | 0.19 |
| Rhubarb Crisp | The Art of Healthy Eating-Sweets | 111 | 286 | 25 | 10 | 6.9 | 3.5 | 0.35 |
| Spice Cake | The Art of Healthy Eating-Sweets | 113 | 297 | 28 | 5.5 | 4.5 | 2 | 0.18 |
| Fudge Cookies | The Art of Healthy Eating-Sweets | 116 | 92 | 9 | 2 | 6.5 | 4.6 | 0.18 |
| Mocha Fudge Cake | The Art of Healthy Eating-Sweets | 117 | 162 | 11 | 6 | 11 | 7 | 0.40 |
| Lava Cake & Coffee Ice Cream (Lava Cake Only) | The Art of Healthy Eating-Sweets | 119 | 272 | 28 | 5.4 | 4.7 | 2.4 | 0.18 |
| Lava Cake & Coffee Ice Cream (Ice Cream Only) | The Art of Healthy Eating-Sweets | 119 | 137 | 13 | 3.4 | 1.3 | 0 | 0.24 |
| Chocolate Cake | The Art of Healthy Eating-Sweets | 121 | 314 | 25 | 9.5 | 13.8 | 7.1 | 0.30 |
| Glazed Breakfast Cake | Keto Instant Pot ebook | 5 | 271 | 25 | 8 | 8 | 4 | 0.28 |
| French Toast Rice Pudding | Keto Instant Pot ebook | 6 | 278 | 28 | 8 | 2 | 0.1 | 0.27 |
| Coffee Cake | Keto Instant Pot ebook | 7 | 383 | 36 | 10 | 8 | 4 | 0.25 |
| Low Carb Bread | Keto Instant Pot ebook | 8 | 202 | 17 | 9 | 6 | 3 | 0.45 |
| French Toast Granola | Keto Instant Pot ebook | 9 | 430 | 39 | 15 | 8 | 4 | 0.35 |

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| Beef Tips over Keto Rice | Keto Instant Pot ebook | 11 | 523 | 32 | 53 | 2 | 0.5 | 1.58 |
| Mexican Country Style Ribs | Keto Instant Pot ebook | 13 | 665 | 44 | 60 | 2 | 0 | 1.30 |
| French Dip Sandwiches | Keto Instant Pot ebook | 14 | 683 | 48 | 54 | 7 | 3 | 1.04 |
| Sloppy Joe's | Keto Instant Pot ebook | 16 | 334 | 26 | 21 | 4 | 1 | 0.72 |
| Coq au Vin Fondue | Keto Instant Pot ebook | 18 | 118 | 7 | 11 | 3 | 1 | 1.22 |
| Cheeseburger Wraps | Keto Instant Pot ebook | 19 | 606 | 54 | 27 | 2 | 0.2 | 0.48 |
| Shredded Beef | Keto Instant Pot ebook | 21 | 461 | 38 | 27 | 1 | 0.4 | 0.70 |
| Philly Cheesesteak | Keto Instant Pot ebook | 22 | 657 | 50 | 43 | 10 | 4 | 0.77 |
| Takeout Beef and Broccoli | Keto Instant Pot ebook | 23 | 449 | 35 | 25 | 10 | 3 | 0.60 |
| Taco Bar | Keto Instant Pot ebook | 25 | 408 | 32 | 22 | 9 | 3 | 0.58 |
| Spaghetti Bolognese | Keto Instant Pot ebook | 26 | 409 | 30 | 23 | 10 | 2 | 0.61 |
| Nacho Platter | Keto Instant Pot ebook | 27 | 596 | 48 | 30 | 10 | 3 | 0.55 |
| Italian Beef | Keto Instant Pot ebook | 29 | 382 | 26 | 35 | 1 | 0.3 | 1.31 |
| Mama Maria's Italian Sloppy Joes | Keto Instant Pot ebook | 30 | 679 | 53 | 40 | 5 | 1 | 0.70 |
| Chicken Enchiladas | Keto Instant Pot ebook | 31 | 273 | 12 | 32 | 9 | 2 | 1.68 |
| Chicken Lettuce Wraps | Keto Instant Pot ebook | 33 | 497 | 30 | 48 | 7 | 2 | 1.37 |
| Mexican Lasagna | Keto Instant Pot ebook | 34 | 564 | 37 | 46 | 10 | 1 | 1.00 |
| BBQ Chicken | Keto Instant Pot ebook | 35 | 348 | 14 | 48 | 5 | 1 | 2.67 |
| Chicken Korma | Keto Instant Pot ebook | 36 | 453 | 30 | 35 | 9 | 3 | 0.97 |
| Pork Cabbage Rolls | Keto Instant Pot ebook | 37 | 309 | 23 | 23 | 11 | 2 | 0.72 |
| Carnitas | Keto Instant Pot ebook | 39 | 616 | 47 | 42 | 8 | 1 | 0.78 |
| Easy Ribs | Keto Instant Pot ebook | 41 | 511 | 41 | 37 | 1 | 0.3 | 0.89 |
| Brats and Kraut | Keto Instant Pot ebook | 43 | 388 | 33 | 16 | 5 | 0 | 0.42 |
| Sweet Parmesan Pork | Keto Instant Pot ebook | 44 | 307 | 21 | 26 | 3 | 0.2 | 1.09 |
| Paprika Pork Shoulder | Keto Instant Pot ebook | 45 | 259 | 11 | 35 | 3 | 1 | 2.69 |
| Egg Roll in a Bowl | Keto Instant Pot ebook | 46 | 242 | 18 | 21 | 6 | 2 | 0.95 |
| Easy Greek Fish | Keto Instant Pot ebook | 47 | 471 | 41 | 20 | 7 | 1 | 0.43 |
| Southern Etouffee | Keto Instant Pot ebook | 49 | 362 | 19 | 40 | 6 | 2 | 1.74 |
| Sweet n Spicy Nuts | Keto Instant Pot ebook | 52 | 233 | 23 | 5 | 6 | 3 | 0.19 |
| Candied Maple Walnuts | Keto Instant Pot ebook | 53 | 169 | 15 | 2 | 3 | 1 | 0.12 |
| Chicken Chips | Keto Instant Pot ebook | 54 | 119 | 12 | 4 | 0 | 0 | 0.33 |
| Artichokes | Keto Instant Pot ebook | 56 | 116 | 4 | 6 | 17 | 7 | 0.43 |
| Sweet Asian Wings | Keto Instant Pot ebook | 58 | 477 | 33 | 42 | 1 | 0.1 | 1.24 |
| Craig's Curried Lime Wings | Keto Instant Pot ebook | 60 | 414 | 30 | 32 | 1 | 0.4 | 1.05 |
| Bourbon Chicken Wings | Keto Instant Pot ebook | 62 | 446 | 29 | 42 | 1 | 0.1 | 1.40 |
| Buffalo Meatballs | Keto Instant Pot ebook | 64 | 375 | 33 | 18 | 3 | 1 | 0.51 |
| Mama Maria's Italian Mushrooms | Keto Instant Pot ebook | 65 | 146 | 11 | 7 | 5 | 1 | 0.47 |
| Pizza Meatballs | Keto Instant Pot ebook | 66 | 621 | 47 | 35 | 10 | 3 | 0.65 |
| Bacon and Cheddar Stuffed Mushrooms | Keto Instant Pot ebook | 68 | 89 | 7 | 4 | 2 | 0.4 | 0.47 |
| Hot Crab Dip | Keto Instant Pot ebook | 70 | 237 | 19 | 10 | 3 | 1 | 0.48 |
| Poultry Stuffing | Keto Instant Pot ebook | 72 | 355 | 31 | 14 | 10 | 4 | 0.38 |
| German Fauxtato Salad | Keto Instant Pot ebook | 73 | 93 | 4 | 7 | 9 | 4 | 0.78 |
| Mashed Cauliflower | Keto Instant Pot ebook | 75 | 66 | 1 | 10 | 7 | 3 | 2.00 |
| Cream of Mushroom Soup | Keto Instant Pot ebook | 76 | 179 | 13 | 7 | 11 | 1 | 0.30 |
| Maria's Keto Chili | Keto Instant Pot ebook | 78 | 410 | 27 | 24 | 14 | 4 | 0.65 |
| Ramen | Keto Instant Pot ebook | 80 | 263 | 19 | 17 | 8 | 2 | 0.68 |

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| Tomato Gorgonzola Bisque | Keto Instant Pot ebook | 82 | 246 | 18 | 7 | 13 | 2 | 0.24 |
| Cauliflower Soup with Crispy Capers | Keto Instant Pot ebook | 84 | 166 | 14 | 4 | 8 | 3 | 0.21 |
| Thai Soup | Keto Instant Pot ebook | 86 | 398 | 26 | 33 | 5 | 1 | 1.10 |
| Bacon Cheeseburger Soup | Keto Instant Pot ebook | 88 | 305 | 24 | 17 | 6 | 2 | 0.61 |
| Cauliflower and Aged Cheddar Soup | Keto Instant Pot ebook | 90 | 127 | 10 | 5 | 5 | 1 | 0.36 |
| Ham and Cabbage Soup | Keto Instant Pot ebook | 92 | 191 | 12 | 16 | 6 | 2 | 1.00 |
| Posole Soup | Keto Instant Pot ebook | 93 | 454 | 33 | 28 | 12 | 4 | 0.68 |
| Chicken Stew | Keto Instant Pot ebook | 94 | 312 | 10 | 46 | 6 | 1 | 3.07 |
| Venison Stew | Keto Instant Pot ebook | 95 | 359 | 21 | 33 | 6 | 2 | 1.32 |
| Instant Pot Bone Broth | Keto Instant Pot ebook | 96 | 21 | 1 | 2 | 1 | 0.2 | 1.11 |
| Crustless Cheesecake | Keto Instant Pot ebook | 98 | 177 | 16 | 4 | 1 | 0 | 0.24 |
| Mocha Fudge "Cup" cakes | Keto Instant Pot ebook | 99 | 32 | 28 | 9 | 9 | 4 | 0.27 |
| Lovers' Cheesecake | Keto Instant Pot ebook | 101 | 533 | 49 | 10 | 8 | 3 | 0.19 |
| Lover's Cheesecake Ganache | Keto Instant Pot ebook | 103 | 163 | 17 | 1 | 3 | 1 | 0.05 |
| Bread Pudding | Keto Instant Pot ebook | 104 | 429 | 41 | 8 | 8 | 4 | 0.18 |
| Zucchini Bundt Bread | Keto Instant Pot ebook | 105 | 462 | 43 | 9 | 11 | 6 | 0.19 |
