

RECIPE NAME	BOOK	PAGE	CALORIES	FAT	PROTEIN	CARBS	FIBER	P:E Ratio
Salmon French Eggs	Carnivore Cookbook	102	464	63	30	1	0	0.5
Bon Vie Scrambler	Carnivore Cookbook	104	330	25	29	1	0	1.1
Ham Hocks and Fried Eggs	Carnivore Cookbook	106	462	37	30	0.4	0	0.8
Breakfast Kabobs	Carnivore Cookbook	108	295	23	22	1	0	0.9
Bacon Knots	Carnivore Cookbook	110	140	12	8	0	0	0.7
Pork Fried Eggs	Carnivore Cookbook	112	464	38	27	2	0	0.7
Bacon Cheeseburger Scrambled Eggs	Carnivore Cookbook	114	460	35	34	2	0	0.9
Breakfast Patties	Carnivore Cookbook	116	429	36	39	0	0	1.1
Breakfast Pie	Carnivore Cookbook	118	336	26	24	2	0	0.9
Carnivore Eggs Benedict	Carnivore Cookbook	120	507	40	32	2	0	0.8
Steak and Eggs	Carnivore Cookbook	122	241	12	20	0.4	0	1.6
Ham 'n' Cheese Frittata	Carnivore Cookbook	124	428	31	35	3	0	1.0
Carnivore Omelet	Carnivore Cookbook	126	716	53	54	3	0	1.0
Carnivore Waffle	Carnivore Cookbook	128	628	53	34	1	0	0.6
Carnivore Egg Cups	Carnivore Cookbook	130	641	52	38	1	0	0.7
Breakfast Meatballs	Carnivore Cookbook	132	303	23	28	0.2	0	1.2
Breakfast Burgers	Carnivore Cookbook	134	592	47	39	0.4	0	0.8
Meat Lollipops	Carnivore Cookbook	138	358	29	24	0	0	0.8
Braunschweiger	Carnivore Cookbook	140	433	36	23	2	0	0.6
Beef Pemmican	Carnivore Cookbook	142	651	57	29	0	0	0.5
Head Cheese	Carnivore Cookbook	144	183	9	23	0	0	2.6
Bacon Burger Lover'S Deviled Eggs	Carnivore Cookbook	146	178	15	9	0.4	0	0.6
Bone Marrow	Carnivore Cookbook	148	630	67	6	0	0	0.1
Smoky Chicken Salad	Carnivore Cookbook	150	350	29	21	0	0	0.7
Tuna Salad	Carnivore Cookbook	152	290	21	24	0	0	1.1
Smoky Salmon Salad	Carnivore Cookbook	154	330	27	23	0	0	0.9
Egg Salad	Carnivore Cookbook	156	328	30	13	1	0	0.4
Ham Salad	Carnivore Cookbook	158	343	32	12	0	0	0.4
Chicken in Aspic	Carnivore Cookbook	160	281	11	43	0	0	3.9
Chitterlings	Carnivore Cookbook	162	430	38	23	0	0	0.6
Chicken Wings	Carnivore Cookbook	164	325	22	30	0	0	1.4
Fried Goat Cheese Ravioli	Carnivore Cookbook	166	236	19	18	2	0	0.9
Bacon-Wrapped Chicken Nuggets	Carnivore Cookbook	168	270	18	25	0	0	1.4
Carnivore Mozzarella Sticks	Carnivore Cookbook	170	274	20	24	0	0	1.2
Venison or Beef Jerky	Carnivore Cookbook	172	86	1	17	0	0	17.0
Carnivore Gummies	Carnivore Cookbook	174	10	0.2	2	0	0	10.0
Samosas	Carnivore Cookbook	176	237	19	16	0	0	0.8
Smoky Chicken Pate	Carnivore Cookbook	178	477	39	28	0	0	0.7
Reverse Sear Long-Bone	Carnivore Cookbook	182	911	72	70	0	0	1.0
Carnivore Shabu Shabu	Carnivore Cookbook	184	587	51	30	0	0	0.6
Salisbury Steak	Carnivore Cookbook	186	363	30	21	0	0	0.7
Slow Cooker Short Ribs with Brown Butter	Carnivore Cookbook	188	579	53	25	0	0	0.5
Brisket	Carnivore Cookbook	190	779	59	57	0	0	1.0
Grilled Lamb Chops	Carnivore Cookbook	192	510	41	30	0	0	0.7
Meatballs	Carnivore Cookbook	194	281	19	26	1	0	1.3
Smoked Meatloaf	Carnivore Cookbook	196	281	19	26	1	0	1.3
Bacon-Wrapped Juicy Lucy	Carnivore Cookbook	198	498	35	42	0	0	1.2
Baked Lamb and Feta Patties	Carnivore Cookbook	200	327	25	22	1	0	0.8
Bacon-Wrapped Filet Mignons	Carnivore Cookbook	202	237	13	27	0	0	2.1

Egg-cellent Meatloaf Cupcakes	Carnivore Cookbook	204	488	35	43	0	0	1.2
Roast Beef	Carnivore Cookbook	206	321	21	29	0	0	1.4
Bacon-Wrapped Tenderloin	Carnivore Cookbook	208	242	9	38	0	0	4.2
Basted Top Sirloin	Carnivore Cookbook	210	570	47	34	0	0	0.7
Air-Fried T-Bone Steaks with Smoked Butter	Carnivore Cookbook	212	680	54	44	0	0	0.8
Smoky Beef Tartare	Carnivore Cookbook	214	297	15	38	1	0	2.4
Beef Tongue	Carnivore Cookbook	216	512	50	44	0	0	0.9
Butter Burgers	Carnivore Cookbook	218	446	40	21	0	0	0.5
Grilled Lamb Kofta	Carnivore Cookbook	220	283	22	19	0	0	0.9
Grilled Porterhouse	Carnivore Cookbook	222	600	41	55	0	0	1.3
Black 'n' Blue Strip Steak	Carnivore Cookbook	224	781	64	50	0	0	0.8
Creamy Parmesan Beef Tips	Carnivore Cookbook	226	543	36	52	1	0	1.4
Shredded Beef with Brown Butter Jus	Carnivore Cookbook	228	519	34	51	0	0	1.5
Oxtail	Carnivore Cookbook	230	360	25	31	0	0	1.2
Rouladen	Carnivore Cookbook	232	260	20	21	0	0	1.1
Grilled Sweetbreads	Carnivore Cookbook	234	429	35	36	0	0	1.0
Traditional Terrine	Carnivore Cookbook	236	442	25	51	0	0	2.0
Short Rib Terrine	Carnivore Cookbook	238	687	64	26	0	0	0.4
Smoked Beef Roast	Carnivore Cookbook	240	507	33	49	0	0	1.5
Smoked Short Ribs	Carnivore Cookbook	242	560	50	26	0	0	0.5
Beef Heart Steaks	Carnivore Cookbook	244	509	25	63	0	0	2.5
Smoked Baby Back Ribs	Carnivore Cookbook	248	702	54	54	0	0	1.0
Homemade Brats	Carnivore Cookbook	250	310	25	20	0	0	0.8
Scotch Eggs	Carnivore Cookbook	252	793	60	78	1	0	1.3
Bacon-Wrapped Pork Chops	Carnivore Cookbook	254	380	28	30	0	0	1.1
Riblets	Carnivore Cookbook	256	297	25	17	0	0	0.7
Sous Vide Pork Chop	Carnivore Cookbook	258	305	23	22	0	0	1.0
Chicken Confit	Carnivore Cookbook	262	373	28	19	0	0	0.7
Brick Chicken	Carnivore Cookbook	264	615	40	63	0	0	1.6
Braised Pheasant with Soft-Boiled Eggs	Carnivore Cookbook	266	461	26	53	0.4	0	2.0
Smoked Turkey	Carnivore Cookbook	268	453	11	82	0	0	7.5
Cornish Game Hens	Carnivore Cookbook	270	454	34	34	0	0	1.0
Roast Chicken	Carnivore Cookbook	272	384	28	32	0	0	1.1
Prosciutto-Wrapped Stuffed Chicken	Carnivore Cookbook	274	684	39	78	0	0	2.0
Crispy Chicken Legs	Carnivore Cookbook	276	637	38	68	1	0	1.7
Chicken Fingers	Carnivore Cookbook	278	329	16	42	1	0	2.5
Chicken Cordon Bleu Roulade	Carnivore Cookbook	280	318	17	38	1	0	2.1
Easy Baked Chicken Livers	Carnivore Cookbook	282	154	8	19	0	0	2.4
Slow Cooker Shredded Chicken with Creamy Cheddar and Bacon	Carnivore Cookbook	284	624	45	54	1	0	1.2
Braised Rabbit	Carnivore Cookbook	286	360	19	44	0	0	2.3
Mouthwatering Lobster Tails	Carnivore Cookbook	290	433	18	65	0	0	3.6
Salt- Baked Fish	Carnivore Cookbook	292	568	10	112	0.2	0	11.0
Slow-Roasted Salmon with Bone Marrow	Carnivore Cookbook	294	550	39	46	0	0	1.2
Bacon-Wrapped Shrimp	Carnivore Cookbook	296	490	36	41	0	0	1.1
Grilled Whole Trout	Carnivore Cookbook	298	350	22	35	0	0	1.6
Simple Surf 'n' Turf	Carnivore Cookbook	300	723	62	41	0	0	0.7
Crispy Baked Fish Sticks	Carnivore Cookbook	302	194	10	22	0.1	0	2.2
Boiled King Crab Legs	Carnivore Cookbook	304	497	28	53	0	0	1.9
Carnivore Bone Broth	Carnivore Cookbook	308	50	1	10	0	0	10.0
Smoked Sea Salt	Carnivore Cookbook	310	0	0	0	0	0	100.0

Tallow and Cracklings	Carnivore Cookbook	312	242	27	0.4	0	0	0.0
Easy Carnivore Hollandaise	Carnivore Cookbook	314	86	9	0.5	0.1	0	0.1
Carnivore Blue Cheese Dressing	Carnivore Cookbook	316	78	6	4	0.2	0	0.6
Bacon Mayonnaise	Carnivore Cookbook	318	82	9	0.2	0.1	0	0.0
Salt-Cured Egg Yolks	Carnivore Cookbook	320	55	5	3	1	0	0.5
Mayonnaise **Mayo	Easy Dairy-Free Ketogenic Recipes	34	92	10	0.3	0.1	0	0.0
Mayonnaise **Baconnaise	Easy Dairy-Free Ketogenic Recipes	34	123	13	0.3	0.2	0	0.0
Egg-Free Mayo	Easy Dairy-Free Ketogenic Recipes	35	228	25	0.1	0.2	0	0.0
Steak Sauce	Easy Dairy-Free Ketogenic Recipes	36	11	0.2	0.2	2	1	0.2
Comeback Sauce	Easy Dairy-Free Ketogenic Recipes	37	124	13	0.1	1	0.3	0.0
Creamy Lime Sauce	Easy Dairy-Free Ketogenic Recipes	38	138	15	0.1	1	0	0.0
Cilantro Lime Dressing	Easy Dairy-Free Ketogenic Recipes	39	8	1	0.2	1	0.3	0.1
Tartar Sauce	Easy Dairy-Free Ketogenic Recipes	40	180	20	0	0	0	0.0
Bearnaise Sauce	Easy Dairy-Free Ketogenic Recipes	41	152	14	4	2	0.1	0.3
Romanesco Sauce	Easy Dairy-Free Ketogenic Recipes	42	70	5	1	3	1	0.1
Simple BBQ Sauce	Easy Dairy-Free Ketogenic Recipes	43	7	0.2	0.2	1	0.2	0.2
Crab Louie Dressing	Easy Dairy-Free Ketogenic Recipes	44	184	20	0.1	1	0.1	0.0
Creamy Ranch Dressing	Easy Dairy-Free Ketogenic Recipes	45	66	7	0.2	0.1	0	0.0
Greek Vinaigrette	Easy Dairy-Free Ketogenic Recipes	46	126	14	0	1	0	0.0
Cinnamon Syrup	Easy Dairy-Free Ketogenic Recipes	47	156	18	0	1	0.4	0.0
Lemon Syrup	Easy Dairy-Free Ketogenic Recipes	48	116	14	0	0.4	0	0.0
Iced Green Tea Latte	Easy Dairy-Free Ketogenic Recipes	52	38	1	1	7	0	0.1
Cherry Almond Breakfast Shake	Easy Dairy-Free Ketogenic Recipes	54	203	1	9	7	3	1.8
Amazing Protein Shake	Easy Dairy-Free Ketogenic Recipes	56	234	21	8	4	2	0.3
Baked Eggs and Ham	Easy Dairy-Free Ketogenic Recipes	57	285	19	25	1	0.1	1.3
French Toast Cereal	Easy Dairy-Free Ketogenic Recipes	58	426	42	15	2	1	0.3
Breakfast Bacon Fat Bombs	Easy Dairy-Free Ketogenic Recipes	59	274	24	16	0	0	0.7
Lemon Minute Muffins	Easy Dairy-Free Ketogenic Recipes	60	265	25	7	9	4	0.2
Smoked Salmon, Egg, and Avocado	Easy Dairy-Free Ketogenic Recipes	62	283	21	18	6	4	0.8
Loaded Scrambled Eggs	Easy Dairy-Free Ketogenic Recipes	64	281	22	19	2	0.3	0.8
Breakfast Asparagus	Easy Dairy-Free Ketogenic Recipes	65	335	24	25	5	2	0.9
Spicy Fried Eggs with Chorizo	Easy Dairy-Free Ketogenic Recipes	66	379	31	19	4	1	0.6
Lemon Poppyseed Waffles	Easy Dairy-Free Ketogenic Recipes	67	268	24	15	2	0.5	0.6
Breakfast Sausage Soup with Soft-Boiled Eggs	Easy Dairy-Free Ketogenic Recipes	68	379	31	20	5	1	0.6
Silky Egg Breakfast Soup	Easy Dairy-Free Ketogenic Recipes	70	521	28	60	5	1	1.9
Snickerdoodle Mini Muffins	Easy Dairy-Free Ketogenic Recipes	72	348	34	11	2	1	0.3
Easy Breakfast Sandwich	Easy Dairy-Free Ketogenic Recipes	73	455	35	31	5	3	0.8
Irish Breakfast	Easy Dairy-Free Ketogenic Recipes	74	305	26	16	2	1	0.6
Soft-Boiled Eggs with Bacon-Wrapped Asparagus Dunkers	Easy Dairy-Free Ketogenic Recipes	76	231	17	16	2	1	0.9
Reuben Eggs Benedict	Easy Dairy-Free Ketogenic Recipes	78	546	40	45	2	0.1	1.1
Super Keto Pancakes	Easy Dairy-Free Ketogenic Recipes	79	186	14	12	3	1	0.8
French Toast Pudding	Easy Dairy-Free Ketogenic Recipes	80	300	26	16	3	1	0.6
Perfect Hard-Boiled Eggs	Easy Dairy-Free Ketogenic Recipes	81	180	14	18	0	0	1.3
Shrimp Cocktail	Easy Dairy-Free Ketogenic Recipes	84	76	1	14	2	0.5	5.6
Pico de Gallo	Easy Dairy-Free Ketogenic Recipes	85	32	0.1	1	6	1	0.2
Citrus Avocado Salsa	Easy Dairy-Free Ketogenic Recipes	86	140	13	1	7	3	0.1
Guacamole	Easy Dairy-Free Ketogenic Recipes	87	313	26	11	13	7	0.3
Jicama Crostini-Two Ways **Tuna Salad	Easy Dairy-Free Ketogenic Recipes	88	31	3	0.2	2	1	0.1
Jicama Crostini-Two Ways **Smoked Salmon	Easy Dairy-Free Ketogenic Recipes	88	27	0.4	2	3	2	1.4
Almost Deviled Eggs	Easy Dairy-Free Ketogenic Recipes	90	94	8	6	0	0	0.8