| Gingerbread Cake | Keto Instant Pot ebook | 106 | 649 | 59 | 15 | 14 | 7 | 0.23 |
| Mini Strawberry Cheesecake | Keto Instant Pot ebook | 108 | 558 | 51 | 8 | 8 | 1 | 0.14 |
| Eggnog Cake | Keto Instant Pot ebook | 110 | 657 | 60 | 15 | 13 | 7 | 0.23 |
| The BEST Carnivore Quiche | Carnivore ebook | 21 | 421 | 30 | 34 | 2 | 0 | 1.06 |
| Breakfast Burger | Carnivore ebook | 23 | 592 | 47 | 39 | 0.4 | 0 | 0.82 |
| Beefy Fried Eggs | Carnivore ebook | 24 | 327 | 25 | 23 | 1 | 0 | 0.88 |
| Steak and Eggs | Carnivore ebook | 25 | 482 | 25 | 59 | 1 | 0 | 2.27 |
| Carnivore McMuffin | Carnivore ebook | 26 | 709 | 54 | 53 | 1 | 0 | 0.96 |
| Bacon Cheeseburger Waffles | Carnivore ebook | 27 | 461 | 48 | 49 | 2 | 0 | 0.98 |
| Beefy Breakfast Patties | Carnivore ebook | 28 | 275 | 21 | 21 | 0 | 0 | 1.00 |
| Carnivore Egg Cups | Carnivore ebook | 29 | 562 | 45 | 35 | 1 | 0 | 0.76 |
| Breakfast Meatza | Carnivore ebook | 30 | 486 | 43 | 23 | 0.2 | 0 | 0.53 |
| Creamiest Scrambled Eggs | Carnivore ebook | 31 | 395 | 35 | 18 | 1 | 0 | 0.50 |
| Carnivore Hot Pockets | Carnivore ebook | 33 | 311 | 26 | 15 | 0.4 | 0 | 0.57 |
| Crab Cake Eggs Benny | Carnivore ebook | 34 | 501 | 39 | 32 | 1 | 0 | 0.80 |
| Croque Madame Waffles | Carnivore ebook | 36 | 475 | 40 | 26 | 3 | 0 | 0.60 |
| Carnivore Breakfast Lasagna | Carnivore ebook | 38 | 475 | 35 | 32 | 3 | 0 | 0.84 |
| Liverwurst | Carnivore ebook | 41 | 509 | 46 | 17 | 3 | 0 | 0.35 |
| Carnivore "Grits" | Carnivore ebook | 43 | 355 | 35 | 9 | 2 | 0 | 0.24 |
| Instant Pot PHO | Carnivore ebook | 44 | 351 | 21 | 38 | 1 | 0 | 1.73 |
| Salmon Jerky | Carnivore ebook | 45 | 83 | 3 | 14 | 0.3 | 0 | 4.24 |
| Perfect Soft-boiled Eggs | Carnivore ebook | 46 | 218 | 18 | 13 | 1 | 0 | 0.68 |
| Smoky Chicken Chips | Carnivore ebook | 47 | 90 | 8 | 4 | 0 | 0 | 0.50 |
| Carnivore Cheese Fries | Carnivore ebook | 48 | 328 | 29 | 15 | 0 | 0 | 0.52 |
| Bacon Cheeseburger Soup | Carnivore ebook | 49 | 444 | 34 | 30 | 1 | 0 | 0.86 |
| Carnivore Bread | Carnivore ebook | 51 | 42 | 3 | 3 | 0.3 | 0 | 0.91 |
| Maria's Protein Sparing Bread | Carnivore ebook | 53 | 32 | 0.1 | 7 | 0.4 | 0 | 14.00 |
| Carnivore Waffles | Carnivore ebook | 54 | 511 | 36 | 48 | 0.4 | 0 | 1.32 |
| Cheese Curds | Carnivore ebook | 55 | 302 | 28 | 12 | 0.2 | 0 | 0.43 |
| Salmon Dip | Carnivore ebook | 56 | 141 | 14 | 4 | 0 | 0 | 0.29 |

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| Canned Salmon | Carnivore ebook | 57 | 130 | 4 | 22 | 0 | 0 | 5.50 |
| Carnivore Scotch Eggs | Carnivore ebook | 58 | 264 | 19 | 26 | 0.4 | 0 | 1.34 |
| Carnivore Cannoli | Carnivore ebook | 60 | 309 | 27 | 13 | 1 | 0 | 0.46 |
| Chicharron | Carnivore ebook | 62 | 320 | 28 | 17 | 0 | 0 | 0.61 |
| Turkey Sushi | Carnivore ebook | 64 | 455 | 40 | 18 | 2 | 0 | 0.43 |
| Prosciutto ROLL-UPS | Carnivore ebook | 65 | 125 | 11 | 7 | 1 | 0 | 0.58 |
| Cheese Puffs | Carnivore ebook | 66 | 210 | 14 | 19 | 2 | 0 | 1.19 |
| Bacon Wrapped Tenderloin Bites | Carnivore ebook | 67 | 784 | 50 | 76 | 2 | 0 | 1.46 |
| Eggs Gribiche with Carnivore Bread | Carnivore ebook | 68 | 286 | 26 | 13 | 2 | 0 | 0.46 |
| Carnivore Sliders | Carnivore ebook | 69 | 100 | 7 | 8 | 0 | 0 | 1.14 |
| Bacon Deviled Eggs | Carnivore ebook | 70 | 241 | 23 | 7 | 0.4 | 0 | 0.30 |
| Carnivore Yorkshire Pudding | Carnivore ebook | 71 | 91 | 7 | 7 | 1 | 0 | 0.88 |
| Mini Egg Salad Puffs | Carnivore ebook | 73 | 263 | 22 | 13 | 1 | 0 | 0.57 |
| Smoky Salmon Terrine | Carnivore ebook | 74 | 261 | 23 | 14 | 0 | 0 | 0.61 |
| Meatball Soup | Carnivore ebook | 75 | 278 | 18 | 27 | 0 | 0 | 1.50 |
| Braised Oxtail Soup | Carnivore ebook | 76 | 352 | 24 | 32 | 0 | 0 | 1.33 |
| Beef Patties with Cheddar Dressing | Carnivore ebook | 78 | 347 | 28 | 23 | 0.4 | 0 | 0.81 |
| Steak with Bacon Bearnaise | Carnivore ebook | 79 | 663 | 48 | 54 | 0.4 | 0 | 1.12 |
| Reverse Sear Rib-eye | Carnivore ebook | 81 | 797 | 65 | 56 | 0 | 0 | 0.86 |
| T-Bone with Blue Cheese Whip | Carnivore ebook | 82 | 541 | 44 | 34 | 1 | 0 | 0.76 |
| Reverse-Sear Prime Rib | Carnivore ebook | 84 | 653 | 45 | 59 | 0 | 0 | 1.31 |
| Filet Mignon with Hollandaise | Carnivore ebook | 86 | 328 | 24 | 24 | 0.2 | 0 | 0.99 |
| Steak with Cream Sauce for 2 | Carnivore ebook | 87 | 673 | 67 | 20 | 1 | 0 | 0.29 |
| Liver Bacon Meatballs | Carnivore ebook | 88 | 384 | 26 | 34 | 2 | 0 | 1.21 |
| Homemade Bologna | Carnivore ebook | 90 | 244 | 17 | 22 | 0 | 0 | 1.29 |
| Prosciutto Wrapped Meatballs | Carnivore ebook | 91 | 338 | 22 | 33 | 1 | 0 | 1.43 |
| Bologna Ravioli | Carnivore ebook | 92 | 628 | 50 | 21 | 0 | 0 | 0.42 |
| Brisket Confit | Carnivore ebook | 93 | 776 | 59 | 56 | 0 | 0 | 0.95 |
| Bacon Wrapped Venison Tenderloin | Carnivore ebook | 94 | 547 | 27 | 72 | 0 | 0 | 2.67 |
| Bone Marrow Burgers | Carnivore ebook | 96 | 676 | 59 | 34 | 0.3 | 0 | 0.57 |
| Al Capone Steak | Carnivore ebook | 97 | 614 | 51 | 39 | 0 | 0 | 0.76 |
| Slow Cooker Osso Buco | Carnivore ebook | 98 | 427 | 25 | 47 | 0 | 0 | 1.88 |
| Chipped Beef in Gravy | Carnivore ebook | 99 | 617 | 49 | 36 | 1 | 0 | 0.72 |
| Grilled Lamb Chops | Carnivore ebook | 100 | 684 | 61 | 30 | 0 | 0 | 0.49 |
| Creamy Chili Cheesedog Casserole | Carnivore ebook | 101 | 841 | 64 | 57 | 3 | 0 | 0.85 |
| Meatballs with Brown Butter Gravy | Carnivore ebook | 103 | 535 | 41 | 37 | 1 | 0 | 0.88 |
| Meatloaf | Carnivore ebook | 105 | 561 | 37 | 52 | 2 | 0 | 1.33 |
| Meatloaf Sandwich | Carnivore ebook | 106 | 507 | 39 | 38 | 3 | 0 | 0.90 |
| Slow Cooker French Dip | Carnivore ebook | 107 | 641 | 50 | 43 | 2 | 0 | 0.83 |
| Carnivore Moussaka | Carnivore ebook | 109 | 344 | 29 | 19 | 1 | 0 | 0.63 |
| Country Fried Steak with Gravy | Carnivore ebook | 111 | 529 | 40 | 36 | 1 | 0 | 0.88 |
| Short Rib Confit | Carnivore ebook | 113 | 467 | 42 | 21 | 0 | 0 | 0.50 |
| Veal Saltimbocca | Carnivore ebook | 114 | 439 | 20 | 61 | 0 | 0 | 3.05 |
| Carnivore Lasagna | Carnivore ebook | 115 | 556 | 40 | 47 | 3 | 0 | 1.09 |
| The Best Creamy Fish | Carnivore ebook | 118 | 534 | 36 | 43 | 0.4 | 0 | 1.18 |
| Baked Fish Sticks | Carnivore ebook | 119 | 225 | 10 | 29 | 1 | 0 | 2.64 |

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|--|-----------------|-----|-----|----|-----|------|---|--------|
| Peel-and-Eat Shrimp | Carnivore ebook | 120 | 306 | 27 | 28 | 0 | 0 | 1.04 |
| Shrimp n Grits | Carnivore ebook | 121 | 561 | 39 | 51 | 2 | 0 | 1.24 |
| Shrimp Thermidor | Carnivore ebook | 122 | 459 | 35 | 33 | 1 | 0 | 0.92 |
| Grilled Lobster Tails | Carnivore ebook | 123 | 521 | 17 | 86 | 0 | 0 | 5.06 |
| Pan Seared Snapper | Carnivore ebook | 124 | 348 | 13 | 54 | 0 | 0 | 4.15 |
| Sole Meuniere | Carnivore ebook | 125 | 359 | 28 | 25 | 0.3 | 0 | 0.88 |
| Salmon Confit | Carnivore ebook | 126 | 208 | 10 | 28 | 0 | 0 | 2.80 |
| Poached Halibut | Carnivore ebook | 127 | 334 | 26 | 23 | 0.02 | 0 | 0.88 |
| Grilled Trout with Hollandaise | Carnivore ebook | 128 | 350 | 22 | 35 | 0 | 0 | 1.59 |
| Personal Salmon en Papillote | Carnivore ebook | 129 | 180 | 9 | 23 | 0 | 0 | 2.56 |
| Scallops | Carnivore ebook | 130 | 276 | 22 | 19 | 2 | 0 | 0.79 |
| Crispy Skin Fish Filet | Carnivore ebook | 131 | 451 | 38 | 27 | 0.3 | 0 | 0.70 |
| Fried Catfish | Carnivore ebook | 132 | 773 | 64 | 56 | 0.4 | 0 | 0.87 |
| Bacon-Wrapped Cod | Carnivore ebook | 133 | 400 | 33 | 22 | 0 | 0 | 0.67 |
| Surf and Turf for 2 | Carnivore ebook | 134 | 809 | 71 | 37 | 0.1 | 0 | 0.52 |
| Salt Baked Crab | Carnivore ebook | 135 | 390 | 4 | 79 | 3 | 0 | 11.29 |
| Duck Confit | Carnivore ebook | 137 | 335 | 25 | 25 | 0 | 0 | 1.00 |
| Baked Chicken Nuggets | Carnivore ebook | 139 | 184 | 11 | 30 | 0.8 | 0 | 2.54 |
| Bacon-Wrapped Chicken Fingers | Carnivore ebook | 140 | 531 | 27 | 68 | 0 | 0 | 2.52 |
| Grilled Chicken Thighs | Carnivore ebook | 141 | 560 | 40 | 46 | 0 | 0 | 1.15 |
| Grilled Thanksgiving Turkey | Carnivore ebook | 142 | 382 | 20 | 43 | 0 | 0 | 2.15 |
| Double-Fried Chicken | Carnivore ebook | 143 | 765 | 45 | 82 | 1 | 0 | 1.78 |
| Baconaise Grilled Chicken Legs | Carnivore ebook | 144 | 428 | 33 | 30 | 0.2 | 0 | 0.90 |
| Creamy Bacon Chicken Casserole | Carnivore ebook | 145 | 393 | 28 | 33 | 1 | 0 | 1.14 |
| Braised Duck Legs with Bacon | Carnivore ebook | 146 | 535 | 26 | 71 | 0 | 0 | 2.73 |
| Fried Chicken with Cheesy Grits | Carnivore ebook | 147 | 592 | 46 | 45 | 1 | 0 | 0.96 |
| Chicken Cordon Bleu | Carnivore ebook | 149 | 454 | 36 | 27 | 5 | 0 | 0.66 |
| Braised Turkey Legs with Creamy Gravy | Carnivore ebook | 151 | 530 | 23 | 73 | 1 | 0 | 3.04 |
| Creamy Crispy Chicken | Carnivore ebook | 153 | 770 | 65 | 43 | 0.4 | 0 | 0.66 |
| Chicken Nachos | Carnivore ebook | 155 | 524 | 34 | 48 | 3 | 0 | 1.30 |
| Chicken and Waffles with Hollandaise | Carnivore ebook | 156 | 473 | 36 | 33 | 1 | 0 | 0.89 |
| Chicken Saltimbocca | Carnivore ebook | 157 | 334 | 19 | 40 | 0 | 0 | 2.11 |
| Cheese Filled Ravioli | Carnivore ebook | 159 | 332 | 28 | 15 | 2 | 0 | 0.50 |
| Han 'n' Cheese Cones | Carnivore ebook | 161 | 315 | 29 | 12 | 1 | 0 | 0.40 |
| Crispy Pork Belly Over Grits | Carnivore ebook | 163 | 761 | 71 | 30 | 2 | 0 | 0.41 |
| Schnitzel | Carnivore ebook | 165 | 464 | 36 | 37 | 2 | 0 | 0.97 |
| Ham 'n' Grits | Carnivore ebook | 167 | 645 | 57 | 32 | 3 | 0 | 0.53 |
| Ham 'n' Swiss Panini | Carnivore ebook | 168 | 430 | 35 | 27 | 0.3 | 0 | 0.76 |
| Blue Cheese Crusted Pork Chops | Carnivore ebook | 169 | 848 | 66 | 68 | 0 | 0 | 1.03 |
| Dutch Baby Pizza with Prosciutto and Burrata | Carnivore ebook | 170 | 616 | 52 | 34 | 4 | 0 | 0.61 |
| Homemade Lard, Tallow and Cracklings | Carnivore ebook | 172 | 242 | 27 | 0.4 | 0 | 0 | 0.01 |
| Carnivore Bone Broth | Carnivore ebook | 173 | 50 | 1 | 10 | 0 | 0 | 10.00 |
| Cheddar Dressing | Carnivore ebook | 174 | 212 | 22 | 5 | 1 | 0 | 0.22 |
| Smoked Salt | Carnivore ebook | 175 | 0 | 0 | 0 | 0 | 0 | 100.00 |
| Bacon Bearnaise | Carnivore ebook | 176 | 101 | 10 | 2 | 0.5 | 0 | 0.19 |
| Carnivore Mayo | Carnivore ebook | 177 | 82 | 9 | 0.2 | 0.1 | 0 | 0.02 |

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|---|--------------------------------|-----|-----|----|-----|-----|-----|-------|
| Bacon Hollandaise | Carnivore ebook | 178 | 86 | 9 | 0.5 | 0.1 | 0 | 0.05 |
| Smoky Salt Cured Egg Yolks | Carnivore ebook | 179 | 55 | 5 | 3 | 1 | 0 | 0.50 |
| Whole Smoked Chicken | Carnivore ebook | 181 | 304 | 22 | 27 | 0 | 0 | 1.23 |
| Smoked Hard Boiled Eggs | Carnivore ebook | 182 | 60 | 5 | 6 | 0.6 | 0 | 1.07 |
| Smoked Deviled Eggs | Carnivore ebook | 183 | 137 | 13 | 6 | 0 | 0 | 0.46 |
| Smoked Prime Rib Roast | Carnivore ebook | 184 | 562 | 37 | 55 | 0 | 0 | 1.49 |
| Smoked Meatballs | Carnivore ebook | 185 | 281 | 19 | 26 | 1 | 0 | 1.30 |
| Smoked Beef Long Rib | Carnivore ebook | 187 | 522 | 47 | 34 | 0 | 0 | 0.72 |
| Smoked Salmon | Carnivore ebook | 189 | 391 | 12 | 66 | 0 | 0 | 5.50 |
| Smoked Pork Belly | Carnivore ebook | 190 | 640 | 56 | 34 | 0 | 0 | 0.61 |
| Smoked Chicken Wings | Carnivore ebook | 191 | 466 | 34 | 37 | 0 | 0 | 1.09 |
| Smoked Jerky | Carnivore ebook | 192 | 63 | 3 | 8 | 0 | 0 | 2.67 |
| Smoked Chicken Legs | Carnivore ebook | 194 | 230 | 10 | 38 | 0 | 0 | 3.80 |
| French Toast Porridge | Protein Modified Fast Cookbook | 10 | 195 | 7 | 29 | 2 | 0.4 | 3.37 |
| Chicken Breakfast Patties | Protein Modified Fast Cookbook | 11 | 410 | 17 | 40 | 1 | 0.3 | 2.26 |
| Ham Omelet | Protein Modified Fast Cookbook | 12 | 245 | 14 | 27 | 1 | 0.1 | 1.81 |
| Easy Strawberry Shake | Protein Modified Fast Cookbook | 13 | 203 | 3 | 39 | 2 | 1 | 9.75 |
| Minute Breakfast Muffins | Protein Modified Fast Cookbook | 14 | 207 | 8 | 31 | 2 | 0.2 | 3.16 |
| Shrimp and Grits | Protein Modified Fast Cookbook | 16 | 191 | 6 | 32 | 1 | 0.3 | 4.78 |
| Popovers with Tuna Salad | Protein Modified Fast Cookbook | 17 | 378 | 26 | 34 | 1 | 0.3 | 1.27 |
| Smoked Chicken Breast | Protein Modified Fast Cookbook | 18 | 444 | 17 | 67 | 0.1 | 0 | 3.92 |
| Lean Hamburger Patties with Mustard | Protein Modified Fast Cookbook | 19 | 312 | 11 | 49 | 1 | 0.4 | 4.22 |
| Keto Bread Sandwich | Protein Modified Fast Cookbook | 20 | 236 | 14 | 25 | 0.4 | 0 | 1.74 |
| Chicken Fingers with Carolina BBQ Sauce | Protein Modified Fast Cookbook | 21 | 465 | 19 | 67 | 2 | 1 | 3.35 |
| Broiled White Fish with Tartar Sauce | Protein Modified Fast Cookbook | 22 | 457 | 13 | 78 | 2 | 1 | 5.57 |
| Instant Pot or Slow Cooker Shredded Pork Loin | Protein Modified Fast Cookbook | 23 | 313 | 10 | 49 | 5 | 2 | 3.77 |
| Slow Cooker Shredded Ranch Chicken | Protein Modified Fast Cookbook | 24 | 361 | 15 | 52 | 2 | 1 | 3.25 |
| Chicken Soup | Protein Modified Fast Cookbook | 25 | 386 | 15 | 58 | 2 | 0.3 | 3.47 |
| Perfect Tenderloin | Protein Modified Fast Cookbook | 26 | 324 | 13 | 47 | 2 | 0.1 | 3.15 |
| Perfect Pork Chop with Dijon Vinegar | Protein Modified Fast Cookbook | 27 | 381 | 23 | 36 | 2 | 0.2 | 1.45 |
| Lobster Tails | Protein Modified Fast Cookbook | 28 | 225 | 3 | 48 | 0 | 0 | 16.00 |