Bacon Chips with Dips	Easy Dairy-Free Ketogenic Recipes	91	402	34	11	18	9	0.3
Amazing Marinated Olives	Easy Dairy-Free Ketogenic Recipes	92	173	19	0.3	2	1	0.0
Simple Shrimp Parfait	Easy Dairy-Free Ketogenic Recipes	93	141	9	14	2	1	1.4
Dry-Rubbed Baked Wings	Easy Dairy-Free Ketogenic Recipes	94	391	29	32	0.5	0.2	1.1
Devilish Deviled Eggs	Easy Dairy-Free Ketogenic Recipes	95	83	7	6	1	1	0.9
Deviled Green Eggs and Ham	Easy Dairy-Free Ketogenic Recipes	96	489	38	34	2	1	0.9
Cute Kitty Deviled Eggs	Easy Dairy-Free Ketogenic Recipes	98	204	20	7	0.3	0.2	0.3
Moroccan Deviled Eggs	Easy Dairy-Free Ketogenic Recipes	99	90	8	6	0.1	0	0.7
Homemade Ginger Ale	Easy Dairy-Free Ketogenic Recipes	100	31	0.3	1	6	0.2	0.2
Naked Gimlet	Easy Dairy-Free Ketogenic Recipes	102	22	2	0.3	3	1	0.1
Virgin Strawberry Margarita	Easy Dairy-Free Ketogenic Recipes	103	4	0	0	1	0.1	0.0
Super Fast Bone Broth	Easy Dairy-Free Ketogenic Recipes	106	21	1	2	1	0.2	1.1
Chinese Beef and Broccoli Soup	Easy Dairy-Free Ketogenic Recipes	108	426	28	35	9	4	1.1
Coconut Ginger Chicken Soup	Easy Dairy-Free Ketogenic Recipes	110	441	27	39	7	1	1.2
Mexican Lime Chicken Soup	Easy Dairy-Free Ketogenic Recipes	111	207	13	21	3	1	1.4
Caldo de Costilla (Colombian Beef Rib Broth)	Easy Dairy-Free Ketogenic Recipes	112	377	32	17	5	1	0.5
Texas BBQ Brisket Soup	Easy Dairy-Free Ketogenic Recipes	114	399	30	23	9	3	0.6
Pizza Soup	Easy Dairy-Free Ketogenic Recipes	115	430	35	15	17	5	0.3
Cilantro Lime Meatball Soup	Easy Dairy-Free Ketogenic Recipes	116	309	23	21	3	1	0.8
Chilled Tomato and Ham Soup	Easy Dairy-Free Ketogenic Recipes	118	406	36	15	8	2	0.4
Turkey and "Orzo" Soup	Easy Dairy-Free Ketogenic Recipes	119	179	10	18	4	2	1.5
Manhattan Clam Chowder	Easy Dairy-Free Ketogenic Recipes	120	306	14	32	13	3	1.3
Steak Fajita Soup	Easy Dairy-Free Ketogenic Recipes	121	486	32	37	11	2	0.9
Smoky Spicy Chicken Stew	Easy Dairy-Free Ketogenic Recipes	122	278	16	26	6	2	1.3
Tuscan Sausage and "Rice" Stew	Easy Dairy-Free Ketogenic Recipes	124	583	45	33	8	1	0.6
French Onion Meatball Soup	Easy Dairy-Free Ketogenic Recipes	126	385	31	22	5	1	0.6
Ham and Fauxtato Soup	Easy Dairy-Free Ketogenic Recipes	128	118	8	7	4	2	0.7
Slow Cooker Thai Soup	Easy Dairy-Free Ketogenic Recipes	129	466	32	37	7	2	1.0
Chicken and "Rice" Soup	Easy Dairy-Free Ketogenic Recipes	130	223	14	20	4	1	1.2
Italian "Orzo" Soup	Easy Dairy-Free Ketogenic Recipes	131	341	26	17	9	2	0.5
Thai Red Curry Shrimp Soup	Easy Dairy-Free Ketogenic Recipes	132	362	23	32	6	1	1.1
Salmon Soup	Easy Dairy-Free Ketogenic Recipes	133	259	14	27	4	1	1.6
Creamy Smoked Salmon Soup	Easy Dairy-Free Ketogenic Recipes	134	365	29	23	4	1	0.7
Asparagus Cobb Salad with Ranch Dressing	Easy Dairy-Free Ketogenic Recipes	138	336	26	19	6	2	0.6
BLT Grilled Romaine	Easy Dairy-Free Ketogenic Recipes	139	240	25	1	3	1	0.0
Crab Louie Salad	Easy Dairy-Free Ketogenic Recipes	140	402	31	22	6	1	0.6
Salad Kabobs	Easy Dairy-Free Ketogenic Recipes	141	561	44	37	5	1	0.8
Chef's Salad	Easy Dairy-Free Ketogenic Recipes	142	373	31	19	5	2	0.6
Grilled Avocado	Easy Dairy-Free Ketogenic Recipes	143	183	17	2	9	6	0.1
Keto Brioche	Easy Dairy-Free Ketogenic Recipes	144	114	7	12	1	0.1	1.5
Brioche Croutons	Easy Dairy-Free Ketogenic Recipes	146	68	5	6	0.4	0	1.1
Keto "Rice"	Easy Dairy-Free Ketogenic Recipes	147	194	14	13	1	0.1	0.9
Keto Fried "Rice"	Easy Dairy-Free Ketogenic Recipes	148	217	16	15	2	0.2	0.8
Cauliflower Rice	Easy Dairy-Free Ketogenic Recipes	149	70	7	1	2	1	0.1
Keto Tortillas	Easy Dairy-Free Ketogenic Recipes	150	68	4	7	0.3	0	1.6
Cabbage Pasta	Easy Dairy-Free Ketogenic Recipes	152	117	11	1	4	2	0.1
ChowChow	Easy Dairy-Free Ketogenic Recipes	153	30	0.2	1	6	2	0.2
Bacon-Wrapped Portobello Fries	Easy Dairy-Free Ketogenic Recipes	154	230	18	15	3	1	0.8
Asian Coleslaw	Easy Dairy-Free Ketogenic Recipes	155	100	9	2	5	2	0.2
Chicken Shawarma	Easy Dairy-Free Ketogenic Recipes	158	358	26	28	5	1	0.9

BLT Chicken Kabobs	Easy Dairy-Free Ketogenic Recipes	160	295	18	30	3	1	1.5
Chicken Tinga with Keto Tortillas	Easy Dairy-Free Ketogenic Recipes	162	506	33	41	10	2	1.0
Guacamole Lovers' Stuffed Chicken	Easy Dairy-Free Ketogenic Recipes	164	469	28	45	8	4	1.4
Chicken and Asparagus Curry	Easy Dairy-Free Ketogenic Recipes	166	313	24	15	9	3	0.5
Curry Braised Chicken Legs	Easy Dairy-Free Ketogenic Recipes	167	363	25	30	2	0.5	1.1
Grilled Jerk Chicken Thighs	Easy Dairy-Free Ketogenic Recipes	168	408	27	33	7	2	1.0
Easy Asian Chicken Legs	Easy Dairy-Free Ketogenic Recipes	169	322	16	33	6	2	1.7
Chicken and Mushroom Kabobs	Easy Dairy-Free Ketogenic Recipes	170	436	36	24	6	1	0.6
Chicken with Sausage and Greens	Easy Dairy-Free Ketogenic Recipes	172	539	41	36	4	1	0.8
Tender Coconut Chicken	Easy Dairy-Free Ketogenic Recipes	174	515	40	32	4	1	0.7
Lemon Pepper Chicken Tenders	Easy Dairy-Free Ketogenic Recipes	176	432	25	44	5	2	1.6
Bundt Pan Chicken	Easy Dairy-Free Ketogenic Recipes	178	445	33	33	4	1	0.9
Sheet Pan BBQ Chicken Breasts with Bacon-Wrapped Avocado Fries	Easy Dairy-Free Ketogenic Recipes	180	464	40	23	7	5	0.5
Bacon-Wrapped Chicken Fingers	Easy Dairy-Free Ketogenic Recipes	181	451	27	51	0	0	1.9
Simple Sesame Chicken	Easy Dairy-Free Ketogenic Recipes	182	301	22	24	3	0.1	1.0
Paella	Easy Dairy-Free Ketogenic Recipes	184	433	28	36	9	2	1.0
Greek Chicken Thighs	Easy Dairy-Free Ketogenic Recipes	186	647	60	21	10	6	0.3
Tender Chicken Livers	Easy Dairy-Free Ketogenic Recipes	188	170	9	19	1	0	1.9
Dijon Chicken	Easy Dairy-Free Ketogenic Recipes	189	335	22	30	1	0.1	1.3
Curry Chicken Meatballs	Easy Dairy-Free Ketogenic Recipes	190	367	22	32	7	2	1.2
Grilled Chicken and Avocado	Easy Dairy-Free Ketogenic Recipes	191	248	18	17	7	4	0.8
Chicken Satay with Dipping Sauce	Easy Dairy-Free Ketogenic Recipes	192	461	39	26	6	2	0.6
Easy Chicken and Asparagus Stir-Fry	Easy Dairy-Free Ketogenic Recipes	194	274	16	25	6	3	1.3
Mole Chicken Legs	Easy Dairy-Free Ketogenic Recipes	195	310	19	30	4	1	1.4
Devil Chicken	Easy Dairy-Free Ketogenic Recipes	196	366	19	31	1	0.3	1.6
South of the Border Steak	Easy Dairy-Free Ketogenic Recipes	200	329	23	25	6	4	1.0
Spanish Spiced Lamb Chops	Easy Dairy-Free Ketogenic Recipes	202	529	44	31	1	0.3	0.7
Slow Cooker Philly Steak Sandwiches	Easy Dairy-Free Ketogenic Recipes	204	353	28	23	3	1	0.8
T-Bone Steaks with Romanesco Sauce	Easy Dairy-Free Ketogenic Recipes	206	591	43	44	2	0.4	1.0
Easy BBQ Brisket	Easy Dairy-Free Ketogenic Recipes	208	543	40	39	4	1	0.9
Herby Broth Fondue	Easy Dairy-Free Ketogenic Recipes	210	9	0.3	1	0.1	0	2.5
Curry Short Ribs	Easy Dairy-Free Ketogenic Recipes	212	528	47	24	1	0.1	0.5
Simple Spaghetti	Easy Dairy-Free Ketogenic Recipes	213	347	25	21	8	2	0.7
Saucy BBQ Wraps	Easy Dairy-Free Ketogenic Recipes	214	322	23	21	7	2	0.8
Hungarian Goulash	Easy Dairy-Free Ketogenic Recipes	216	381	23	25	17	5	0.7
Jamaican Jerk Pot Roast	Easy Dairy-Free Ketogenic Recipes	217	411	27	33	8	2	1.0
Fajita Kabobs	Easy Dairy-Free Ketogenic Recipes	218	370	28	21	10	2	0.6
Simple Lamb Chops with Lemon Mustard Gravy	Easy Dairy-Free Ketogenic Recipes	220	730	57	48	1	0.4	0.8
Kung Pao Meatballs in Lettuce Cups	Easy Dairy-Free Ketogenic Recipes	222	373	29	22	5	3	0.7
Chinese Five-Spice Roast Beef	Easy Dairy-Free Ketogenic Recipes	224	418	26	41	2	0.1	1.5
Cowboy Steak for Two	Easy Dairy-Free Ketogenic Recipes	225	823	64	61	1	0.3	0.9
Shan Beef Stir-Fry	Easy Dairy-Free Ketogenic Recipes	226	581	48	34	5	1	0.7
Lamb Chops with Gyro Salad	Easy Dairy-Free Ketogenic Recipes	228	596	53	27	5	3	0.5
Italian Beef Tips	Easy Dairy-Free Ketogenic Recipes	230	667	51	39	2	1	0.8
Citrus Pork Shoulder with Spicy Cilantro-Ginger Sauce	Easy Dairy-Free Ketogenic Recipes	234	713	59	39	3	1	0.6
Spring Ham Bake with Dijon Sauce	Easy Dairy-Free Ketogenic Recipes	236	356	31	15	2	1	0.5
Easy Barbecue Ribs	Easy Dairy-Free Ketogenic Recipes	238	602	46	44	2	0.5	0.9
Saucy Barbecue Pork Chops	Easy Dairy-Free Ketogenic Recipes	239	756	63	37	7	1	0.5
Ginger Lime Pork Lettuce Cups	Easy Dairy-Free Ketogenic Recipes	240	353	27	23	8	3	0.7
Pork Chops with Dijon Gravy	Easy Dairy-Free Ketogenic Recipes	242	287	17	25	1	0.3	1.4

Sausage Zucchini Ravioli	Easy Dairy-Free Ketogenic Recipes	244	217	15	12	9	3	0.6
Juicy Pork Tenderloin	Easy Dairy-Free Ketogenic Recipes	246	216	8	32	1	0.1	3.6
Thai Pulled Pork with Keto Fried "Rice"	Easy Dairy-Free Ketogenic Recipes	248	442	34	29	2	0.2	0.8
30-Minute Porchetta	Easy Dairy-Free Ketogenic Recipes	249	341	24	30	1	0.3	1.2
Sweet 'n' Sour Pork Meatballs	Easy Dairy-Free Ketogenic Recipes	250	351	26	23	5	2	0.8
Deviled Ham	Easy Dairy-Free Ketogenic Recipes	252	531	46	24	0	0	0.5
Mustard-Glazed Ham	Easy Dairy-Free Ketogenic Recipes	253	558	38	49	0	0	1.3
Hawaiian Luau Pork	Easy Dairy-Free Ketogenic Recipes	254	567	42	40	6	4	0.9
Cilantro Lime Slow Cooker Ribs	Easy Dairy-Free Ketogenic Recipes	256	623	53	31	2	0.3	0.6
Bacon-Wrapped Scallops with Avocado Cream	Easy Dairy-Free Ketogenic Recipes	260	461	44	14	6	4	0.3
Halibut Confit	Easy Dairy-Free Ketogenic Recipes	262	375	31	23	1	0.5	0.7
Baked Sole with Zucchini	Easy Dairy-Free Ketogenic Recipes	264	239	16	22	5	2	1.2
Pan-Fried Fish with Tartar Sauce	Easy Dairy-Free Ketogenic Recipes	266	402	31	29	0	0	0.9
Halibut Smothered in Tomato Basil Cream	Easy Dairy-Free Ketogenic Recipes	267	233	12	24	5	1	1.5
Salmon Burgers with Dill Sauce	Easy Dairy-Free Ketogenic Recipes	268	443	38	23	4	2	0.6
Crab Claws with Spicy Mustard Sauce	Easy Dairy-Free Ketogenic Recipes	270	498	40	30	1	0.3	0.7
Easy Pickled Shrimp with Curry Mayo	Easy Dairy-Free Ketogenic Recipes	271	398	31	28	0.3	0.1	0.9
Bacon-Wrapped Cod	Easy Dairy-Free Ketogenic Recipes	272	399	36	18	0	0	0.5
Camarones Cucarachas (Deviled Shrimp)	Easy Dairy-Free Ketogenic Recipes	274	180	6	29	3	1	3.6
Shrimp Adobo	Easy Dairy-Free Ketogenic Recipes	275	205	9	30	1	0.1	3.0
Ahi Poke	Easy Dairy-Free Ketogenic Recipes	276	332	22	31	2	0.4	1.3
Fish in Puttanesca Sauce	Easy Dairy-Free Ketogenic Recipes	278	339	26	17	8	2	0.5
Garlic Lime Broiled Shrimp	Easy Dairy-Free Ketogenic Recipes	279	253	16	28	1	0.3	1.7
Personal Salmon en Papillote	Easy Dairy-Free Ketogenic Recipes	280	187	9	23	5	1	1.8
Salt-Crusted Fish	Easy Dairy-Free Ketogenic Recipes	282	390	21	46	2	1	2.1
Cajun Shrimp	Easy Dairy-Free Ketogenic Recipes	284	208	9	28	3	0.4	2.4
Avocado Salmon Ceviche	Easy Dairy-Free Ketogenic Recipes	285	192	15	9	6	3	0.5
Asian-Style Salmon Lettuce Cups	Easy Dairy-Free Ketogenic Recipes	286	360	28	24	4	2	0.8
Yellow Curry Shrimp over Keto Fried "Rice"	Easy Dairy-Free Ketogenic Recipes	287	214	10	29	5	1	2.1
Super Fast Shrimp Fajitas	Easy Dairy-Free Ketogenic Recipes	288	224	9	29	7	2	2.1
Simple Scallops with Garlic Sauce	Easy Dairy-Free Ketogenic Recipes	289	255	15	26	5	0.2	1.3
Shrimp Fried "Rice"	Easy Dairy-Free Ketogenic Recipes	290	386	21	45	3	0.2	1.9
Sweet 'n' Sour Cauliflower over Vegetarian Fried "Rice"	Easy Dairy-Free Ketogenic Recipes	294	251	19	13	9	3	0.5
Vegetarian Curry	Easy Dairy-Free Ketogenic Recipes	296	174	14	13	3	1	0.8
Italian Baked Eggs	Easy Dairy-Free Ketogenic Recipes	298	214	16	13	2	0.4	0.7
Egg Roll in a Bowl	Easy Dairy-Free Ketogenic Recipes	300	266	19	13	12	3	0.5
Chipotle Lime Egg Salad Wraps	Easy Dairy-Free Ketogenic Recipes	302	304	29	12	1	0.2	0.4
Creamy Egg Bhurji	Easy Dairy-Free Ketogenic Recipes	303	219	18	8	7	2	0.3
Vegetarian Doro Watt	Easy Dairy-Free Ketogenic Recipes	304	314	27	18	4	1	0.6
Avocado Toast	Easy Dairy-Free Ketogenic Recipes	306	276	24	11	5	3	0.4
Gazpacho	Easy Dairy-Free Ketogenic Recipes	308	112	8	1	9	2	0.1
Egg Masala	Easy Dairy-Free Ketogenic Recipes	309	468	38	22	18	4	0.4
Vegetarian Fajitas with Avocado	Easy Dairy-Free Ketogenic Recipes	310	354	29	25	1	0	0.8
Vegetarian Fajita Stew	Easy Dairy-Free Ketogenic Recipes	312	372	25	15	26	6	0.3
Grand Marnier Chocolate Candies	Easy Dairy-Free Ketogenic Recipes	316	168	20	0.3	1	0.3	0.0
Sour Patch Candy	Easy Dairy-Free Ketogenic Recipes	317	25	0	6	0	0	100.0
Snickerdoodle Bites	Easy Dairy-Free Ketogenic Recipes	318	235	28	0	0.2	0.2	0.0
Berry Ice Pops	Easy Dairy-Free Ketogenic Recipes	319	2	0	0.1	1	0.2	0.1
Personal Flourless Chocolate Tortes	Easy Dairy-Free Ketogenic Recipes	320	414	40	8	8	6	0.2
Mint Chocolate Chunk Gelato	Easy Dairy-Free Ketogenic Recipes	322	447	48	6	1	0.3	0.1

Mocha Fudge Mug Cakes	Easy Dairy-Free Ketogenic Recipes	324	164	14	5	4	2	0.3
Classic Sherbet	Easy Dairy-Free Ketogenic Recipes	326	92	9	1	1	0	0.1
Dirt Cake	Easy Dairy-Free Ketogenic Recipes	327	327	32	6	5	4	0.2
Gummy Worms	Easy Dairy-Free Ketogenic Recipes	328	19	0	5	0	0	100.0
Mexican Chocolate Mousse	Easy Dairy-Free Ketogenic Recipes	329	304	29	6	6	4	0.2
Banana Bread	Easy Dairy-Free Ketogenic Recipes	330	182	16	11	1	0.3	0.7
Malted Milk Push Pops	Easy Dairy-Free Ketogenic Recipes	332	228	23	2	7	2	0.1
Chocolate Pudding Pops	Easy Dairy-Free Ketogenic Recipes	333	76	7	3	1	1	0.4
Hibiscus Strawberry Ice Lollies	Easy Dairy-Free Ketogenic Recipes	334	0	0	0	0	0	100.0
Tapioca Pudding	Easy Dairy-Free Ketogenic Recipes	335	395	36	14	2	0	0.4
Keto Pink Squirrels **Ice cream	Easy Dairy-Free Ketogenic Recipes	336	242	26	3	0.4	0	0.1
Keto Pink Squirrels **drink	Easy Dairy-Free Ketogenic Recipes	336	502	57	6	0.8	0	0.1
Strawberry Hibiscus Sorbet	Easy Dairy-Free Ketogenic Recipes	338	103	10	2	1	0	0.2
Keto Custard	Easy Dairy-Free Ketogenic Recipes	339	93	6	7	1	0.1	1.0
Strawberries and Cream Panna Cotta	Easy Dairy-Free Ketogenic Recipes	340	103	10	2	1	0	0.2
Bacon-and-Eggs Avocado	Keto Air Fryer	22	536	46	18	18	14	0.4
Double-Dipped Mini Cinnamon Biscuits	Keto Air Fryer	24	546	51	14	13	6	0.2
Meritage Eggs	Keto Air Fryer	26	331	29	16	2	0.2	0.5
Breakfast Pizza	Keto Air Fryer	28	357	25	24	9	2	0.8
Denver Omelet	Keto Air Fryer	30	476	32	41	3	1	1.2
Easy Bacon	Keto Air Fryer	32	140	12	8	0	0	0.7
Valerie's Breakfast Sammies	Keto Air Fryer	34	269	19	22	1	0	1.1
Gyro Breakfast Patties with Tzatziki	Keto Air Fryer	36	396	31	23	4	0.4	0.7
The Best Keto Quiche	Keto Air Fryer	38	333	26	20	6	2	0.7
Easy Mexican Shakshuka	Keto Air Fryer	40	258	17	14	11	4	0.6
Green Eggs and Ham	Keto Air Fryer	42	307	24	14	10	7	0.5
Everything Bagels	Keto Air Fryer	44	224	19	12	4	2	0.6
Keto Danish	Keto Air Fryer	46	160	12	8	2	0.3	0.6
French Toast Pavlova	Keto Air Fryer	48	115	11	3	2	0.3	0.2
Breakfast Cobbler	Keto Air Fryer	50	623	55	23	8	3	0.4
Buffalo Cauliflower	Keto Air Fryer	54	185	15	9	4	2	0.5
Ranch Kale Chips	Keto Air Fryer	56	11	0.2	1	2	0.4	0.6
Crispy Nacho Avocado Fries	Keto Air Fryer	58	282	22	15	9	7	0.6
Bacon-Wrapped Pickle Poppers	Keto Air Fryer	60	87	8	4	1	0	0.4
Bourbon Chicken Wings	Keto Air Fryer	62	545	30	42	3	0.1	1.3
Doro Wat Wings	Keto Air Fryer	64	317	24	24	0.1	0	1.0
Salt and Vinegar Pork Belly Chips	Keto Air Fryer	66	240	21	13	0	0	0.6
Crispy Prosciutto-Wrapped Onion Rings	Keto Air Fryer	68	318	28	14	3	0.4	0.5
Bacon-Wrapped Asparagus	Keto Air Fryer	70	241	22	7	6	3	0.3
Reuben Egg Rolls	Keto Air Fryer	72	321	29	13	1	0.1	0.4
Mozzarella Sticks	Keto Air Fryer	74	337	27	23	4	1	0.8
Crispy Calamari Rings	Keto Air Fryer	76	287	13	28	11	3	1.3
Bloornin' Onion	Keto Air Fryer	78	51	3	4	3	0.4	0.7
Prosciutto-Wrapped Guacamole Rings	Keto Air Fryer	80	132	9	5	10	4	0.3
Prosciutto Pierogi	Keto Air Fryer	82	150	11	11	2	1	0.9
Keto Tots	Keto Air Fryer	86	166	13	5	5	2	0.3
Loaded Bacon-Wrapped Keto Tots	Keto Air Fryer	88	385	31	16	6	2	0.5
Tomatoes Provencal	Keto Air Fryer	90	68	3	5	6	1	0.6
Burrata-Stuffed Tomatoes	Keto Air Fryer	92	108	7	6	5	2	0.6
Crispy Brussels Sprouts	Keto Air Fryer	93	149	12	4	10	4	0.2

Caramelized Broccoli	Keto Air Fryer	94	107	9	3	6	2	0.2
Perfect Zoodles	Keto Air Fryer	95	29	0	2	6	2	0.5
Marinated Turmeric Cauliflower Steaks	Keto Air Fryer	96	69	4	4	8	4	0.5
Caramelized Ranch Cauliflower	Keto Air Fryer	97	62	0.1	6	12	6	1.0
Fried Cauliflower Rice	Keto Air Fryer	98	30	0	3	4	1	1.0
Garlic Thyme Mushrooms	Keto Air Fryer	99	82	9	1	1	0.2	0.1
Sweet Fauxtato Casserole	Keto Air Fryer	100	421	40	8	10	5	0.2
Spinach Artichoke Tart	Keto Air Fryer	102	228	7	14	6	2	1.3
Crunchy-Top Personal Mac 'n' Cheese	Keto Air Fryer	104	305	26	12	6	3	0.4
Parmesan Flan	Keto Air Fryer	106	345	32	14	2	0.2	0.4
Garlic Butter Breadsticks	Keto Air Fryer	108	301	26	14	6	2	0.5
Bruschetta	Keto Air Fryer	110	268	22	10	14	10	0.4
Savory Beefy Poppers	Keto Air Fryer	114	679	53	42	3	1	0.8
Swedish Meatloaf	Keto Air Fryer	116	395	32	23	3	1	0.7
Carne Asada	Keto Air Fryer	118	263	17	24	4	1	1.2
Salisbury Steak with Mushroom Onion Gravy	Keto Air Fryer	120	588	44	33	11	3	0.6
Fajita Meatball Lettuce Wraps	Keto Air Fryer	122	272	18	23	3	0.5	1.1
Reuben Fritters	Keto Air Fryer	124	527	50	18	2	0.1	0.3
Greek Stuffed Tenderloin	Keto Air Fryer	126	415	16	62	4	0.3	3.1
Herb-Crusted Lamb Chops	Keto Air Fryer	128	790	60	57	2	0.4	0.9
Black 'n' Blue Burgers	Keto Air Fryer	130	237	20	11	3	1	0.5
Mojito Lamb Chops	Keto Air Fryer	132	692	53	48	2	0.4	0.9
Mushroom and Swiss Burgers	Keto Air Fryer	134	345	23	30	5	1	1.1
Deconstructed Chicago Dogs	Keto Air Fryer	138	123	8	8	3	1	0.8
Pork Milanese	Keto Air Fryer	140	351	18	42	3	1	2.1
Italian Sausages with Peppers and Onions	Keto Air Fryer	142	576	49	25	8	2	0.5
Scotch Eggs	Keto Air Fryer	144	447	34	43	0.5	0	1.2
Mama Maria's Savory Sausage Cobbler	Keto Air Fryer	146	588	48	28	9	3	0.5
Pork Tenderloin with Avocado Lime Sauce	Keto Air Fryer	148	326	19	26	15	6	0.9
Five-Spice Pork Belly	Keto Air Fryer	150	365	32	19	2	0.3	0.6
BBQRiblets	Keto Air Fryer	152	319	26	19	3	0.3	0.7
Dry Rub Baby Back Ribs	Keto Air Fryer	154	515	40	37	3	1	0.9
Bacon-Wrapped Stuffed Pork Chops	Keto Air Fryer	156	578	45	37	5	0.03	0.7
Chicken Kiev	Keto Air Fryer	160	801	64	51	3	1	0.8
Chicken Cordon Bleu Meatballs	Keto Air Fryer	162	288	15	31	5	0.5	1.6
Buffalo Chicken Drumsticks	Keto Air Fryer	164	472	34	38	1	0.3	1.1
Sesame Turkey Balls in Lettuce Cups	Keto Air Fryer	166	322	19	32	2	0.3	1.5
Porchetta-Style Chicken Breasts	Keto Air Fryer	168	468	25	56	3	1	2.1
Easy Thanksgiving Turkey Breast	Keto Air Fryer	170	388	18	50	1	0.3	2.7
Chicken Paillard	Keto Air Fryer	172	526	33	53	3	1	1.5
General Tso's Chicken	Keto Air Fryer	174	254	10	34	5	1	2.4
Chicken Strips with Satay Sauce	Keto Air Fryer	176	359	16	49	2	1	2.9
Bacon Lovers' Stuffed Chicken	Keto Air Fryer	178	686	51	52	2	0	1.0
Chicken Pesto Parmigiana	Keto Air Fryer	180	558	43	40	4	1	0.9
Crispy Taco Chicken	Keto Air Fryer	182	486	29	54	3	0.2	1.7
Thai Tacos with Peanut Sauce	Keto Air Fryer	184	350	17	39	11	3	1.6
Shrimp Scampi	Keto Air Fryer	188	175	11	18	1	0.2	1.5
Simple Scallops	Keto Air Fryer	190	106	2	18	3	0.2	3.8
Tuna Melt Croquettes	Keto Air Fryer	192	421	29	37	2	1	1.2
Coconut Shrimp with Spicy Mayo	Keto Air Fryer	194	360	28	25	2	1	0.9