| Grilled Fillet Mignon | Protein Modified Fast Cookbook | 29 | 250 | 11 | 35 | 0 | 0 | 3.18 |
| Canned Tuna with Dijon Mustard | Protein Modified Fast Cookbook | 29 | 196 | 1 | 36 | 0.3 | 0.1 | 30.00 |
| Crab Legs with Spicy Mustard | Protein Modified Fast Cookbook | 30 | 374 | 8 | 71 | 1 | 0.2 | 8.07 |
| Simple Poached Turkey Breast | Protein Modified Fast Cookbook | 31 | 257 | 4 | 52 | 0.1 | 0 | 12.68 |
| Grilled Chicken Breasts with Carolina BBQ Sauce | Protein Modified Fast Cookbook | 32 | 304 | 13 | 43 | 2 | 1 | 3.07 |
| Keto Fried Rice with Ground Chicken | Protein Modified Fast Cookbook | 33 | 341 | 17 | 42 | 2 | 0.2 | 2.23 |
| Surf and Turf with Carolina BBQ Sauce | Protein Modified Fast Cookbook | 34 | 316 | 22 | 29 | 2 | 1 | 1.26 |
| Broiled Shrimp with Cilantro Lime Sauce | Protein Modified Fast Cookbook | 35 | 274 | 14 | 35 | 4 | 0.4 | 1.99 |
| Fried Soft Shell Crab | Protein Modified Fast Cookbook | 36 | 388 | 14 | 60 | 2 | 1 | 4.00 |
| BBQ Pork Chops | Protein Modified Fast Cookbook | 37 | 301 | 19 | 28 | 2 | 1 | 1.40 |
| Mojito Chicken | Protein Modified Fast Cookbook | 38 | 282 | 17 | 29 | 1 | 0.1 | 1.62 |
| Simple Shrimp Adobo | Protein Modified Fast Cookbook | 39 | 287 | 14 | 39 | 4 | 0.2 | 2.19 |
| Indian Shrimp over Keto Rice | Protein Modified Fast Cookbook | 40 | 252 | 15 | 24 | 6 | 1 | 1.20 |
| Shrimp Fried Rice | Protein Modified Fast Cookbook | 41 | 183 | 5 | 32 | 2 | 0.2 | 4.71 |
| BBQ Grilled Chicken | Protein Modified Fast Cookbook | 42 | 534 | 30 | 59 | 3 | 1 | 1.84 |

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| Salt-Crusted Fish | Protein Modified Fast Cookbook | 43 | 494 | 19 | 75 | 2 | 1 | 3.75 |
| Asian Ground Turkey | Protein Modified Fast Cookbook | 44 | 400 | 23 | 43 | 3 | 0.5 | 1.69 |
| Mexican Shrimp Kabobs | Protein Modified Fast Cookbook | 45 | 160 | 1 | 35 | 4 | 2 | 11.67 |
| Carolina BBQ Sauce | Protein Modified Fast Cookbook | 47 | 36 | 3 | 0.4 | 2 | 1 | 0.10 |
| Dijon Vinaigrette | Protein Modified Fast Cookbook | 48 | 10 | 0 | 0.1 | 1 | 0.1 | 0.11 |
| Cilantro Lime Sauce | Protein Modified Fast Cookbook | 49 | 9 | 0.1 | 1 | 2 | 0.2 | 0.53 |
| Keto BBQ Sauce | Protein Modified Fast Cookbook | 50 | 15 | 0.4 | 0.5 | 3 | 0.5 | 0.17 |
| Tartar Sauce | Protein Modified Fast Cookbook | 51 | 180 | 20 | 0 | 0 | 0 | 0.00 |
| Keto (Venison) Jerky | Protein Modified Fast Cookbook | 53 | 114 | 3 | 19 | 2 | 0 | 3.80 |
| Smoked Jerky | Protein Modified Fast Cookbook | 54 | 114 | 3 | 19 | 2 | 0 | 3.80 |
| Snow Cones | Protein Modified Fast Cookbook | 56 | 0 | 0 | 0 | 0 | 0 | 100.00 |
| Fruity Ice Popsicles | Protein Modified Fast Cookbook | 57 | 0 | 0 | 0 | 0 | 0 | 100.00 |
| Strawberry Protein Popsicle | Protein Modified Fast Cookbook | 57 | 29 | 1 | 5 | 0.3 | 0.1 | 4.17 |
| Zero Calorie Slushy | Protein Modified Fast Cookbook | 58 | 0 | 0 | 0 | 0 | 0 | 100.00 |
| Chai Fritters with Glaze | Keto Adapted Cookbook Volume One | 10 | 304 | 22 | 13 | 13 | 9 | 0.50 |
| Maple Bacon Panna Cotta | Keto Adapted Cookbook Volume One | 11 | 235 | 21 | 7 | 4 | 0.1 | 0.28 |
| Oscar Deviled Eggs | Keto Adapted Cookbook Volume One | 12 | 380 | 35 | 15 | 1 | 0.4 | 0.42 |
| Yellow Curry Panna Cotta | Keto Adapted Cookbook Volume One | 13 | 209 | 19 | 4 | 6 | 0.4 | 0.16 |
| Sausage and Mushroom Frittata | Keto Adapted Cookbook Volume One | 14 | 470 | 37 | 28 | 8 | 2 | 0.65 |
| Mushroom and Onion Omelette | Keto Adapted Cookbook Volume One | 15 | 288 | 24 | 15 | 6 | 1 | 0.52 |
| Chocolate Pots De Creme | Keto Adapted Cookbook Volume One | 16 | 210 | 18 | 5 | 7 | 2 | 0.22 |
| Savory Zucchini Waffles | Keto Adapted Cookbook Volume One | 17 | 563 | 55 | 18 | 2 | 1 | 0.32 |
| Chocolate Mini Mug | Keto Adapted Cookbook Volume One | 18 | 221 | 16 | 10 | 10 | 6 | 0.50 |
| Chai Breakfast Custard | Keto Adapted Cookbook Volume One | 19 | 343 | 31 | 13 | 4 | 2 | 0.39 |
| Italian Deviled Eggs | Keto Adapted Cookbook Volume One | 20 | 642 | 61 | 19 | 3 | 0.1 | 0.30 |
| Keto Pancakes and Syrup | Keto Adapted Cookbook Volume One | 21 | 483 | 45.5 | 17.2 | 3.4 | 0 | 0.35 |
| Ham and Cheese Omelette | Keto Adapted Cookbook Volume One | 22 | 429 | 33 | 30 | 3 | 0 | 0.83 |
| Chorizo Breakfast Asparagus | Keto Adapted Cookbook Volume One | 23 | 390 | 31 | 21 | 6 | 2 | 0.60 |
| Cinnamon Syrup | Keto Adapted Cookbook Volume One | 26 | 72 | 8 | 0.2 | 1 | 1 | 0.03 |
| Dairy Free Ranch Dressing | Keto Adapted Cookbook Volume One | 27 | 145 | 16 | 0.3 | 0.5 | 0.2 | 0.02 |
| Bacon Vinaigrette | Keto Adapted Cookbook Volume One | 28 | 122 | 12 | 3 | 0.5 | 0.1 | 0.24 |
| Hollandaise | Keto Adapted Cookbook Volume One | 29 | 321 | 35 | 0 | 0 | 0 | 0.00 |
| Thai Mushroom Saute | Keto Adapted Cookbook Volume One | 32 | 153 | 14 | 4 | 6 | 2 | 0.22 |
| Mediterranean Fruit Salad | Keto Adapted Cookbook Volume One | 33 | 230 | 22 | 3 | 5 | 1 | 0.12 |
| Amazing Coleslaw | Keto Adapted Cookbook Volume One | 34 | 163 | 14 | 4 | 3 | 1 | 0.25 |
| Zucchini Pizza Bites | Keto Adapted Cookbook Volume One | 35 | 127 | 10 | 6 | 4 | 1 | 0.46 |
| Greek Asparagus | Keto Adapted Cookbook Volume One | 36 | 262 | 19 | 13 | 9 | 3 | 0.52 |
| Easy Liver and Onions | Keto Adapted Cookbook Volume One | 37 | 299 | 20 | 25 | 5 | 0.4 | 1.02 |
| Fried Steak | Keto Adapted Cookbook Volume One | 40 | 770 | 67 | 41 | 2 | 1 | 0.60 |
| BLT Mushrooms with Soft Boiled Eggs and Bacon | Keto Adapted Cookbook Volume One | 41 | 475 | 38 | 26 | 7 | 3 | 0.62 |
| Thai Mussels | Keto Adapted Cookbook Volume One | 42 | 577 | 39 | 35 | 18 | 1 | 0.63 |
| Clam Curry Chowder | Keto Adapted Cookbook Volume One | 43 | 319 | 20 | 19 | 12 | 2 | 0.63 |
| Easy Crispy Pork Belly with Amazing Coleslaw | Keto Adapted Cookbook Volume One | 44 | 607 | 54 | 28 | 2 | 1 | 0.51 |
| Chicken Piccata | Keto Adapted Cookbook Volume One | 45 | 217 | 16 | 16 | 2 | 1 | 0.94 |
| Grecian Chicken Pasta | Keto Adapted Cookbook Volume One | 46 | 521 | 39 | 35 | 8 | 2 | 0.78 |
| Tender Thai Chicken | Keto Adapted Cookbook Volume One | 47 | 297 | 24 | 16 | 2 | 0.4 | 0.63 |

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|---|----------------------------------|----|-----|------|-----|-----|-----|------|
| French Onion Burger with Chive Sour Cream | Keto Adapted Cookbook Volume One | 48 | 655 | 55 | 33 | 6 | 1 | 0.55 |
| Mustard Crusted Salmon | Keto Adapted Cookbook Volume One | 49 | 225 | 15 | 22 | 0.2 | 0.1 | 1.46 |
| Polpette Alla Romama | Keto Adapted Cookbook Volume One | 50 | 445 | 33 | 28 | 8 | 3 | 0.74 |