Crispy Crab Rangoon Patties with Sweet 'n' Sour Sauce	Keto Air Fryer	196	411	30	35	4	3	1.1
Pecan-Crusted Catfish	Keto Air Fryer	198	162	11	17	1	1	1.5
Friday Night Fish Fry	Keto Air Fryer	200	164	5	26	1	0.2	4.5
Parmesan-Crusted Shrimp over Pesto Zoo dies	Keto Air Fryer	202	397	26	31	10	3	0.9
Asian Marinated Salmon	Keto Air Fryer	204	311	18	31	9	1	1.2
BLT Crab Cakes	Keto Air Fryer	206	341	28	22	3	1	0.7
Mouthwatering Cod over Creamy Leek Noodles	Keto Air Fryer	208	345	25	25	3	0.4	0.9
Spicy Popcorn Shrimp	Keto Air Fryer	210	199	9	27	1	0	2.7
Breaded Shrimp Tacos	Keto Air Fryer	212	194	8	28	3	0.5	2.7
Ham 'n' Cheese Hand Pies	Keto Air Fryer	216	484	41	26	6	2	0.6
Cheeseburger Meatballs	Keto Air Fryer	218	621	47	45	5	1	0.9
Keto Turtles	Keto Air Fryer	220	389	28	30	0.4	0.1	1.1
No-Corn Dogs	Keto Air Fryer	222	405	33	24	5	2	0.7
Italian Dunkers	Keto Air Fryer	224	332	22	36	1	0.3	1.6
Hot Dog Buns	Keto Air Fryer	226	145	11	6	10	7	0.4
BLTSushi	Keto Air Fryer	228	254	22	9	5	2	0.4
Popcorn Chicken	Keto Air Fryer	230	479	36	37	1	0.1	1.0
Ham 'n' Cheese Ravioli	Keto Air Fryer	232	269	20	16	4	0.3	0.7
Chicken Patties	Keto Air Fryer	234	352	25	28	4	3	1.1
Little French Fudge Cakes	Keto Air Fryer	238	414	38	12	11	5	0.3
Flourless Cream-Filled Mini Cakes	Keto Air Fryer	240	330	30	6	5	2	0.2
Halle Berries-and-Cream Cobbler	Keto Air Fryer	242	583	51	16	10	3	0.3
Chocolate Meringue Cookies	Keto Air Fryer	244	12	0.3	2	1	0.3	2.0
Lemon Poppy Seed Macaroons	Keto Air Fryer	246	71	7	1	3	2	0.1
Lemon Curd Pavlova	Keto Air Fryer	248	332	33	9	4	1	0.3
Browned Butter Mocha Latte	Keto Comfort Foods	36	273	27	4	5	2	0.1
Lovers' Omelet	Keto Comfort Foods	38	576	46	30	6	1	0.6
Quiche Lorraine Dutch Baby	Keto Comfort Foods	40	365	25	33	2	0.2	1.2
Garlicky Cheddar Biscuits and Gravy	Keto Comfort Foods	42	359	31	14	5	2	0.4
Creamy Stuffed Blintzes	Keto Comfort Foods	44	685	60	24	5	0	0.4
Flappers	Keto Comfort Foods	46	437	38	13	6	3	0.3
Buttery Scones	Keto Comfort Foods	48	246	23	7	6	3	0.3
Cinnamon Roll Bread Pudding	Keto Comfort Foods	50	223	20	8	2	0.3	0.4
Cream Cheese Pumpkin Muffins	Keto Comfort Foods	52	399	33	13	12	4	0.3
Grandma Suzie's Kringle	Keto Comfort Foods	54	271	23	11	5	2	0.4
Sour Cream Coffee Cake with Browned Butter Glaze (w/almond flour)	Keto Comfort Foods	56	536	51	11	9	4	0.2
Sour Cream Coffee Cake with Browned Butter Glaze (w/coconut flour)	Keto Comfort Foods	56	403	37	7	7	3	0.2
Tiramisu Muffins	Keto Comfort Foods	58	209	19	5	3	2	0.3
Amazing Breakfast Sausage Bake	Keto Comfort Foods	60	493	42	26	1	0.4	0.6
Monte Cristo Crepes	Keto Comfort Foods	62	452	38	20	4	0	0.5
Chicken and Waffles with Hollandaise	Keto Comfort Foods	64	639	48	60	2	1	1.2
Glazed Chocolate Donuts	Keto Comfort Foods	66	332	28	9	9	5	0.3
Chocolate Donut Bread Pudding	Keto Comfort Foods	68	220	19	6	5	3	0.3
Red Velvet Pancakes with Cream Cheese Syrup	Keto Comfort Foods	70	401	33	19	5	1	0.5
Snickerdoodle Breakfast Pots de Creme	Keto Comfort Foods	72	326	37	3	1	0.2	0.1
BBQ Pulled Pork Hash with Eggs	Keto Comfort Foods	74	482	36	29	7	2	0.7
Maple Bacon Waffle Breakfast Sundaes	Keto Comfort Foods	76	712	70	18	3	0.5	0.2
Croque Madame Waffles	Keto Comfort Foods	78	499	43	25	1	0	0.6
Sweet Breakfast Biscuits with Chocolate or Caramel Mocha Gravy	Keto Comfort Foods	80	345	34	6	5	2	0.2
Crab Cake Eggs Benedict	Keto Comfort Foods	82	554	41	40	1	0	1.0

BLT Party Cheese Ball	Keto Comfort Foods	86	268	22	12	2	0	0.5
BLT Stuffed Mushrooms	Keto Comfort Foods	87	520	43	25	6	1	0.5
Twice-Baked Mashed Fauxtato Bites	Keto Comfort Foods	88	354	25	19	14	6	0.6
Bacon Poppers	Keto Comfort Foods	89	478	39	21	9	3	0.5
Buffalo Chicken Cannoli	Keto Comfort Foods	90	441	31	36	3	0.4	1.1
Loaded Fries with Ranch	Keto Comfort Foods	92	191	16	9	3	1	0.5
Pizza Fat Bombs	Keto Comfort Foods	94	142	13	4	1	0	0.3
Bacon-Wrapped Stuffed Portobellos	Keto Comfort Foods	95	271	23	13	2	0.2	0.5
Loaded Chicken Nachos	Keto Comfort Foods	96	229	13	24	3	1	1.6
The Best Browned Butter Cheese Fondue	Keto Comfort Foods	98	316	30	11	2	0	0.3
Parmesan Chips	Keto Comfort Foods	100	120	9	12	0	0	1.3
Buffalo Chicken Wings with The Best Blue Cheese Dressing	Keto Comfort Foods	101	585	43	45	1	0.1	1.0
Baked Brie with Keto Cherry Jelly	Keto Comfort Foods	102	262	23	13	3	1	0.5
Spanakopita Flatbread	Keto Comfort Foods	104	419	35	23	8	3	0.6
Bacon-Wrapped Stuffed Meatballs	Keto Comfort Foods	106	512	42	33	1	0.2	0.8
Hush Puppies with Pimiento Mayo	Keto Comfort Foods	108	127	12	5	1	0.1	0.4
Seafood Bisque	Keto Comfort Foods	112	521	39	29	8	1	0.6
Clam Chowder	Keto Comfort Foods	114	371	26	22	8	1	0.7
Chicken "Wild Rice" Soup	Keto Comfort Foods	116	642	54	33	4	1	0.6
Cream of Chicken Soup	Keto Comfort Foods	118	268	21	15	4	1	0.6
Mushroom Truffle Bisque	Keto Comfort Foods	119	304	27	8	6	1	0.3
Fauxtato Leek Soup	Keto Comfort Foods	120	195	16	6	4	1	0.3
Beef Stew	Keto Comfort Foods	122	245	17	13	7	2	0.6
Slow Cooker Chipotle Lime Steak Soup	Keto Comfort Foods	123	204	13	13	7	2	0.7
Italian Sausage Soup	Keto Comfort Foods	124	340	26	18	8	2	0.6
Philly Cheesesteak Soup	Keto Comfort Foods	126	409	31	25	4	1	0.7
Warm Goat Cheese Salad with Bacon Vinaigrette	Keto Comfort Foods	128	766	67	36	8	4	0.5
Mashed Fauxtatoes	Keto Comfort Foods	129	178	12	9	9	4	0.5
Roasted Cauliflower with Bearnaise Sauce	Keto Comfort Foods	130	147	13	3	6	2	0.2
Steak Fries	Keto Comfort Foods	131	171	12	17	2	1	1.3
Brussels Sprouts with Soft-Boiled Eggs and Avocado	Keto Comfort Foods	132	204	14	9	13	6	0.4
Yorkshire Pudding	Keto Comfort Foods	134	42	1	7	0.4	0	5.0
Roasted Asparagus with Poached Eggs and Hollandaise	Keto Comfort Foods	136	291	26	9	5	2	0.3
Zucchini and Bacon Gratin	Keto Comfort Foods	138	112	8	9	4	1	0.8
"Cornbread" Muffins	Keto Comfort Foods	139	192	17	5	4	2	0.3
Stuffing Cupcakes	Keto Comfort Foods	140	221	19	10	2	0.5	0.5
Creamed Collards with Browned Butter and Bacon	Keto Comfort Foods	142	284	25	7	11	5	0.2
Scalloped Fauxtatoes with Bacon, Leeks, and Gruyere	Keto Comfort Foods	144	415	41	12	6	3	0.3
Pimiento Cheese Muffins	Keto Comfort Foods	146	341	29	13	8	3	0.4
Cordon Bleu Lasagna	Keto Comfort Foods	150	314	26	16	3	1	0.6
Poulet Grand-Mere	Keto Comfort Foods	152	489	42	23	3	1	0.5
Chicken and Gravy Cobbler	Keto Comfort Foods	154	438	33	28	6	2	0.8
Lemon Pepper Roast Turkey with Bacon Gravy	Keto Comfort Foods	156	349	19	39	3	1	1.9
Turkey Tetrazzini	Keto Comfort Foods	158	372	24	33	6	1	1.1
Skillet Enchilada Casserole	Keto Comfort Foods	160	442	30	36	6	2	1.1
Turkey Meatloaf Cupcakes	Keto Comfort Foods	162	329	13	42	10	2	2.0
Saucy Crispy Chicken	Keto Comfort Foods	164	544	42	40	0.2	0	0.9
Braised Turkey Legs with Creamy Gravy	Keto Comfort Foods	166	650	30	80	10	4	2.2
Chicken Club Hand Pies	Keto Comfort Foods	168	513	43	27	7	2	0.6
Fried Chicken with Cheesy Grits	Keto Comfort Foods	170	592	46	45	1	0	1.0

Chicken Divan	Keto Comfort Foods	172	691	63	29	4	1	0.4
Smothered Fried Cabin Chicken	Keto Comfort Foods	174	517	36	45	4	1	1.2
Shredded Amish Chicken and Gravy	Keto Comfort Foods	176	453	31	32	10	3	0.8
BBQ Chicken Lasagna	Keto Comfort Foods	178	345	21	31	8	2	1.1
Turkey Goulash Over Mashed Fauxtatoes	Keto Comfort Foods	180	342	18	32	12	4	1.2
Red Curry Chicken Over Cauliflower Rice	Keto Comfort Foods	182	355	27	16	10	3	0.5
Herb Roasted Chicken	Keto Comfort Foods	184	320	23	25	2	0.4	1.0
Chicken Cordon Bleu	Keto Comfort Foods	186	592	45	45	3	0	0.9
Slow Cooker Creamy Picante Chicken	Keto Comfort Foods	188	348	21	27	9	2	1.0
Buffalo Chicken Casserole	Keto Comfort Foods	190	430	29	32	8	2	0.9
Duck a l'Orange	Keto Comfort Foods	192	478	41	20	7	2	0.4
Braised Duck Legs with Bacon and Mushrooms	Keto Comfort Foods	194	393	33	19	6	1	0.5
Chicken Pot Pies	Keto Comfort Foods	196	631	50	38	9	3	0.7
Sunday Supper Pot Roast Over Mashed Fauxtatoes	Keto Comfort Foods	200	597	40	51	4	1	1.2
Skillet Moussaka	Keto Comfort Foods	202	428	33	23	9	3	0.6
Philly Cheeses teak Cupcakes	Keto Comfort Foods	204	504	39	33	5	1	0.8
Gyro Loaf with Tzatziki Sauce	Keto Comfort Foods	206	539	41	33	6	1	0.7
Joe's Special	Keto Comfort Foods	208	495	41	28	4	1	0.6
Meatloaf Cordon Bleu	Keto Comfort Foods	209	437	32	31	3	1	0.9
Steak Frites with Bearnaise Sauce	Keto Comfort Foods	210	655	61	24	6	2	0.4
Rib- Eye Steak with Asparagus Puree and Bacon Custard	Keto Comfort Foods	212	572	54	22	2	1	0.4
Filet Mignons Florentine	Keto Comfort Foods	214	497	43	20	6	2	0.4
Meatballs with Brown Gravy	Keto Comfort Foods	216	550	44	36	1	0.4	0.8
Steak with Blue Cheese Whip	Keto Comfort Foods	218	566	48	33	1	0.4	0.7
Perfect Reverse-Sear Prime Rib with Tiger Sauce	Keto Comfort Foods	220	703	49	60	2	1	1.2
Greek Burgers with Feta Dressing	Keto Comfort Foods	222	556	46	28	6	2	0.6
Country-Fried Steak and Gravy	Keto Comfort Foods	224	775	58	50	12	5	0.8
Taco Pizza	Keto Comfort Foods	226	518	42	29	12	4	0.6
Pizza Supreme	Keto Comfort Foods	228	507	42	28	10	4	0.6
French Dip Sandwiches	Keto Comfort Foods	230	623	47	39	4	3	0.8
Garlic and Rosemary Rack of Lamb	Keto Comfort Foods	232	344	27	17	4	1	0.6
Shrimp Thermidor	Keto Comfort Foods	236	785	57	56	5	1	0.9
Walleye Simmered in Basil Cream	Keto Comfort Foods	238	210	11	23	3	0.4	1.7
Cheesy Tuna Casserole	Keto Comfort Foods	240	344	22	31	3	1	1.3
Charleston Shrimp 'n' Gravy Over Grits	Keto Comfort Foods	242	500	34	41	5	1	1.1
Seafood Risotto	Keto Comfort Foods	244	368	24	29	9	4	1.0
Surf and Turf for Two	Keto Comfort Foods	245	526	49	19	0.4	0	0.4
Crawfish Etouffee	Keto Comfort Foods	246	372	21	36	7	2	1.4
Halibut Smothered in Creamy Lemon-Dill Sauce	Keto Comfort Foods	248	270	17	24	4	1	1.2
Sole Meuniere	Keto Comfort Foods	250	383	31	28	1	0.2	0.9
Creole Catfish	Keto Comfort Foods	252	210	11	19	10	3	1.1
Butter-Poached Lobster Tails Over Creamy Keto Risotto	Keto Comfort Foods	254	775	69	38	1	0	0.5
BBQ Pulled Pork Sandwiches with Wilted Bacon Slaw	Keto Comfort Foods	258	645	47	45	5	1	0.9
Saucy Stuffed Cabbage Rolls	Keto Comfort Foods	260	317	23	14	14	5	0.4
Schnitzel	Keto Comfort Foods	262	464	36	37	2	0.5	1.0
Smothered Pork Chops in Mushroom and Onion Gravy	Keto Comfort Foods	264	691	59	30	10	2	0.4
Ham 'n' Grits with Redeye Gravy	Keto Comfort Foods	265	454	38	24	4	1	0.6
Pork and Cheddar Sausages	Keto Comfort Foods	266	413	36	21	1	0	0.6
Bangers and Mash with Onion Gravy	Keto Comfort Foods	268	641	50	33	13	5	0.6
Crispy Pork Belly Over Grits with Bacon Jam	Keto Comfort Foods	270	551	48	27	1	0	0.6

Creamy Cajun Pasta	Keto Comfort Foods	272	669	32	64	6	2	1.8
Bomba Burgers	Keto Comfort Foods	276	689	56	44	5	3	0.8
Hot Beef Sundaes	Keto Comfort Foods	278	824	65	50	8	3	0.7
Grilled Cheese Waffles and Tomato Gorgonzola Bisque	Keto Comfort Foods	280	508	42	24	7	2	0.5
Cheeseburger Soup	Keto Comfort Foods	282	586	48	31	4	0.3	0.6
Chili Cheese Dog Casserole	Keto Comfort Foods	284	668	48	43	10	2	0.8
Pizza Waffles	Keto Comfort Foods	286	270	24	13	1	0.3	0.5
Chicken Parmesan Mini Meatloaves	Keto Comfort Foods	288	254	16	27	1	0.2	1.6
Ham 'n' Cheese Cones	Keto Comfort Foods	290	315	29	12	1	0.2	0.4
Chili Dogs	Keto Comfort Foods	292	367	26	25	6	1	0.8
Deconstructed Bacon Cheeseburger Pizza	Keto Comfort Foods	294	283	23	17	3	1	0.7
Italian Cream Soda	Keto Comfort Foods	298	148	18	0	0	0	0.0
Persian Hot Chocolate	Keto Comfort Foods	300	134	10	4	6	3	0.3
Pumpkin Dip with Pie Fries	Keto Comfort Foods	302	282	25	5	8	3	0.2
Malted Milk Ball Buche de Noel	Keto Comfort Foods	304	587	55	10	12	5	0.2
Gateau au Chocolat	Keto Comfort Foods	306	361	35	6	6	4	0.2
Pots de Creme	Keto Comfort Foods	308	396	38	6	9	6	0.1
Deconstructed Chocolate Cannoli Cookies	Keto Comfort Foods	309	115	10	3	3	2	0.3
Death by Chocolate Cheesecake	Keto Comfort Foods	310	552	50	11	11	6	0.2
French Silk Ice Cream	Keto Comfort Foods	312	460	49	7	2	1	0.1
"Keto Debbie" Chocolate Cupcakes	Keto Comfort Foods	314	407	38	9	6	2	0.2
Penuche (Italian Fudge)	Keto Comfort Foods	316	157	16	1	1	1	0.1
Peaches and Cream Sorbet	Keto Comfort Foods	317	300	36	0	0	0	0.0
Chocolate Ice Cream Cake with Almond Butter Swirl	Keto Comfort Foods	318	385	35	11	8	4	0.3
Deconstructed Chocolate Waffle Cones	Keto Comfort Foods	320	810	82	19	7	4	0.2
Maple Bacon Ice Cream in Bacon Cones	Keto Comfort Foods	322	514	50	14	1	0	0.3
Strawberries and Cream Snowballs	Keto Comfort Foods	324	591	58	9	7	3	0.1
Malted Milk Ball Cheesecake	Keto Comfort Foods	326	358	31	8	9	3	0.2
Can noli Mini Cheese Balls	Keto Comfort Foods	328	417	40	6	7	3	0.1
Mini Mocha Bundt Cakes	Keto Comfort Foods	330	328	29	11	9	4	0.3
Mint Chocolate Whoopie Pies	Keto Comfort Foods	332	609	59	11	8	4	0.2
Mint Chocolate Cheesecake Buche de Noel	Keto Comfort Foods	334	343	35	4	4	3	0.1
Decadent Black Forest Dessert for Two	Keto Comfort Foods	336	613	65	7	4	2	0.1
"Rice" Pudding	Keto Comfort Foods	338	206	21	4	1	0.1	0.2
Creamy Chocolate Mint Truffles	Keto Comfort Foods	340	111	10	2	2	1	0.2
Malted Milk Ball Truffles	Keto Comfort Foods	342	123	10	2	4	2	0.2
Pecan Pie Truffles	Keto Comfort Foods	344	182	19	1	1	1	0.1
Dark Chocolate Raspberry Truffles	Keto Comfort Foods	346	116	11	2	2	1	0.2
Pumpkin Cheesecake Truffles	Keto Comfort Foods	348	137	12	2	2	1	0.2
Bananas Foster for Two	Keto Comfort Foods	350	650	69	7	4	2	0.1
Banana Cream Pie'	Keto Comfort Foods	352	212	21	3	3	2	0.1
Bone Broth: Beef, Chicken, or Fish	Keto Comfort Foods	356	10	2	0.7	0.8	0	0.3
Bearnaise Sauce	Keto Comfort Foods	357	152	14	4	2	0.1	0.3
Hollandaise	Keto Comfort Foods	358	175	19	1	1	0.1	0.1
Pizza Sauce	Keto Comfort Foods	358	52	3	4	3	1	0.8
Mayonnaise	Keto Comfort Foods	359	91	10	0.2	0.1	0	0.0
Ranch Dressing	Keto Comfort Foods	359	71	6	2	1	0	0.3
Cilantro Lime Ranch Dressing	Keto Comfort Foods	360	56	5	1	1	0.1	0.2
The Best Blue Cheese Dressing	Keto Comfort Foods	360	66	5	4	0.2	0	0.8
Greek Feta Dressing	Keto Comfort Foods	361	158	16	3	1	0	0.2

Keto Grits	Keto Comfort Foods	361	405	37	16	1	0	0.4
Keto Buns	Keto Comfort Foods	362	36	2	4	0.5	0	1.6
Cauliflower Rice	Keto Comfort Foods	362	70	7	1	2	1	0.1
Zoodles-Two Ways	Keto Comfort Foods	363	18	0.2	1.4	3.8	1.2	0.5
Umami Broth	Keto Comfort Foods	364	30	1	1	3	1	0.3
Pumpkin Coffee Cake	Keto Instant Pot	44	239	21	9	9	4	0.3
Blueberry Cereal	Keto Instant Pot	46	283	25	10	7	4	0.4
Crustless Quiche Lorraine	Keto Instant Pot	48	434	30	31	7	2	0.9
Granola	Keto Instant Pot	50	492	44	17	9	5	0.4
Easy Baked Eggs	Keto Instant Pot	52	592	51	33	3	0.2	0.6
Pumpkin Pie Breakfast Pudding	Keto Instant Pot	54	202	17	6	5	1	0.3
Buffalo Wings with Blue Cheese Dressing	Keto Instant Pot	58	213	15	15	6	3	0.8
Crab Rangoon Dip	Keto Instant Pot	60	491	40	24	5	1	0.5
Pizza Hit Breadsticks	Keto Instant Pot	62	214	13	12	10	4	0.6
Pizza Dip	Keto Instant Pot	64	262	21	17	4	1	0.7
Tender Mexican Spice Wings	Keto Instant Pot	66	164	14	10	2	1	0.7
Crab-Stuffed Mushrooms	Keto Instant Pot	68	113	8	8	2	1	0.9
Mexican Meatballs	Keto Instant Pot	70	676	51	41	8	1	0.7
Gyro Mushrooms	Keto Instant Pot	72	315	25	19	7	2	0.6
Ham & Cauliflower au Gratin	Keto Instant Pot	74	308	17	29	8	2	1.3
French Onion Casserole	Keto Instant Pot	76	278	22	11	11	2	0.4
Sesame Broccoli	Keto Instant Pot	78	78	4	3	9	5	0.4
Buttery Mushrooms	Keto Instant Pot	79	256	28	3	3	1	0.1
Alfredo Veggies	Keto Instant Pot	80	128	6	8	10	3	0.6
Sweet 'n' Sour Eggplant	Keto Instant Pot	82	125	5	4	19	7	0.2
Nutty "Noodles"	Keto Instant Pot	84	128	8	5	9	3	0.4
Reuben Soup	Keto Instant Pot	88	427	34	20	4	0.2	0.5
Cream of Asparagus Soup	Keto Instant Pot	90	270	15	13	20	5	0.4
Chicken "Noodle" Soup	Keto Instant Pot	92	253	15	21	11	1	0.8
New England Clam Chowder	Keto Instant Pot	94	552	41	34	10	1	0.7
Pumpkin Chili	Keto Instant Pot	96	431	41	23	15	4	0.4
Italian Chicken Chili	Keto Instant Pot	98	251	12	26	7	1	1.4
Tomato Basil Parmesan Soup	Keto Instant Pot	100	146	10	8	4	1	0.6
Provolone Chicken Soup	Keto Instant Pot	102	373	18	49	2	0.3	2.5
Ciccpino	Keto Instant Pot	104	298	12	35	14	2	1.5
Seafood Chowder	Keto Instant Pot	106	234	15	17	8	1	0.8
Broccoli & Brie Soup	Keto Instant Pot	108	210	16	9	7	1	0.4
Curry Beef Stew	Keto Instant Pot	110	394	26	33	5	1	1.1
Spicy Chicken Stew	Keto Instant Pot	112	341	23	21	10	2	0.7
African "Nut" Stew	Keto Instant Pot	114	290	19	14	14	2	0.5
Venison Stew	Keto Instant Pot	116	359	21	32	9	3	1.2
French Onion Soup	Keto Instant Pot	118	329	11	15	11	4	0.8
Creamy Chicken & Tomato Soup	Keto Instant Pot	120	382	29	24	11	2	0.6
Belgian Boovah	Keto Instant Pot	122	273	15	22	13	4	0.9
Supreme Pizza Soup	Keto Instant Pot	124	260	21	6	9	2	0.2
Green Borscht	Keto Instant Pot	126	519	24	52	23	4	1.2
EggRollSoup	Keto Instant Pot	128	425	30	26	11	8	0.8
Chicken Cordon Bleu Soup	Keto Instant Pot	130	274	18	22	6	0.3	0.9
Immune-Boosting Soup	Keto Instant Pot	132	230	7	23	18	0.1	0.9
Mexican Beef Soup	Keto Instant Pot	134	456	36	25	6	2	0.6