| Spicy Mayo Tuna Stack | Keto Adapted Cookbook Volume One | 51 | 389 | 32 | 19 | 6 | 4 | 0.56 |
| Cobb Salad Deviled Eggs and Bacon Vinaigrette | Keto Adapted Cookbook Volume One | 52 | 370 | 32 | 17 | 3 | 1 | 0.50 |
| Bacon, Mushroom and Brie Soup | Keto Adapted Cookbook Volume One | 53 | 497 | 42 | 21 | 8 | 4 | 0.46 |
| Cannoli Mini Cheeseballs | Keto Adapted Cookbook Volume One | 56 | 196 | 19 | 3 | 2 | 1 | 0.15 |
| Chocolate Puff Muffins with Custard | Keto Adapted Cookbook Volume One | 57 | 208 | 15 | 16 | 3 | 1 | 0.94 |
| Dairy Free Irish Cream Custard | Keto Adapted Cookbook Volume One | 58 | 362 | 38.6 | 4.3 | 0.5 | 0 | 0.11 |
| Snickerdoodle Mini Donuts | Keto Adapted Cookbook Volume One | 59 | 440 | 39 | 10 | 13 | 9 | 0.23 |
| Strawberry Cheesecake Ice Lollies | Keto Adapted Cookbook Volume One | 60 | 103 | 10 | 2 | 1 | 0.1 | 0.18 |
| Keto Vanilla Latte Custard | Keto Adapted Cookbook Volume One | 61 | 105 | 9 | 4 | 2 | 0 | 0.36 |
| Strawberries and Cream Shake | Keto Adapted Cookbook Volume One | 62 | 200 | 19 | 4 | 2 | 0.2 | 0.19 |
| Pina Colada Ice Lollies | Keto Adapted Cookbook Volume One | 63 | 30 | 3 | 0.2 | 0.5 | 0 | 0.06 |
| Eggs Florentine Casserole | Keto Adapted Cookbook Volume Two | 10 | 491 | 38 | 32 | 4 | 1 | 0.78 |
| Pizza Deviled Eggs | Keto Adapted Cookbook Volume Two | 11 | 642 | 61 | 19 | 3 | 0 | 0.30 |
| Open Faced Breakfast Sandwich | Keto Adapted Cookbook Volume Two | 12 | 509 | 45 | 24 | 2 | 0.4 | 0.52 |
| Gyro Breakfast Patties | Keto Adapted Cookbook Volume Two | 13 | 345 | 26 | 26 | 1 | 0.3 | 0.97 |
| Dairy Free & Nut Free Pancakes | Keto Adapted Cookbook Volume Two | 14 | 172 | 12 | 13 | 3 | 1 | 0.93 |
| Chocolate French Toast | Keto Adapted Cookbook Volume Two | 15 | 232 | 12 | 25 | 6 | 2 | 1.56 |
| Green Goddess Dressing | Keto Adapted Cookbook Volume Two | 18 | 139 | 15 | 0.2 | 0.3 | 0.1 | 0.01 |
| Dairy Free Hollandaise | Keto Adapted Cookbook Volume Two | 19 | 321 | 35 | 0.1 | 0.1 | 0 | 0.00 |
| Keto Tortilla Wraps | Keto Adapted Cookbook Volume Two | 20 | 172 | 13 | 13 | 1 | 0.5 | 0.96 |
| Red Chile Sauce | Keto Adapted Cookbook Volume Two | 21 | 76 | 5 | 5 | 7 | 2 | 0.50 |
| Red Curry Dipping Sauce | Keto Adapted Cookbook Volume Two | 22 | 50 | 4 | 1 | 1 | 0.3 | 0.21 |
| Cilantro Lime Sauce | Keto Adapted Cookbook Volume Two | 23 | 286 | 31 | 0.3 | 2 | 0.2 | 0.01 |
| Dairy Free Ranch Dressing | Keto Adapted Cookbook Volume Two | 24 | 145 | 16 | 0.3 | 0.5 | 0.2 | 0.02 |
| Buffalo Wing Sauce | Keto Adapted Cookbook Volume Two | 25 | 126 | 14 | 0 | 0.1 | 0 | 0.00 |
| Dairy Free Chocolate Drizzle | Keto Adapted Cookbook Volume Two | 26 | 108 | 10 | 1 | 3 | 2 | 0.09 |
| Dairy Free Cinnamon Syrup | Keto Adapted Cookbook Volume Two | 27 | 127 | 14 | 0 | 0.4 | 0.2 | 0.00 |
| Keto Egg Bread | Keto Adapted Cookbook Volume Two | 28 | 50 | 3 | 6 | 0 | 0 | 2.00 |
| Parmesan Basil Asparagus | Keto Adapted Cookbook Volume Two | 32 | 360 | 26 | 26 | 6 | 3 | 0.90 |
| Buffalo Chicken Wings | Keto Adapted Cookbook Volume Two | 33 | 485 | 36 | 40 | 0.3 | 0.1 | 1.10 |
| Halibut Red Curry | Keto Adapted Cookbook Volume Two | 34 | 333 | 21 | 27 | 8 | 1 | 0.96 |
| Asparagus Cobb Salad | Keto Adapted Cookbook Volume Two | 35 | 335 | 26 | 19 | 6 | 2 | 0.63 |
| Creamy Chicken Soup | Keto Adapted Cookbook Volume Two | 36 | 362 | 28 | 22 | 8 | 8 | 0.79 |
| Salmon with Crispy Skin | Keto Adapted Cookbook Volume Two | 40 | 385 | 28 | 33 | 0.3 | 0.1 | 1.17 |
| Crab Claw Curry "Rice" | Keto Adapted Cookbook Volume Two | 41 | 615 | 38 | 67 | 2 | 0.1 | 1.68 |
| Kentucky Hot Brown | Keto Adapted Cookbook Volume Two | 42 | 720 | 63 | 35 | 3 | 0.1 | 0.53 |
| Camaron en Chile Rojo (Shrimp in Red Chile) | Keto Adapted Cookbook Volume Two | 44 | 299 | 18 | 22 | 12 | 3 | 0.81 |
| Shrimp Arrabbiata | Keto Adapted Cookbook Volume Two | 45 | 225 | 9 | 29 | 7 | 2 | 2.07 |
| Halibut with Spring | Keto Adapted Cookbook Volume Two | 46 | 297 | 18 | 30 | 4 | 1 | 1.43 |
| Walkin Tacos | Keto Adapted Cookbook Volume Two | 47 | 380 | 30 | 26 | 2 | 0.4 | 0.82 |
| Deep Dish Dutch Baby Pizza | Keto Adapted Cookbook Volume Two | 48 | 467 | 35 | 33 | 5 | 1 | 0.85 |
| Open-Faced Chicken Pesto Sandwich | Keto Adapted Cookbook Volume Two | 49 | 454 | 42 | 17 | 3 | 1 | 0.39 |
| Chicken with Mushroom Gravy | Keto Adapted Cookbook Volume Two | 50 | 330 | 26 | 20 | 5 | 2 | 0.69 |

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| Filet Mignon with Olive Salad | Keto Adapted Cookbook Volume Two | 51 | 535 | 45 | 28 | 4 | 2 | 0.60 |
| Tandoori Grilled Shrimp with Red Curry Dipping Sauce | Keto Adapted Cookbook Volume Two | 52 | 272 | 16 | 25 | 7 | 1 | 1.14 |
| Cilantro Lime Pork Chops | Keto Adapted Cookbook Volume Two | 53 | 521 | 44 | 27 | 3 | 0.3 | 0.58 |
| Cilantro Lime Slow Cooker Pork Short Ribs | Keto Adapted Cookbook Volume Two | 54 | 665 | 57 | 33 | 2 | 0.3 | 0.56 |
| Hot and Spicy Chicken Chorizo Chili | Keto Adapted Cookbook Volume Two | 55 | 437 | 34 | 21 | 11 | 3 | 0.50 |
| Trout Provencale en Papillote | Keto Adapted Cookbook Volume Two | 56 | 206 | 14 | 17 | 2 | 1 | 1.13 |
| Lamb and Mushroom Kabobs | Keto Adapted Cookbook Volume Two | 57 | 316 | 19 | 32 | 5 | 1 | 1.39 |
| Mexican Chocolate SemiFreddo | Keto Adapted Cookbook Volume Two | 60 | 395 | 39 | 4 | 7 | 5 | 0.10 |
| Chocolate Cheesecake Trifle | Keto Adapted Cookbook Volume Two | 61 | 245 | 16 | 16 | 9 | 3 | 0.73 |
| Chai Tea Breakfast Custard | Keto Adapted Cookbook Volume Two | 62 | 105 | 8 | 4 | 4 | 1 | 0.36 |
| Vanilla Bean Cupcakes | Keto Adapted Cookbook Volume Two | 63 | 130 | 13 | 2 | 1 | 1 | 0.15 |
| Chocolate Angel Food Cake | Keto Adapted Cookbook Volume Two | 64 | 61 | 1 | 10 | 3 | 1 | 3.33 |
| Easy Flourless Cookies | Keto Adapted Cookbook Volume Two | 65 | 135 | 11 | 5 | 4 | 2 | 0.38 |
| Chocolate Pudding | The Art of Fat Loss | 16 | 138 | 3 | 20 | 5 | 2 | 3.33 |
| Leftover Turkey Frittata | The Art of Fat Loss | 17 | 206 | 4 | 39 | 1 | 0.3 | 8.30 |
| Breakfast Patties | The Art of Fat Loss | 18 | 288 | 11 | 48 | 3 | 0.2 | 3.48 |
| Ham and Chives Souffle Omelet | The Art of Fat Loss | 19 | 227 | 11 | 28 | 2 | 0.2 | 2.19 |
| Creamsicle Breakfast Smoothie | The Art of Fat Loss | 20 | 215 | 4 | 38 | 3 | 1 | 6.33 |
| Dutch Baby Apple Pancake | The Art of Fat Loss | 21 | 212 | 2 | 41 | 3 | 0.4 | 8.91 |
| Dutch Baby Pancake and Lox | The Art of Fat Loss | 22 | 268 | 3 | 53 | 2 | 0 | 10.60 |
| Malt-O-Meal Cereal | The Art of Fat Loss | 23 | 262 | 8 | 30 | 5 | 1 | 2.50 |