Broccoli Cheddar Soup	Keto Instant Pot	136	227	16	12	9	1	0.5
Cheesy Bacon Noodle Soup	Keto Instant Pot	138	258	19	13	9	1	0.5
Chicken & Asparagus Red Curry Soup	Keto Instant Pot	140	235	13	24	8	2	1.3
Lasagna Soup	Keto Instant Pot	142	622	48	35	9	2	0.6
Santa Fe Meatloaf	Keto Instant Pot	146	318	24	21	4	1	0.8
Mocha Pot Roast	Keto Instant Pot	148	698	56	41	6	2	0.7
Lamb Vindaloo	Keto Instant Pot	150	535	35	46	5	1	1.2
Mushroom & Swiss Mini Meatloaves	Keto Instant Pot	152	282	21	20	3	0.3	0.8
Mama Maria's Italian Meatballs	Keto Instant Pot	154	583	45	33	10	3	0.6
Swedish Meatballs	Keto Instant Pot	156	249	20	13	1	0.2	0.6
Ranch Mini Meatloaves	Keto Instant Pot	158	314	25	19	1	0.2	0.7
BBQ Short Ribs	Keto Instant Pot	160	569	50	26	2	0.3	0.5
Beef Stroganoff	Keto Instant Pot	162	469	32	34	9	3	0.9
Corned Beef & Cabbage	Keto Instant Pot	164	548	40	39	7	3	0.9
Smoky BBO Brisket	Keto Instant Pot	166	522	40	38	1	0.1	0.9
Blue Cheese Steak Roll-Ups	Keto Instant Pot	168	417	28	37	3	2	1.3
Asian Orange Short Ribs	Keto Instant Pot	170	460	38	21	9	2	0.5
Protein Noodle Lasaanas	Keto Instant Pot	172	613	44	45	6	1	0.9
Korean Rib Wraps	Keto Instant Pot	174	547	48	18	9	5	0.3
Spaghetti Bolognese	Keto Instant Pot	176	460	34	24	13	3	0.5
Barbacoa	Keto Instant Pot	178	539	43	32	4	2	0.7
Chili Cheese Dog Casserole	Keto Instant Pot	180	541	41	33	7	2	0.7
Unaa! Ribs	Keto Instant Pot	182	594	55	23	1	0.1	0.4
Pork Lettuce Cups	Keto Instant Pot	186	385	30	22	9	2	0.6
Smoky Baby Back Ribs	Keto Instant Pot	188	518	41	37	2	1	0.9
Perfect BBQ Pulled Pork	Keto Instant Pot	190	584	34	60	7	1	1.5
Melt-in-Your-Mouth Pork Belly	Keto Instant Pot	192	349	30	18	2	0.2	0.6
Sweet 'n' Sour Pork	Keto Instant Pot	194	294	14	27	11	3	1.2
Five-Ingredient Pork Roast	Keto Instant Pot	196	560	33	58	5	1	1.6
Stuffed Pork Tenderloin	Keto Instant Pot	198	253	14	29	1	0.3	2.0
Pot Roast Pork	Keto Instant Pot	200	261	15	27	2	0.2	1.6
Sausage Fajita Bowls	Keto Instant Pot	202	204	16	9	4	1	0.5
Sweet 'n' Sour Ribs	Keto Instant Pot	204	695	35	88	3	1	2.4
Pot Sticker Bowls	Keto Instant Pot	206	267	19	17	8	4	0.7
Toscana Paglia e Fieno	Keto Instant Pot	208	378	34	13	9	3	0.3
Brats with Onion Gravy	Keto Instant Pot	210	424	45	17	11	3	0.3
Amazing Asian-Inspired Pulled Pork	Keto Instant Pot	212	559	41	40	5	3	0.9
Chicken Adobo	Keto Instant Pot	216	318	21	25	5	3	1.1
Mama Maria's Italian Chicken Cupcakes	Keto Instant Pot	218	637	41	74	1	0.2	1.8
Greek Chicken	Keto Instant Pot	220	764	63	40	13	7	0.6
Roast Chicken	Keto Instant Pot	222	593	23	88	4	1	3.4
Buffalo Chicken Lettuce Wraos	Keto Instant Pot	224	190	7	24	8	2	1.8
Sesame Chicken	Keto Instant Pot	226	355	29	20	3	0.1	0.6
BBQ Chicken & "Cornbread" Casserole	Keto Instant Pot	228	240	14	15	13	4	0.7
Hot Chicken Caesar Sandwiches	Keto Instant Pot	230	577	49	32	10	4	0.6
Easv Reuben Chicken	Keto Instant Pot	232	303	22	22	4	0.2	0.9
Chicken Asparagus Rolls	Keto Instant Pot	234	392	29	26	5	2	0.8
Cornish Game Hens	Keto Instant Pot	236	611	42	51	4	0.4	1.1
Chicken Broccoli Casserole	Keto Instant Pot	238	583	49	26	6	2	0.5
Chicken with Mushroom Cream Sauce	Keto Instant Pot	240	275	17	27	5	1	1.3

Chicken Piccata	Keto Instant Pot	242	442	23	54	6	1	1.9
Chicken & Bacon Lasagna Roll-Ups	Keto Instant Pot	244	644	46	51	4	0.3	1.0
Chicken Cacciatore	Keto Instant Pot	246	333	22	25	7	1	0.9
Chicken Cordon Bleu	Keto Instant Pot	248	239	15	25	1	0	1.6
Chicken Fajita Bowls	Keto Instant Pot	250	278	6	51	6	1	4.6
Chicken Parmigiana	Keto Instant Pot	252	604	46	41	6	2	0.8
Crab-Stuffed Avocados	Keto Instant Pot	256	549	46	19	19	14	0.4
Italian Salmon	Keto Instant Pot	258	243	9	34	5	1	2.6
Easy Greek Fish	Keto Instant Pot	260	595	55	20	8	2	0.3
Gumbo	Keto Instant Pot	262	538	38	37	10	3	0.8
Shrimp Scampi	Keto Instant Pot	264	393	26	33	8	2	1.0
Garlicky Tuna Casserole	Keto Instant Pot	266	429	27	29	12	2	0.8
Lemon Fish with Asparagus	Keto Instant Pot	268	158	5	23	7	3	2.6
Simple Salmon Packets	Keto Instant Pot	270	207	10	28	2	1	2.5
BBQ Shrimp	Keto Instant Pot	272	266	14	31	2	0.2	2.0
Pesto Fish Packets	Keto Instant Pot	274	254	17	23	2	1	1.3
Classic Tuna Hotdish	Keto Instant Pot	276	276	16	25	5	1	1.3
White Fish Poached in Garlic Cream Sauce	Keto Instant Pot	278	314	14	44	2	0.2	2.8
Jambalaya	Keto Instant Pot	280	535	29	44	23	6	1.0
Crème Brûlée	Keto Instant Pot	284	234	25	4	2	0	0.1
Lemon Ricotta Torte	Keto Instant Pot	286	362	34	10	6	3	0.3
Chocolate Fondue	Keto Instant Pot	288	297	30	3	6	2	0.1
Deconstructed Tiramisu	Keto Instant Pot	290	243	25	5	2	0.2	0.2
Cinnamon Roll Cheesecake	Keto Instant Pot	292	401	37	8	4	1	0.2
Chocolate Custard	Keto Instant Pot	294	239	25	5	5	0.2	0.2
Pumpkin Pie Spiced Pots de Crème	Keto Instant Pot	296	242	25	4	3	0.4	0.1
Bread Pudding	Keto Instant Pot	298	248	22	8	7	3	0.3
Flourless Chocolate Tortes	Keto Instant Pot	300	407	37	8	9	5	0.2
Glazed Pumpkin Bundt Cake	Keto Instant Pot	302	382	35	10	10	4	0.2
Chocolate Almond Fudge	Keto Instant Pot	304	131	11	4	5	2	0.3
Upside-Down Maple Bacon Mini Cheesecakes	Keto Instant Pot	306	395	36	9	2	0	0.2
Maple-Glazed Zucchini Bundt Cake	Keto Instant Pot	308	507	45	9	12	6	0.2
Gingerbread Café au Lait	Keto Instant Pot	310	42	3	1	3	1	0.2
Hot Chocolate	Keto Instant Pot	312	263	21	6	9	5	0.2
Homemade Chai	Keto Instant Pot	313	28	2	1	3	1	0.3
Ginger Ale	Keto Instant Pot	314	19	0.2	1	5	1	0.2
Homemade Root Beer	Keto Instant Pot	316	3	0.1	0.1	1	0.3	0.1
Healing Bone Broth	Keto Instant Pot	320	21	1	2	1	0.2	1.1
Homemade Ricotta	Keto Instant Pot	322	154	14	4	5	0	0.2
Roasted Garlic	Keto Instant Pot	324	30	3	0.2	1	0.1	0.1
Low-Carb Loaf Bread	Keto Instant Pot	326	199	17	9	6	3	0.5
Keto "Rice"	Keto Instant Pot	328	194	14	13	1	0.1	0.9
Mashed Cauliflower	Keto Instant Pot	330	57	1	9	5	2	2.3
Hard-Boiled Eggs	Keto Instant Pot	331	77	5	6	0.5	0	1.1
Mama Maria's Marinara Sauce	Keto Instant Pot	332	75	3	2	10	3	0.2
Stir-Fry Sauce	Keto Restaurant Favorites	42	126	14	0.1	1	1	0.0
Ginger Sauce	Keto Restaurant Favorites	42	26	1	0.3	2	2	0.3
Asian Dipping Sauce	Keto Restaurant Favorites	43	25	1	0.2	4	2	0.1
Sweet-and-Sour Sauce	Keto Restaurant Favorites	43	28	1	1	3	1	0.3
Zero-Carb Fried "Rice"	Keto Restaurant Favorites	44	255	19	16	3	1	0.8

Cauliflower Fried Rice	Keto Restaurant Favorites	46	105	8	3	6	3	0.3
Scallion Pancakes	Keto Restaurant Favorites	48	236	20	9	3	0.2	0.4
Break-Your-Fast Ramen	Keto Restaurant Favorites	50	459	36	25	9	3	0.6
Cucumber Kimchi	Keto Restaurant Favorites	52	12	0.2	1	2	1	0.8
Gyoza Meatballs	Keto Restaurant Favorites	53	318	25	21	1	1	0.8
Pot Stickers	Keto Restaurant Favorites	54	322	25	15	12	7	0.5
Crab Rangoon Puffs	Keto Restaurant Favorites	56	138	10	9	2	0.3	0.8
Gyoza (Japanese Dumplings)	Keto Restaurant Favorites	58	397	39	10	2	1	0.3
Cream Cheese Wontons	Keto Restaurant Favorites	60	182	14	10	2	1	0.7
Crab Rangoon Fritters	Keto Restaurant Favorites	62	149	10	11	2	1	1.0
General Tso's Chicken Drummies	Keto Restaurant Favorites	64	350	24	31	2	1	1.2
Chinese Sticky Rib Bites	Keto Restaurant Favorites	66	316	26	18	3	1	0.6
Po HoThng	Keto Restaurant Favorites	68	100	8	6	1	0.3	0.7
Hot-and-Sour Soup	Keto Restaurant Favorites	70	210	15	13	7	3	0.7
Simple Egg Drop Soup	Keto Restaurant Favorites	72	317	22	24	6	1	0.9
Gyoza Meatball Soup	Keto Restaurant Favorites	74	158	11	8	7	3	0.5
Pot Sticker Soup	Keto Restaurant Favorites	76	386	29	19	14	8	0.5
Udon Soup with Bok Choy and Poached Eggs	Keto Restaurant Favorites	78	172	11	11	6	4	0.8
Asian Slow Cooker Short Ribs	Keto Restaurant Favorites	80	605	46	44	1	0.1	0.9
Moo Shu Pork and Pancakes	Keto Restaurant Favorites	82	655	56	31	7	2	0.5
Crispy Almond Chicken (Soo Guy)	Keto Restaurant Favorites	84	494	33	52	2	1	1.5
Chicken Chow Mein	Keto Restaurant Favorites	86	346	23	28	9	3	1.0
Chicken and Mushrooms w/cabbage pasta	Keto Restaurant Favorites	88	326	22	26	9	3	0.9
Chicken and Mushrooms w/Miracle Noodles	Keto Restaurant Favorites	88	315	22	25	7	2	0.9
Beef and Broccoli Stir-Fry	Keto Restaurant Favorites	90	278	25	11	5	2	0.4
Teriyaki Salmon	Keto Restaurant Favorites	92	219	11	25	6	1	1.6
Bulgogi Wraps	Keto Restaurant Favorites	94	462	39	23	8	2	0.5
Sweet-and-Sour Chicken	Keto Restaurant Favorites	96	521	36	45	8	4	1.1
Chop Suey	Keto Restaurant Favorites	98	439	36	22	10	4	0.5
Singapore Noodles	Keto Restaurant Favorites	100	203	9	24	6	2	1.8
Szechuan Beef	Keto Restaurant Favorites	102	443	28	37	11	2	1.0
Bourbon Chicken	Keto Restaurant Favorites	104	495	32	44	8	3	1.2
CharSiu	Keto Restaurant Favorites	106	323	20	32	3	0.4	1.4
Moo Go Gai Pan	Keto Restaurant Favorites	108	469	32	44	6	2	1.2
Kung Pow Shrimp	Keto Restaurant Favorites	110	282	10	44	4	1	3.4
Chinese Lemon Chicken	Keto Restaurant Favorites	112	432	29	43	5	0.4	1.3
Sushi Rolls	Keto Restaurant Favorites	114						100.0
California Roll	Keto Restaurant Favorites	114	166	10	10	12	7	0.7
Smoked Salmon Roll	Keto Restaurant Favorites	114	276	20	12	13	7	0.5
Rainbow Roll	Keto Restaurant Favorites	114	198	13	11	12	7	0.6
Deconstructed Pot Sticker Bowl	Keto Restaurant Favorites	118	242	18	17	4	1	0.8
Green Tea Ice Cream	Keto Restaurant Favorites	120	247	26	3	2	0	0.1
Italian Dressing	Keto Restaurant Favorites	124	97	10	1	0.2	0	0.1
Alfredo Sauce	Keto Restaurant Favorites	125	313	31	7	1	0.1	0.2
Mama Maria's Marinara	Keto Restaurant Favorites	126	134	11	2	8	2	0.1
Mama Maria's Pizza Sauce	Keto Restaurant Favorites	128	34	2	2	3	0.5	0.4
Italian Wedding Soup	Keto Restaurant Favorites	129	518	39	31	10	4	0.7
Zuppa Toscana	Keto Restaurant Favorites	130	398	29	25	6	2	0.8
Italian Restaurant Salad	Keto Restaurant Favorites	132	221	20	5	6	1	0.2
Garlic Bread	Keto Restaurant Favorites	134	177	15	6	8	5	0.3

Mama Maria's Stuffed Mushrooms	Keto Restaurant Favorites	136	455	37	18	11	2	0.4
Mama Maria's Meatballs	Keto Restaurant Favorites	138	449	34	29	6	1	0.7
Cheesy Zucchini Agnolotti	Keto Restaurant Favorites	140	222	18	7	10	3	0.3
Five-Cheese "Ziti"	Keto Restaurant Favorites	142	552	48	26	8	1	0.5
Chicken Scaloppine	Keto Restaurant Favorites	144	301	21	26	5	1	1.0
Gnocchi- Three Ways	Keto Restaurant Favorites	146	396	34	24	2	0.4	0.7
Spaghetti and Meatballs	Keto Restaurant Favorites	148	552	40	37	13	4	0.8
Chicken Parmigiana	Keto Restaurant Favorites	150	619	46	46	10	3	0.9
Shrimp Caprese Pasta	Keto Restaurant Favorites	152	734	62	45	7	2	0.7
Sausage and Pepper Rustica	Keto Restaurant Favorites	154	555	45	26	14	4	0.5
Stuffed Manicotti	Keto Restaurant Favorites	156	592	48	34	4	0.2	0.7
Steak Gorgonzola Alfredo	Keto Restaurant Favorites	158	710	64	29	7	2	0.4
Chicken Piccata	Keto Restaurant Favorites	160	299	22	24	3	1	1.0
SugoBianco	Keto Restaurant Favorites	162	513	45	26	3	1	0.6
Protein Noodle Lasagna	Keto Restaurant Favorites	164	697	52	47	11	2	0.8
Chicken Milanese	Keto Restaurant Favorites	166	480	36	38	3	1	1.0
Chicken Cacciatore	Keto Restaurant Favorites	168	275	18	20	10	2	0.8
Shrimp Porto fino	Keto Restaurant Favorites	170	587	58	17	7	2	0.3
Toscana Paglia e Fieno	Keto Restaurant Favorites	172	408	39	13	6	2	0.3
Salmon Sorrento	Keto Restaurant Favorites	174	309	16	34	5	1	1.7
Prosciutto-Stuffed Chicken	Keto Restaurant Favorites	176	755	64	45	3	1	0.7
Chicken Scarpariello	Keto Restaurant Favorites	178	353	25	24	8	2	0.8
Pasta Carbonara	Keto Restaurant Favorites	180	207	13	15	8	3	0.8
Craig's Special Pizza	Keto Restaurant Favorites	182	425	36	23	8	3	0.6
Calzones	Keto Restaurant Favorites	184	412	34	26	6	3	0.7
Deconstructed Chicken Parm Pizza	Keto Restaurant Favorites	186	651	43	68	2	0.3	1.5
Keto Cannoli	Keto Restaurant Favorites	188	288	31	2	0	0	0.1
Dessert Pizza	Keto Restaurant Favorites	190	532	47	21	7	2	0.4
Traditional Tiramisu	Keto Restaurant Favorites	192	293	29	7	2	1	0.2
Easy Blender Enchilada Sauce	Keto Restaurant Favorites	196	27	1	1	4	2	0.3
Pico de Gallo	Keto Restaurant Favorites	197	32	0.1	1	6	1	0.2
"Tortilla" Chips with Guacamole (just chips)	Keto Restaurant Favorites	198	248	16	15	2	0	0.8
Guacamole	Keto Restaurant Favorites	198	174	14	3	13	7	0.2
Soft Tortillas	Keto Restaurant Favorites	200	105	8	4	6	4	0.4
Keto Tortillas	Keto Restaurant Favorites	201	78	5	6	1	0	1.0
Breakfast Burritos	Keto Restaurant Favorites	202	474	39	29	2	0.2	0.7
Empanadas	Keto Restaurant Favorites	204	575	45	34	8	1	0.7
Chicken Quesadilla	Keto Restaurant Favorites	206	360	27	24	6	4	0.8
Tortilla Soup	Keto Restaurant Favorites	208	295	19	21	11	3	0.8
Carne en su Jugo	Keto Restaurant Favorites	210	571	44	30	12	7	0.6
Slow Cooker Posole Soup	Keto Restaurant Favorites	212	350	25	25	8	2	0.8
Chicken Enchilada Soup	Keto Restaurant Favorites	214	456	30	28	13	3	0.7
Easy Burrito Bowls	Keto Restaurant Favorites	216	483	37	28	7	2	0.7
Burritos	Keto Restaurant Favorites	218	398	21	40	12	7	1.5
Enchiladas	Keto Restaurant Favorites	220	598	40	48	10	4	1.0
Steak Fajitas	Keto Restaurant Favorites	222	525	40	27	17	7	0.5
Cheesy Chile Rellenos	Keto Restaurant Favorites	224	799	71	31	7	1	0.4
Enchiladas Verdes Lasagna	Keto Restaurant Favorites	226	368	21	34	8	3	1.3
Chicken Thigh Chili Verdes	Keto Restaurant Favorites	228	304	23	17	7	2	0.6
Simple Polio Asado	Keto Restaurant Favorites	229	345	21	33	6	1	1.3

Mouthwatering Carnitas	Keto Restaurant Favorites	230	592	51	30	4	1	0.6
Carne Asada Tacos	Keto Restaurant Favorites	232	386	27	28	7	4	0.9
Smoky Refried "Beans"	Keto Restaurant Favorites	234	107	8	6	6	2	0.5
Piia Colada	Keto Restaurant Favorites	236	92	9	1	2	0.1	0.1
Fried Ice Cream	Keto Restaurant Favorites	237	429	36	23	5	3	0.6
Flan	Keto Restaurant Favorites	238	495	55	5	1	0.2	0.1
Churros	Keto Restaurant Favorites	240	153	13	9	3	1	0.6
Tres Leches Cake	Keto Restaurant Favorites	242	329	34	7	3	2	0.2
Sinangag	Keto Restaurant Favorites	246	65	6	1	3	1	0.1
Thai Basil Fried "Rice"	Keto Restaurant Favorites	247	111	9	5	4	1	0.4
Vietnamese Imperial Rolls	Keto Restaurant Favorites	248	271	18	23	3	1	1.2
Tom Ka Gai (Coconut Chicken Soup)	Keto Restaurant Favorites	250	390	28	25	9	2	0.7
Tom Yum Gai (Hot-and-Sour Chicken Soup)	Keto Restaurant Favorites	252	198	12	21	3	1	1.5
Pho	Keto Restaurant Favorites	254	163	9	15	6	2	1.2
Pho Ga (Vietnamese Chicken Noodle Soup)	Keto Restaurant Favorites	256	258	17	22	3	1	1.2
Vietnamese Salad	Keto Restaurant Favorites	257	106	9	3	6	2	0.2
Thai Curry Stew	Keto Restaurant Favorites	258	490	40	19	10	2	0.4
Crab Curry "Rice"	Keto Restaurant Favorites	260	615	38	67	2	0.1	1.7
Pad Thai	Keto Restaurant Favorites	262	329	20	30	9	2	1.1
Larb	Keto Restaurant Favorites	264	333	16	36	11	3	1.5
Yellow Chicken Thighs Adobo	Keto Restaurant Favorites	266	371	31	17	6	1	0.5
Chicken Korma	Keto Restaurant Favorites	268	339	27	14	9	2	0.4
Green Curry Chicken	Keto Restaurant Favorites	270	489	37	27	15	5	0.6
Red Curry Shrimp	Keto Restaurant Favorites	272	270	21	14	6	1	0.5
Coconut Curry Chicken and Pancakes	Keto Restaurant Favorites	274	347	28	17	4	1	0.5
Kofta with Cilantro Sauce	Keto Restaurant Favorites	276	332	25	21	6	1	0.7
Malai Curry Shrimp	Keto Restaurant Favorites	278	358	20	31	14	3	1.0
FishPalak	Keto Restaurant Favorites	280	384	20	28	16	3	0.8
Thai Red Beef Curry	Keto Restaurant Favorites	282	393	30	20	10	2	0.5
Oven-Baked Curried Turkey Legs	Keto Restaurant Favorites	284	401	24	37	7	1	1.2
Coconut and Thai Basil Ice Cream	Keto Restaurant Favorites	286	236	23	5	2	0.1	0.2
Keto Ketchup	Keto Restaurant Favorites	290	5	0	0.3	1	0.3	0.4
Creamy "Honey" Mustard	Keto Restaurant Favorites	291	45	5	0	0	0	0.0
Sausage Breakfast Sandwiches with Zero-Carb English Muffins	Keto Restaurant Favorites	292	440	36	29	2	0.5	0.8
Mozzarella Sticks	Keto Restaurant Favorites	294	284	22	20	2	1	0.9
Taco Dip with Pepper Dippers	Keto Restaurant Favorites	296	354	29	9	10	3	0.3
Parmesan Garlic Drummies	Keto Restaurant Favorites	298	383	45	0.4	0.2	0	0.0
Baked "Potato" Soup	Keto Restaurant Favorites	300	113	8	4	5	1	0.3
The Best Pub Salad	Keto Restaurant Favorites	302	563	47	28	7	3	0.5
Curry Chicken Salad	Keto Restaurant Favorites	304	463	42	20	1	0.3	0.5
Egg Salad	Keto Restaurant Favorites	304	336	30	13	1	0	0.4
Tuna Salad	Keto Restaurant Favorites	305	230	19	14	0.5	0	0.7
Chicken Lettuce Wraps with Satay Dipping Sauce	Keto Restaurant Favorites	306	424	28	36	7	2	1.1
Chicken Nuggets	Keto Restaurant Favorites	308	184	11	20	1	0	1.7
Bacon Cheeseburger	Keto Restaurant Favorites	310	619	51	36	7	3	0.7
TuicyLucy	Keto Restaurant Favorites	312	444	36	27	1	0	0.7
Fiesta Lime Chicken	Keto Restaurant Favorites	314	541	41	37	5	0.4	0.8
Easy Mini Corn Dogs	Keto Restaurant Favorites	316	246	17	17	2	1	0.9
Deep-Fried Breaded Shrimp with Spicy Mayo	Keto Restaurant Favorites	318	398	28	34	1	0.2	1.2
Tomato Basil Chicken Salad Wraps	Keto Restaurant Favorites	320	470	31	38	10	6	1.1

Fish Sticks with Homemade Tartar Sauce	Keto Restaurant Favorites	322	466	40	23	1	0.3	0.6
Cheeseburger Wraps with Special Sauce	Keto Restaurant Favorites	324	633	57	27	3	0.3	0.5
Bacon Cheeseburger Pizza	Keto Restaurant Favorites	326	457	36	27	10	3	0.6
Keto Fries with Aioli	Keto Restaurant Favorites	328	228	22	4	3	1	0.2
Waffle Fries with Cheese Sauce	Keto Restaurant Favorites	330	457	38	22	6	1	0.5
Poutine	Keto Restaurant Favorites	332	396	34	19	5	2	0.5
Frosted Lemonade	Keto Restaurant Favorites	334	158	18	1	3	0.1	0.0
Frozen Hot Chocolate	Keto Restaurant Favorites	336	115	10	2	3	2	0.2
The Thickest Chocolate Shake Ever	Keto Restaurant Favorites	338	230	25	2	3	1	0.1
Leprechaun Shake w/coconut milk	Keto Restaurant Favorites	340	291	24	14	5	2	0.5
Leprechaun Shake w/almond milk	Keto Restaurant Favorites	340	167	11	13	4	3	1.1
Classic Diner Malt	Keto Restaurant Favorites	342	283	29	4	5	2	0.1
Lemon Loaf	Keto Restaurant Favorites	344	319	33	6	4	2	0.2
Tiramisu Cheesecake	Keto Restaurant Favorites	346	449	42	10	5	2	0.2
Zero-Carb Pie Crust	Keto Restaurant Favorites	348	4	0	1	0	0	100.0
Boston Cream Pie	Keto Restaurant Favorites	350	222	22	4	3	2	0.2
Upside-Down Lemon Meringue Pie	Keto Restaurant Favorites	352	104	10.8	3.1	0.4	0	0.3
Bone Broth: Beef or Chicken	Keto Restaurant Favorites	356	10	2	0.7	0.8	0	0.3
Mayonnaise	Keto Restaurant Favorites	357	92	10	0.3	0.1	0	0.0
Dairy-Free Ranch Dressing	Keto Restaurant Favorites	358	145	16	0.3	0.5	0.2	0.0
Roasted Garlic	Keto Restaurant Favorites	359	97	4.8	2.3	11.5	0.8	0.1
Zoodles-Two Ways	Keto Restaurant Favorites	360	16	0.2	1	3	1	0.5
Cabbage Pasta	Keto Restaurant Favorites	361	117	11	1	4	2	0.1
Keto Bread	Keto Restaurant Favorites	362	77	4	8	1	0	1.6
homemade cashew milk	The 30 Day Ketogenic Cleanse	106	25	2	1	1	0	0.3
bone broth-beef, chicken, or fish	The 30 Day Ketogenic Cleanse	108	20	4	1.5	1.7	0	0.3
berbere spice mix	The 30 Day Ketogenic Cleanse	110	1	0.03	0.04	0.2	0.1	0.3
spicy and sweet hamburger spice mix	The 30 Day Ketogenic Cleanse	111	11	0.2	0.4	2	0.9	0.3
cajun seasoning	The 30 Day Ketogenic Cleanse	112	6	0.1	0.2	1.1	0	0.2
herbs de florence	The 30 Day Ketogenic Cleanse	113	6	0.1	0.2	1	0.4	0.3
ranch seasoning	The 30 Day Ketogenic Cleanse	114	5	0	0.2	1.1	0.2	0.2
dairy-free ranch dressing	The 30 Day Ketogenic Cleanse	115	128	14	0.3	0.2	0.1	0.0
creamy mexican dressing	The 30 Day Ketogenic Cleanse	116	72	7	0.5	2	1	0.1
dairy-free thousand island dressing	The 30 Day Ketogenic Cleanse	118	110	12	0.1	0.3	0.1	0.0
orange-infused dressing	The 30 Day Ketogenic Cleanse	119	193	21	0	0	0	0.0
onion-infused dressing	The 30 Day Ketogenic Cleanse	120	164	18.4	0	0.1	0	0.0
fat-burning herbes de florence dressing	The 30 Day Ketogenic Cleanse	121	175	19	0.1	1	0.1	0.0
bacon marmalade	The 30 Day Ketogenic Cleanse	122	71	6	4	0.4	0.1	0.6
mole sauce	The 30 Day Ketogenic Cleanse	123	14	1	0.2	1	0.2	0.1
easy blender mayo	The 30 Day Ketogenic Cleanse	124	92	10	0.3	0.1	0	0.0
egg-free keto mayo	The 30 Day Ketogenic Cleanse	125	228	25	0.1	0.2	0	0.0
berbere mayo	The 30 Day Ketogenic Cleanse	126	205	23	0	0.1	0	0.0
basil mayonnaise	The 30 Day Ketogenic Cleanse	127	155	17	0	0.1	0	0.0
garlic and herb aioli	The 30 Day Ketogenic Cleanse	128	208	23	0.1	1	0.1	0.0
herbes de florence red sauce	The 30 Day Ketogenic Cleanse	130	129	9.7	9.7	8.6	2.5	0.6
worcestershire sauce	The 30 Day Ketogenic Cleanse	132	48	3	2	3	1	0.4
hot sauce	The 30 Day Ketogenic Cleanse	134	2	0.1	0.1	0.2	0	0.3
easy dairy-free hollandaise	The 30 Day Ketogenic Cleanse	136	101	11	0.5	0.1	0	0.0
keto lemon mostarda	The 30 Day Ketogenic Cleanse	138	81	9	0	0.1	0	0.0
guacamole	The 30 Day Ketogenic Cleanse	140	175	14	2	11	7	0.1