| Protein Sparing Pancakes | The Art of Fat Loss | 24 | 110 | 0.2 | 20 | 3 | 1 | 9.09 |
| Breakfast Sammie | The Art of Fat Loss | 25 | 449 | 14 | 75 | 6 | 0.2 | 3.79 |
| French Toast | The Art of Fat Loss | 26 | 210 | 5 | 35 | 3 | 1 | 5.00 |
| Steak n Eggs | The Art of Fat Loss | 27 | 208 | 5 | 37 | 0.2 | 0 | 7.12 |
| Thanksgiving Turkey Breast | The Art of Fat Loss | 29 | 346 | 5 | 69 | 1 | 0.3 | 12.11 |
| Protein Sparing Bourbon Chicken | The Art of Fat Loss | 30 | 316 | 7 | 62 | 4 | 0.5 | 5.90 |
| Buffalo Chicken Meatballs | The Art of Fat Loss | 31 | 380 | 15 | 40 | 0.4 | 0.1 | 2.61 |
| Juicy Ginger Chicken Breasts | The Art of Fat Loss | 32 | 370 | 8 | 72 | 7 | 1 | 5.14 |
| Perfect Poached Chicken | The Art of Fat Loss | 33 | 238 | 5 | 48 | 2 | 0.1 | 6.96 |
| Orange Chicken over Egg Rice | The Art of Fat Loss | 34 | 308 | 7 | 61 | 4 | 0.3 | 5.70 |
| Pochetta-Style Chicken Breasts | The Art of Fat Loss | 35 | 214 | 6 | 39 | 3 | 1 | 4.88 |
| Turkey Sandwich | The Art of Fat Loss | 36 | 258 | 3 | 48 | 1 | 0 | 12.00 |
| Tomato Basil Grilled Chicken | The Art of Fat Loss | 37 | 193 | 4 | 37 | 4 | 1 | 5.29 |
| Turkey Meatloaf with Dijon Sauce | The Art of Fat Loss | 38 | 330 | 6 | 56 | 3 | 1 | 7.00 |
| Tuna Salad Sandwich | The Art of Fat Loss | 39 | 323 | 2 | 64 | 2 | 0 | 16.00 |
| Shrimp Fried "Rice" | The Art of Fat Loss | 40 | 203 | 3 | 39 | 3 | 0.3 | 6.84 |
| Basil Shrimp Ceviche | The Art of Fat Loss | 41 | 339 | 11 | 56 | 4 | 1 | 4.00 |
| Tuna Melt Dutch Baby | The Art of Fat Loss | 42 | 198 | 1 | 39 | 1 | 0 | 19.50 |
| Salmon Ceviche | The Art of Fat Loss | 43 | 156 | 6 | 22 | 2 | 1 | 3.14 |
| Easy Baked Shrimp Scampi | The Art of Fat Loss | 44 | 197 | 9 | 28 | 1 | 0.1 | 2.83 |
| Sorrento Fish | The Art of Fat Loss | 45 | 219 | 5 | 40 | 3 | 1 | 5.71 |
| Peel n Eat Ginger Lime Shrimp | The Art of Fat Loss | 46 | 269 | 4 | 56 | 1 | 0.2 | 11.67 |
| Halibut with Ginger Sauce | The Art of Fat Loss | 47 | 292 | 6 | 49 | 5 | 1 | 4.90 |
| Grilled Crab Legs | The Art of Fat Loss | 48 | 440 | 7 | 88 | 0 | 0 | 12.57 |
| Baked Garlic and Herb Lobster Tails | The Art of Fat Loss | 49 | 415 | 5 | 86 | 2 | 0.4 | 13.03 |

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|--|---------------------|-----|-----|------|-----|-----|-----|--------|
| Taco Shrimp Kabobs | The Art of Fat Loss | 50 | 276 | 4 | 56 | 2 | 1 | 11.20 |
| Broiled Scallops | The Art of Fat Loss | 51 | 240 | 5 | 40 | 7 | 0.4 | 3.45 |
| Mediterranean Grilled Swordfish | The Art of Fat Loss | 52 | 364 | 12 | 58 | 5 | 1 | 3.63 |
| Grilled Flank Steak Chimichurri | The Art of Fat Loss | 53 | 202 | 10 | 25 | 3 | 1 | 2.08 |
| BBQ Meatloaf | The Art of Fat Loss | 54 | 280 | 10 | 43 | 2 | 0.4 | 3.71 |
| Saucy Meatballs | The Art of Fat Loss | 55 | 208 | 7 | 32 | 1 | 0.2 | 4.10 |
| Kung Pao Meatballs | The Art of Fat Loss | 56 | 316 | 10 | 51 | 3 | 0.4 | 4.05 |
| Filet Mignon with Truffle Mustard | The Art of Fat Loss | 57 | 253 | 11 | 35 | 1 | 1 | 3.18 |
| Filet Mignon with Truffle Mustard (Piedmontese Beef) | The Art of Fat Loss | 57 | 220 | 7 | 39 | 1 | 1 | 5.57 |
| Sweet n Sour Pork Chops | The Art of Fat Loss | 58 | 406 | 18 | 54 | 6 | 0.4 | 2.29 |
| Garlic Thyme Pork Loin | The Art of Fat Loss | 59 | 423 | 16 | 62 | 2 | 0.3 | 3.50 |
| Pork Chops with Truffle Mustard | The Art of Fat Loss | 60 | 317 | 15 | 42 | 1 | 0.1 | 2.64 |
| Protein Sparing Chimichurri | The Art of Fat Loss | 62 | 2 | 0.02 | 0.2 | 0.5 | 0.2 | 0.63 |
| Orange Marmalade | The Art of Fat Loss | 63 | 1 | 0 | 0.3 | 0 | 0 | 100.00 |
| Spicy BBQ Vinegar Sauce | The Art of Fat Loss | 64 | 3 | 0.1 | 0.1 | 1 | 0.3 | 0.13 |
| Truffle Mustard | The Art of Fat Loss | 65 | 30 | 2 | 1 | 2 | 0.1 | 0.26 |
| Protein Sparing Bread | The Art of Fat Loss | 67 | 32 | 0.1 | 7 | 0.4 | 0 | 14.00 |
| Fried "Rice" | The Art of Fat Loss | 68 | 59 | 0.3 | 11 | 2 | 0.2 | 5.24 |
| Salmon Jerky | The Art of Fat Loss | 69 | 28 | 1 | 5 | 1 | 0 | 2.50 |
| Thanksgiving Stuffing | The Art of Fat Loss | 70 | 106 | 2 | 19 | 2 | 0.4 | 5.28 |
| Meatball Soup | The Art of Fat Loss | 71 | 218 | 8 | 34 | 1 | 0.3 | 3.91 |
| Egg Salad Sandwiches | The Art of Fat Loss | 72 | 136 | 5 | 19 | 2 | 0.1 | 2.75 |
| Basil Tortilla | The Art of Fat Loss | 73 | 57 | 1 | 11 | 0.2 | 0 | 9.17 |
| Strawberry Pavlova | The Art of Fat Loss | 75 | 27 | 0.1 | 5 | 1 | 0 | 4.55 |
| Fudgesicles | The Art of Fat Loss | 76 | 32 | 1 | 5 | 1 | 0.4 | 3.13 |
| Orange Creamsicle Popsicles | The Art of Fat Loss | 77 | 25 | 0.4 | 5 | 0.4 | 0.1 | 7.14 |
| Electrolyte Gummies | The Art of Fat Loss | 78 | 48 | 0 | 8 | 2 | 0 | 4.00 |
| Electrolye Ice Pops | The Art of Fat Loss | 79 | 5 | 0 | 0 | 1 | 0 | 0.00 |
| Creamy Strawberry Ice Pop | The Art of Fat Loss | 80 | 25 | 0.4 | 5 | 0.4 | 0.1 | 7.14 |
| Chocolate Meringue Cookies | The Art of Fat Loss | 81 | 12 | 0.3 | 2 | 1 | 0.3 | 2.00 |
| Angel Food Cake | The Art of Fat Loss | 82 | 47 | 0.1 | 10 | 1 | 0 | 9.09 |
| Chocolate Angel Food Cupcakes | The Art of Fat Loss | 83 | 62 | 1 | 11 | 2 | 1 | 5.50 |
| Vanilla Angel Food Cupcakes | The Art of Fat Loss | 83 | 49 | 0.1 | 10 | 1 | 0 | 9.09 |
| Protein Frosting | The Art of Fat Loss | 84 | 5 | 0 | 1 | 0.2 | 0 | 5.00 |
| Protein-Packed Blue Milk | Sugar-Free Kids | 82 | 170 | 13 | 10 | 2 | 0.3 | 0.68 |
| Pizza Eggs | Sugar-Free Kids | 84 | 188 | 13 | 14 | 4 | 1 | 0.88 |
| Strawberry Breakfast Parfait | Sugar-Free Kids | 86 | 292 | 16 | 26 | 15 | 5 | 1.00 |
| Flourless Protein Pizza Crepes | Sugar-Free Kids | 88 | 272 | 21 | 19 | 3 | 1 | 0.83 |
| Easy Baked Bacon and Sausages | Sugar-Free Kids | 90 | 191 | 17 | 10 | 0 | 0 | 0.59 |
| Breakfast Kabobs | Sugar-Free Kids | 92 | 207 | 15 | 17 | 1 | 0 | 1.06 |
| Ham 'n' Cheese Cupcakes | Sugar-Free Kids | 94 | 231 | 17 | 18 | 1 | 0.1 | 1.01 |
| French Toast Porridge | Sugar-Free Kids | 96 | 207 | 17 | 13 | 1 | 0 | 0.72 |
| Chocolate Minute Muffins | Sugar-Free Kids | 98 | 289 | 26 | 7 | 8 | 5 | 0.24 |
| Chocolate Protein Shake | Sugar-Free Kids | 100 | 224 | 15 | 17 | 3 | 1 | 1.00 |
| Blender Pancake Snowmen | Sugar-Free Kids | 102 | 618 | 39 | 49 | 10 | 3 | 1.07 |
| Easy Blender Chocolate Donuts | Sugar-Free Kids | 104 | 330 | 30 | 7 | 9 | 5 | 0.21 |

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|---|-----------------|-----|-----|----|-----|-----|-----|---------|
| Dippy Eggs with Toast Fingers | Sugar-Free Kids | 106 | 366 | 29 | 23 | 3 | 1 | 0.74 |
| Green Eggs and Ham | Sugar-Free Kids | 108 | 537 | 43 | 32 | 4 | 2 | 0.71 |
| Micah's Egg Muffin Sandwiches | Sugar-Free Kids | 110 | 457 | 34 | 36 | 2 | 1 | 1.03 |
| Crunch Berry Cereal | Sugar-Free Kids | 112 | 297 | 25 | 17 | 5 | 4 | 0.65 |
| Cheeseburger Breakfast Casserole | Sugar-Free Kids | 114 | 388 | 32 | 21 | 4 | 1 | 0.60 |
| Cinnamon Rolls | Sugar-Free Kids | 116 | 518 | 46 | 14 | 16 | 10 | 0.27 |
| Sugar-Free Toaster Pastries (aka Gilmore Girls Breakfast) | Sugar-Free Kids | 118 | 379 | 31 | 19 | 9 | 3 | 0.51 |
| Pizza Breakfast Pie | Sugar-Free Kids | 120 | 262 | 19 | 23 | 3 | 0.3 | 1.06 |
| Blueberry Cheesecake Muffins | Sugar-Free Kids | 122 | 197 | 17 | 6 | 6 | 2 | 0.29 |
| Monkey Bread | Sugar-Free Kids | 124 | 317 | 27 | 10 | 12 | 8 | 0.32 |
| Eggplant Fries | Sugar-Free Kids | 128 | 119 | 7 | 10 | 5 | 2 | 1.00 |
| Veggie and Savory Fruit Flowers | Sugar-Free Kids | 130 | 305 | 26 | 7 | 14 | 6 | 0.21 |
| Kai's Chicken Wings | Sugar-Free Kids | 132 | 329 | 22 | 30 | 1 | 0.2 | 1.32 |
| Pizza Rolls | Sugar-Free Kids | 134 | 307 | 25 | 13 | 9 | 5 | 0.45 |
| Basic Deviled Eggs | Sugar-Free Kids | 136 | 213 | 17 | 13 | 1 | 0 | 0.72 |
| Football Deviled Eggs | Sugar-Free Kids | 138 | 301 | 27 | 14 | 1 | 0 | 0.50 |
| Pumpkin Deviled Eggs | Sugar-Free Kids | 138 | 270 | 23 | 13 | 1 | 0.2 | 0.55 |
| Spider Deviled Eggs | Sugar-Free Kids | 138 | 280 | 24 | 13 | 1 | 0.3 | 0.53 |
| Deviled Egg Flowers | Sugar-Free Kids | 139 | 274 | 23 | 13 | 2 | 1 | 0.54 |
| Owl Deviled Eggs | Sugar-Free Kids | 139 | 273 | 24 | 13 | 1 | 0.1 | 0.52 |
| Pigs in a Blanket | Sugar-Free Kids | 142 | 153 | 11 | 8 | 5 | 3 | 0.62 |
| Cute Mouse Eggs | Sugar-Free Kids | 144 | 259 | 19 | 20 | 1 | 0.1 | 1.01 |
| Strawberry Pudding | Sugar-Free Kids | 146 | 402 | 30 | 26 | 3 | 0.1 | 0.79 |
| Sweet 'n' Sour Turkey Jerky | Sugar-Free Kids | 148 | 142 | 4 | 25 | 0.1 | 0 | 6.10 |
| No-Bake Chocolate-Topped Energy Bars | Sugar-Free Kids | 150 | 273 | 26 | 6 | 6 | 3 | 0.21 |
| Fruit Flower Bouquet | Sugar-Free Kids | 152 | 99 | 1 | 2 | 23 | 7 | 0.12 |
| Sticks and Dip | Sugar-Free Kids | 154 | 350 | 28 | 20 | 7 | 3 | 0.63 |
| Salmon Jerky Fingers | Sugar-Free Kids | 156 | 109 | 3 | 18 | 0.1 | 0 | 5.81 |
| Just Like "Apples" and Dip | Sugar-Free Kids | 158 | 335 | 25 | 10 | 15 | 7 | 0.30 |
| Graham Crackers | Sugar-Free Kids | 160 | 135 | 12 | 5 | 4 | 2 | 0.36 |
| Swedish Fish (or Gummy Bears) | Sugar-Free Kids | 162 | 2 | 0 | 0.4 | 0 | 0 | #DIV/0! |
| Little Piggy Eggs | Sugar-Free Kids | 164 | 203 | 14 | 16 | 1 | 0 | 1.07 |
| Cookie Dough Dip | Sugar-Free Kids | 166 | 320 | 33 | 2 | 2 | 0 | 0.06 |
| No-Bake Peanut Butter Lover's Bars | Sugar-Free Kids | 168 | 359 | 34 | 7 | 10 | 4 | 0.18 |
| Iced Animal Crackers | Sugar-Free Kids | 170 | 192 | 19 | 4 | 5 | 2 | 0.18 |
| Sandwich on a Stick | Sugar-Free Kids | 174 | 425 | 24 | 45 | 8 | 2 | 1.50 |
| Antipasto on a Stick | Sugar-Free Kids | 176 | 328 | 25 | 23 | 9 | 2 | 0.72 |
| English Muffin Pizzas | Sugar-Free Kids | 178 | 226 | 17 | 15 | 6 | 2 | 0.71 |
| Chicken Protein Noodle Soup | Sugar-Free Kids | 180 | 439 | 22 | 52 | 7 | 1 | 1.86 |
| Better Than School Lunch Chicken Patties | Sugar-Free Kids | 184 | 412 | 21 | 40 | 1 | 0 | 1.82 |
| Bacon Lover's Chicken Nuggets | Sugar-Free Kids | 186 | 184 | 11 | 22 | 0 | 0 | 2.00 |
| Meat Cookies | Sugar-Free Kids | 188 | 382 | 28 | 30 | 0 | 0 | 1.07 |
| Sloppy Kai Dogs | Sugar-Free Kids | 190 | 468 | 34 | 33 | 4 | 1 | 0.89 |
| Touchdown Tacos | Sugar-Free Kids | 192 | 526 | 39 | 32 | 11 | 4 | 0.70 |
| Cheese Quesadillas | Sugar-Free Kids | 194 | 439 | 38 | 19 | 8 | 5 | 0.46 |
| Dinosaur Droppings (aka Meatballs) | Sugar-Free Kids | 198 | 236 | 16 | 20 | 1 | 0.2 | 1.19 |

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|---|-----------------|-----|-----|-----|----|-----|-----|---------|
| Bon Vie Chicken Tenders | Sugar-Free Kids | 200 | 594 | 33 | 74 | 1 | 0.1 | 2.18 |
| Protein Noodle Taco Lasagna | Sugar-Free Kids | 202 | 675 | 34 | 58 | 11 | 2 | 1.35 |
| Fish Fingers with Easy Tartar Sauce | Sugar-Free Kids | 204 | 260 | 11 | 40 | 0.2 | 0.1 | 3.60 |
| Baked Chicken Legs | Sugar-Free Kids | 206 | 415 | 25 | 45 | 0.2 | 0 | 1.79 |
| Mama Maria's Pizza Chicken Meatballs | Sugar-Free Kids | 208 | 423 | 18 | 39 | 4 | 1 | 1.86 |
| The Easiest Mac 'n' Cheese | Sugar-Free Kids | 210 | 198 | 17 | 8 | 2 | 1 | 0.44 |
| Protein Noodle Pad Thai | Sugar-Free Kids | 212 | 665 | 31 | 65 | 8 | 1 | 1.71 |
| Crispy Baked Ravioli | Sugar-Free Kids | 214 | 346 | 25 | 28 | 1 | 0 | 1.08 |
| Easy Baked BBQ Chicken | Sugar-Free Kids | 216 | 333 | 17 | 41 | 5 | 1 | 1.95 |
| Cheesy Beef and "Noodle" Casserole | Sugar-Free Kids | 218 | 475 | 35 | 30 | 12 | 3 | 0.68 |
| Meaty Lasagna Bowls | Sugar-Free Kids | 220 | 622 | 42 | 50 | 9 | 1 | 1.00 |
| Protein Noodle Chicken Alfredo | Sugar-Free Kids | 222 | 522 | 39 | 42 | 2 | 0 | 1.02 |
| Pizza Crust | Sugar-Free Kids | 225 | 247 | 19 | 22 | 0.2 | 0 | 1.15 |
| Pepperonia Pizza | Sugar-Free Kids | 225 | 320 | 24 | 27 | 2 | 1 | 1.08 |
| Bacon Cheeseburger Pizza | Sugar-Free Kids | 226 | 447 | 33 | 36 | 2 | 1 | 1.06 |
| Meat Lover's Pizza | Sugar-Free Kids | 226 | 415 | 32 | 32 | 1 | 0.4 | 0.98 |
| Cheese Sticks | Sugar-Free Kids | 227 | 246 | 17 | 22 | 2 | 0.3 | 1.18 |
| Breakfast for Dinner | Sugar-Free Kids | 230 | 641 | 38 | 63 | 7 | 2 | 1.47 |
| Chicken Sloppy Joes | Sugar-Free Kids | 234 | 288 | 8 | 39 | 10 | 3 | 2.60 |
| Pizza Dog Casserole | Sugar-Free Kids | 236 | 338 | 25 | 22 | 6 | 2 | 0.76 |
| Cheeseburger Lettuce Wraps | Sugar-Free Kids | 238 | 468 | 38 | 28 | 1 | 0 | 0.72 |
| Spaghetti Bolognese | Sugar-Free Kids | 240 | 465 | 35 | 26 | 11 | 2 | 0.59 |
| Epic Cheesy Beef Nachos | Sugar-Free Kids | 242 | 591 | 46 | 37 | 5 | 2 | 0.76 |
| Shredded BBQ Chicken | Sugar-Free Kids | 244 | 197 | 4 | 36 | 6 | 1 | 4.00 |
| Chicken Enchiladas | Sugar-Free Kids | 246 | 257 | 8 | 36 | 9 | 2 | 2.40 |
| Sweet 'n' Sour Chicken Wings | Sugar-Free Kids | 248 | 335 | 22 | 31 | 1 | 0.1 | 1.35 |
| Egg Roll in a Bowl | Sugar-Free Kids | 250 | 364 | 27 | 32 | 9 | 3 | 0.97 |
| Fluffy Bunny Scrambled Eggs | Sugar-Free Kids | 254 | 256 | 20 | 17 | 2 | 0.3 | 0.78 |
| Valentine's Day Breakfast | Sugar-Free Kids | 256 | 671 | 54 | 40 | 7 | 1 | 0.67 |
| Christmas Tomato Soup with Grilled Cheese Stars and Trees | Sugar-Free Kids | 258 | 287 | 24 | 10 | 10 | 4 | 0.33 |
| Zombie Spaghetti and Eyeballs | Sugar-Free Kids | 260 | 409 | 27 | 30 | 9 | 2 | 0.88 |
| Christmas Tree Pizza | Sugar-Free Kids | 262 | 243 | 17 | 22 | 1 | 0.3 | 1.24 |
| Heart-Shaped Eggs | Sugar-Free Kids | 264 | 74 | 5 | 6 | 0.4 | 0 | 1.11 |
| Valentine Deviled Eggs | Sugar-Free Kids | 266 | 292 | 25 | 13 | 3 | 0.4 | 0.47 |
| Holiday Tree Cheese Ball | Sugar-Free Kids | 268 | 155 | 13 | 5 | 2 | 0 | 0.33 |
| Halloween Spooky Skeleton with BBQ Riblets | Sugar-Free Kids | 270 | 654 | 49 | 50 | 4 | 1 | 0.96 |
| Taco Meatball Holiday Tree | Sugar-Free Kids | 272 | 573 | 38 | 46 | 8 | 0.5 | 1.01 |
| Spooky Breadstick Fingers | Sugar-Free Kids | 274 | 124 | 9 | 8 | 5 | 2 | 0.67 |
| Easy Red, White, and Blueberry Sundaes | Sugar-Free Kids | 276 | 230 | 23 | 2 | 9 | 1 | 0.06 |
| Strawberry Cheesecake Santas | Sugar-Free Kids | 278 | 174 | 14 | 3 | 5 | 1 | 0.17 |
| Holiday Jigglers | Sugar-Free Kids | 280 | 4 | 0 | 1 | 0 | 0 | #DIV/0! |
| Bombdiggity Pops | Sugar-Free Kids | 282 | 37 | 1 | 3 | 5 | 1 | 0.60 |
| Shamrock Shake Gummies | Sugar-Free Kids | 284 | 139 | 8 | 13 | 5 | 4 | 1.44 |
| Pumpkin Pie Gummies | Sugar-Free Kids | 286 | 23 | 0.2 | 3 | 1 | 0.4 | 3.75 |
| Valentine's Day Muffin Pan Ice Cream Cakes | Sugar-Free Kids | 288 | 212 | 19 | 4 | 7 | 3 | 0.17 |
| No-Bake Starwberry Panna Cotta | Sugar-Free Kids | 292 | 163 | 15 | 2 | 7 | 1 | 0.10 |

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|---|-----------------|-----|------|----|-----|-----|-----|-------|
| Just Like Oreos Sandwich Cookies | Sugar-Free Kids | 294 | 117 | 11 | 3 | 3 | 1 | 0.23 |
| Protein Hot Chocolate | Sugar-Free Kids | 296 | 267 | 14 | 32 | 2 | 1 | 2.13 |
| Raspberries and Cream Ice Pops | Sugar-Free Kids | 298 | 56 | 6 | 0.5 | 1 | 1 | 0.08 |
| Extreme Chocolate Blender Birthday Cake | Sugar-Free Kids | 300 | 357 | 32 | 8 | 10 | 5 | 0.22 |
| Baseball Blender Cupcakes | Sugar-Free Kids | 302 | 351 | 32 | 8 | 9 | 4 | 0.22 |
| Chocolate Hazelnut Whoopie Pies | Sugar-Free Kids | 304 | 824 | 75 | 22 | 21 | 14 | 0.27 |
| Kai's Puppy Chow | Sugar-Free Kids | 306 | 492 | 45 | 15 | 7 | 2 | 0.30 |
| Crispy Candy | Sugar-Free Kids | 308 | 88 | 11 | 0 | 0 | 0 | 0.00 |
| Sugar-Free Chocolate Bars or Chips | Sugar-Free Kids | 310 | 347 | 30 | 5 | 10 | 5 | 0.14 |
| THE BEST Chocolate Chip Cookies | Sugar-Free Kids | 312 | 154 | 14 | 3 | 5 | 2 | 0.18 |
| Marshmallows | Sugar-Free Kids | 314 | 19 | 0 | 3 | 0.3 | 0 | 10.00 |
| S'mores | Sugar-Free Kids | 316 | 408 | 36 | 11 | 12 | 6 | 0.26 |
| No-Churn Vanilla Bean Ice Cream | Sugar-Free Kids | 317 | 159 | 17 | 1 | 3 | 0 | 0.05 |
| No-Churn Strawberries and Cream Ice Cream | Sugar-Free Kids | 318 | 118 | 11 | 1 | 5 | 1 | 0.07 |
| No-Churn Blue Moon Ice Cream | Sugar-Free Kids | 318 | 160 | 17 | 1 | 3 | 0 | 0.05 |
| No-Churn Chololate Ice Cream | Sugar-Free Kids | 319 | 209 | 21 | 2 | 5 | 1 | 0.08 |
| Dairy-Free No-Churn Ice Cream | Sugar-Free Kids | 322 | 197 | 19 | 1 | 0.1 | 0.1 | 0.05 |
| Raspberry Sorbet | Sugar-Free Kids | 324 | 57 | 1 | 3 | 11 | 5 | 0.43 |
| Brownie Truffles | Sugar-Free Kids | 327 | 255 | 25 | 6 | 6 | 3 | 0.21 |
| Strawberry Cheesecake Truffles | Sugar-Free Kids | 328 | 223 | 21 | 5 | 4 | 2 | 0.22 |
| Candy Bar Truffles | Sugar-Free Kids | 329 | 283 | 27 | 5 | 5 | 2 | 0.17 |
| Red Velvet Truffles | Sugar-Free Kids | 330 | 160 | 16 | 3 | 2 | 1 | 0.18 |
| Chocolate Chip Cookie Dough Truffles | Sugar-Free Kids | 331 | 247 | 25 | 3 | 3 | 1 | 0.11 |
| Basic Savory Chaffles | Sugar-Free Kids | 334 | 294 | 23 | 20 | 0.4 | 0 | 0.85 |
| Basic Savory Paffles | Sugar-Free Kids | 334 | 354 | 23 | 38 | 0.4 | 0 | 1.62 |
| Easy Blender Waffles | Sugar-Free Kids | 336 | 465 | 41 | 15 | 9 | 3 | 0.32 |
| Chaffle Breakfast Sammie | Sugar-Free Kids | 338 | 634 | 49 | 50 | 1 | 0 | 1.00 |
| Cinnamon Roll Chaffles | Sugar-Free Kids | 340 | 376 | 32 | 18 | 8 | 4 | 0.50 |
| Blueberry Muffin Chaffles | Sugar-Free Kids | 342 | 296 | 22 | 22 | 7 | 2 | 0.81 |
| Chocolate Hazelnut Waffles | Sugar-Free Kids | 344 | 323 | 24 | 18 | 9 | 5 | 0.64 |
| Drive-Thru Chaffle Burger | Sugar-Free Kids | 346 | 1041 | 81 | 68 | 7 | 1 | 0.78 |
| Crispy Taco Chaffles | Sugar-Free Kids | 348 | 691 | 54 | 46 | 4 | 2 | 0.82 |
| Strawberry Shortcake Chaffle Sandwiches | Sugar-Free Kids | 350 | 503 | 43 | 23 | 3 | 0.2 | 0.50 |
| "Apple" Pie Waffles | Sugar-Free Kids | 352 | 352 | 34 | 8 | 6 | 2 | 0.21 |
| Glazed Pumpkin Mini Waffles | Sugar-Free Kids | 354 | 245 | 21 | 8 | 8 | 3 | 0.31 |
| Waffle Cone Mini Waffles | Sugar-Free Kids | 356 | 176 | 16 | 6 | 4 | 2 | 0.33 |
| Bacon Cheeseburger Waffle | Sugar-Free Kids | 358 | 588 | 43 | 46 | 1 | 0 | 1.05 |
| Chocolate Waffle Sandwich | Sugar-Free Kids | 360 | 459 | 44 | 11 | 6 | 3 | 0.23 |
| Easy Tartar Sauce | Sugar-Free Kids | 364 | 135 | 15 | 0 | 0 | 0 | 0.00 |
| Easiest Mayo Ever | Sugar-Free Kids | 365 | 38 | 3 | 3 | 0.2 | 0 | 0.94 |
| Veggie Dill Dip | Sugar-Free Kids | 366 | 121 | 13 | 1 | 1 | 0 | 0.07 |
| Protein-Packed Ranch Dip | Sugar-Free Kids | 367 | 39 | 3 | 3 | 1 | 0.1 | 0.77 |
| Tradational Ranch | Sugar-Free Kids | 368 | 93 | 10 | 0.3 | 0.5 | 0.1 | 0.03 |
| Sugar-Free Ketchup | Sugar-Free Kids | 369 | 6 | 0 | 0.3 | 1 | 0.4 | 0.50 |
| Pizza Sauce | Sugar-Free Kids | 370 | 29 | 1 | 2 | 3 | 0.5 | 0.57 |
| Fruit Dip | Sugar-Free Kids | 371 | 36 | 1 | 5 | 1 | 0 | 2.50 |

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|---|------------------------|------------|------------|-----------|------------|-----------|------------|----------------|
| Blender Marinara Sauce | Sugar-Free Kids | 372 | 31 | 3 | 0.3 | 2 | 0.3 | 0.06 |
| Roasted Garlic | Sugar-Free Kids | 374 | 83 | 5 | 2 | 9 | 1 | 0.15 |
| Guacamole | Sugar-Free Kids | 376 | 168 | 15 | 2 | 10 | 7 | 0.11 |
| Sugar-Free Strawberry Jam | Sugar-Free Kids | 378 | 9 | 0 | 1 | 1 | 0.3 | 1.43 |
| Sugar-Free Chocolate Hazelnut Spread | Sugar-Free Kids | 380 | 73 | 6 | 2 | 3 | 2 | 0.29 |
| Soft Tortillas | Sugar-Free Kids | 382 | 232 | 16 | 10 | 16 | 10 | 0.45 |
| Sandwich Buns | Sugar-Free Kids | 384 | 154 | 11 | 6 | 10 | 7 | 0.43 |
| Easy English Muffins | Sugar-Free Kids | 386 | 116 | 8 | 10 | 2 | 1 | 1.11 |
| Taco Seasoning | Sugar-Free Kids | 388 | 33 | 1 | 1 | 6 | 3 | 0.25 |
| Bone Broth | Sugar-Free Kids | 392 | 40 | 0 | 10 | 0 | 0 | #DIV/0! |
| Bone Marrow | Sugar-Free Kids | 394 | 330 | 35 | 3 | 0 | 0 | 0.09 |
| Salmon Puree with Salt | Sugar-Free Kids | 396 | 198 | 16 | 12 | 0 | 0 | 0.75 |
| Ground Beef with Salt | Sugar-Free Kids | 398 | 185 | 15 | 10 | 0 | 0 | 0.67 |
| Salted Egg Yolks | Sugar-Free Kids | 400 | 149 | 10 | 13 | 1 | 0 | 1.18 |
| Chicken Pate | Sugar-Free Kids | 402 | 266 | 22 | 14 | 0 | 0 | 0.64 |