garlic confit	The 30 Day Ketogenic Cleanse	142	68	6	0.1	1	0.1	0.0
keto chai	The 30 Day Ketogenic Cleanse	146	35	3	1	1	0.3	0.3
breakfast chili	The 30 Day Ketogenic Cleanse	148	440	34	25	8	3	0.6
bacon and eggs ramen	The 30 Day Ketogenic Cleanse	150	495	40	24	10	4	0.5
florentine breakfast burgers	The 30 Day Ketogenic Cleanse	152	640	52	37	6	3	0.7
creamiest keto scrambled eggs	The 30 Day Ketogenic Cleanse	154	398	35	18	2	0.4	0.5
steak and eggs	The 30 Day Ketogenic Cleanse	156	693	64	28	1	0.2	0.4
rosti with bacon, mushrooms, and green onions	The 30 Day Ketogenic Cleanse	158	265	21	10	9	3	0.4
kimchi eggs	The 30 Day Ketogenic Cleanse	160	448	40	17	5	0	0.4
green eggs and ham	The 30 Day Ketogenic Cleanse	162	640	61	22	1	0.1	0.4
bacon and mushrooms with soft-boiled eggs	The 30 Day Ketogenic Cleanse	164	528	44	28	5	1	0.6
eggs florentine with basil hollandaise	The 30 Day Ketogenic Cleanse	166	754	67	27	9	4	0.4
eggs in a frame	The 30 Day Ketogenic Cleanse	168	345	23	29	1	0.5	1.2
keto pockets	The 30 Day Ketogenic Cleanse	170	271	22	17	1	0	0.7
ham and egg cups	The 30 Day Ketogenic Cleanse	172	360	25	32	2	0.2	1.2
basil deviled eggs	The 30 Day Ketogenic Cleanse	174	198	18	7	2	1	0.4
breakfast salad	The 30 Day Ketogenic Cleanse	176	375	34	11	7	4	0.3
dairy-free yogurt	The 30 Day Ketogenic Cleanse	178	101	9	2	2	0.1	0.2
snickerdoodle waffles	The 30 Day Ketogenic Cleanse	180	275	23	14	3	2	0.6
chocolate waffles	The 30 Day Ketogenic Cleanse	182	305	24	19	3	1	0.7
lemon curd dutch baby	The 30 Day Ketogenic Cleanse	184	347	27	23	4	0	0.7
chocolate pudding	The 30 Day Ketogenic Cleanse	186	268	22	14	4	1	0.6
keto english muffins	The 30 Day Ketogenic Cleanse	188	202	18	7	3	2	0.4
bone broth fat bombs	The 30 Day Ketogenic Cleanse	192	27	5.3	2	2.3	0	0.3
paleo egg rolls	The 30 Day Ketogenic Cleanse	194	190	13	15	3	2	1.1
scotch eggs	The 30 Day Ketogenic Cleanse	196	430	33	33	1	0.2	1.0
bacon cannoli	The 30 Day Ketogenic Cleanse	198	199	18	9	0.3	0	0.5
chicken tinga wings	The 30 Day Ketogenic Cleanse	200	247	17	19	5	2	1.0
lemon pepper wings	The 30 Day Ketogenic Cleanse	202	286	24	16	1	0.5	0.7
fried prosciutto-wrapped deviled eggs	The 30 Day Ketogenic Cleanse	204	232	21	10	1	0.1	0.5
chicharr6n	The 30 Day Ketogenic Cleanse	206	320	28	17	0	0	0.6
italian marinated mushrooms	The 30 Day Ketogenic Cleanse	208	153	14	3	4	2	0.2
chicken liver pate	The 30 Day Ketogenic Cleanse	210	258	21	15	2	0.3	0.7
pickled herring	The 30 Day Ketogenic Cleanse	212	240	14	27	2	0.3	1.7
braunschweiger	The 30 Day Ketogenic Cleanse	214	272	22	17	2	0.3	0.7
oscar deviled eggs	The 30 Day Ketogenic Cleanse	216	380	35	15	1	0.4	0.4
herbaceous salad	The 30 Day Ketogenic Cleanse	220	147	14	2	3	1	0.1
asian chicken salad	The 30 Day Ketogenic Cleanse	222	402	35	12	10	7	0.3
keto "fruit" salad	The 30 Day Ketogenic Cleanse	224	146	14	1	4	1	0.1
warm spring salad	The 30 Day Ketogenic Cleanse	226	380	34	12	7	3	0.3
7-layer salad	The 30 Day Ketogenic Cleanse	228	312	27	12	5	1	0.4
chopped salad	The 30 Day Ketogenic Cleanse	230	388	33	15	8	4	0.4
mixed green salad	The 30 Day Ketogenic Cleanse	232	418	37	17	4	1	0.4
panzanella salad	The 30 Day Ketogenic Cleanse	234	480	43	20	4	1	0.4
simple crab salad	The 30 Day Ketogenic Cleanse	236	382	27	31	4	1	1.0
chopped salad in jars	The 30 Day Ketogenic Cleanse	238	382	31	18	8	3	0.5
cleansing ginger soup	The 30 Day Ketogenic Cleanse	240	161	10	16	2	0.2	1.4
bone marrow chili con keto	The 30 Day Ketogenic Cleanse	242	366	32	13	6	2	0.4
chilled creamy cucumber soup	The 30 Day Ketogenic Cleanse	244	157	14	3	5	2	0.2
creamy mushroom soup	The 30 Day Ketogenic Cleanse	246	185	13	11	6	2	0.6

hot-and-sour soup with pork meatballs	The 30 Day Ketogenic Cleanse	248	388	30	21	9	4	0.6
bok choy and mushrooms with ginger dressing	The 30 Day Ketogenic Cleanse	250	173	15	4	8	4	0.2
green curry panna cotta	The 30 Day Ketogenic Cleanse	252	79	7	2	2	0.5	0.2
wraps	The 30 Day Ketogenic Cleanse	254	172	13	13	1	0.5	1.0
keto bread	The 30 Day Ketogenic Cleanse	256	70	4.3	7.5	0.4	0	1.6
crispy chicken skin croutons	The 30 Day Ketogenic Cleanse	258	169	15	8	0.4	0.1	0.5
crispy pork belly croutons	The 30 Day Ketogenic Cleanse	260	236	21	12	0	0	0.6
zoodles	The 30 Day Ketogenic Cleanse	262	81	1	5	13	4	0.5
chiles rellenos	The 30 Day Ketogenic Cleanse	266	444	38	20	6	4	0.5
deconstructed spicy chicken stack	The 30 Day Ketogenic Cleanse	268	444	38	20	6	4	0.5
easy egg foo young	The 30 Day Ketogenic Cleanse	270	452	38	18	9	6	0.4
doro watt chicken salad wraps	The 30 Day Ketogenic Cleanse	272	334	28	20	1	0.3	0.7
slow cooker ethiopian spicy chicken stew	The 30 Day Ketogenic Cleanse	274	324	18	33	9	2	1.3
california club wraps	The 30 Day Ketogenic Cleanse	276	750	63	30	7	4	0.5
chicken oscar	The 30 Day Ketogenic Cleanse	278	397	29	29	5	2	0.9
chicken neapolitan	The 30 Day Ketogenic Cleanse	280	378	23	33	12	2	1.0
lemon pepper chicken	The 30 Day Ketogenic Cleanse	282	220	17	16	1	1	0.9
tom ka gai (thai coconut chicken)	The 30 Day Ketogenic Cleanse	284	478	33	38	8	2	1.0
keto greek avgolemono	The 30 Day Ketogenic Cleanse	286	275	20	22	2	1	1.0
stewed chicken and sausage	The 30 Day Ketogenic Cleanse	288	415	33	20	10	2	0.5
simple slow cooker chicken thighs	The 30 Day Ketogenic Cleanse	290	389	25	39	2	0.3	1.5
smothered bacon and mushroom burgers	The 30 Day Ketogenic Cleanse	294	570	45	25	6	2	0.5
umami burgers	The 30 Day Ketogenic Cleanse	296	761	55	37	6	2	0.6
sloppy joes	The 30 Day Ketogenic Cleanse	298	299	23	20	3	1	0.8
reuben meatballs	The 30 Day Ketogenic Cleanse	300	303	22	26	2	0.3	1.1
spicy mexican meatballs	The 30 Day Ketogenic Cleanse	302	318	25	21	2	1	0.8
herbes de florence meatballs	The 30 Day Ketogenic Cleanse	304	355	28	22	4	1	0.7
slow cooker short rib and chorizo stew	The 30 Day Ketogenic Cleanse	306	411	31	25	7	2	0.7
slow cooker ropa vieja	The 30 Day Ketogenic Cleanse	308	397	29	29	5	1	0.9
chili-stuffed peppers	The 30 Day Ketogenic Cleanse	310	385	27	23	10	4	0.7
slow cooker mole short ribs	The 30 Day Ketogenic Cleanse	312	612	54	27	4	1	0.5
texas beef sausage	The 30 Day Ketogenic Cleanse	314	377	32	18	4	1	0.5
deconstructed BLT filet mignons	The 30 Day Ketogenic Cleanse	316	557	50	22	6	1	0.4
steak au poivre for two	The 30 Day Ketogenic Cleanse	318	630	55	21	2	1	0.4
steak diane	The 30 Day Ketogenic Cleanse	320	332	20	36	2	1	1.7
hunan beef-stuffed peppers	The 30 Day Ketogenic Cleanse	322	480	34	27	17	7	0.6
slow cooker short rib tacos	The 30 Day Ketogenic Cleanse	324	296	16	32	6	2	1.6
deconstructed egg rolls	The 30 Day Ketogenic Cleanse	328	250	19	14	6	3	0.6
pizza meatballs in red gravy	The 30 Day Ketogenic Cleanse	330	369	29	20	7	1	0.6
sloppy ottos	The 30 Day Ketogenic Cleanse	332	418	37	19	3	0.4	0.5
reuben pork chops	The 30 Day Ketogenic Cleanse	334	670	55	40	4	0.5	0.7
slow cooker hot 'n' spicy country-style ribs	The 30 Day Ketogenic Cleanse	336	370	19	47	3	1	2.2
chive panna cotta with bacon marmalade	The 30 Day Ketogenic Cleanse	338	210	18	10	2	0.2	0.5
slow cooker pastrami-style pork ribs	The 30 Day Ketogenic Cleanse	340	353	18	47	1	1	2.6
mexican-style chorizo sausage	The 30 Day Ketogenic Cleanse	342	345	30	18	1	0.2	0.6
easy smoked ham hocks	The 30 Day Ketogenic Cleanse	344	228	17	10	9	3	0.4
porchetta	The 30 Day Ketogenic Cleanse	346	321	28	17	0.1	0	0.6
chorizo sausage and mushroom casserole	The 30 Day Ketogenic Cleanse	348	596	56	17	7	1	0.3
slow cooker asian pulled pork lettuce cups	The 30 Day Ketogenic Cleanse	350	548	41	40	5	5	1.0
greek meatballs	The 30 Day Ketogenic Cleanse	352	320	26	20	2	0.2	0.7

keto BLTs with soft-boiled eggs	The 30 Day Ketogenic Cleanse	354	461	42	16	5	1	0.3
spicy tuna stacks	The 30 Day Ketogenic Cleanse	358	466	37	27	7	4	0.7
peel-and-eat garlic shrimp	The 30 Day Ketogenic Cleanse	360	369	28	28	1	0.3	1.0
hawaiian delight	The 30 Day Ketogenic Cleanse	362	398	33	17	9	6	0.5
spicy grilled shrimp with mojo verde	The 30 Day Ketogenic Cleanse	364	365	29	21	5	1	0.6
seafood sausage with leek confit	The 30 Day Ketogenic Cleanse	366	469	36	30	6	1	0.7
lemon-thyme poached halibut	The 30 Day Ketogenic Cleanse	368	305	29	9	2	1	0.3
fried catfish with cajun keto mustard	The 30 Day Ketogenic Cleanse	370	361	33	16	0	0	0.5
grilled trout with hollandaise	The 30 Day Ketogenic Cleanse	372	515	48	19	2	1	0.4
tom ka plaa (thai coconut fish)	The 30 Day Ketogenic Cleanse	374	360	22.4	32	7	1	1.1
spaghetti al tonno	The 30 Day Ketogenic Cleanse	376	275	17	20	11	3	0.8
zoodles in clam sauce	The 30 Day Ketogenic Cleanse	378	355	29	16	8	1	0.4
pasta puttanesca	The 30 Day Ketogenic Cleanse	379	275	20	5	19	5	0.1
poached salmon with creamy dill sauce	The 30 Day Ketogenic Cleanse	380	439	32	34	4	1	1.0
keto mocha latte panna cotta	The 30 Day Ketogenic Cleanse	384	210	19	7	3	0.5	0.3
chai ice lollies	The 30 Day Ketogenic Cleanse	386	42	4	0.4	1	0.2	0.1
bone broth ice pops	The 30 Day Ketogenic Cleanse	388	20	4	1.5	1.7	0	0.3
no-bake grasshoppers in jars	The 30 Day Ketogenic Cleanse	390	195	19	3	3	2	0.2
no-bake vanilla bean petits fours	The 30 Day Ketogenic Cleanse	392	62	6	1	1	0.1	0.1
tom ka gai savory ice cream	The 30 Day Ketogenic Cleanse	394	360	36	5	2	0.3	0.1
vanilla bean bread pudding	The 30 Day Ketogenic Cleanse	396	340	25	26	3	1	1.0
chai fat bombs	The 30 Day Ketogenic Cleanse	398	335	37	0	1	0.4	0.0
lava cakes with mocha ice cream	The 30 Day Ketogenic Cleanse	400	670	68	10	5	3	0.1
lemon curd	The 30 Day Ketogenic Cleanse	402	100	10	2	0.3	0	0.2
hot fudge sauce	The 30 Day Ketogenic Cleanse	403	79	7	1	3	2	0.1
vanilla bean creme anglaise	The 30 Day Ketogenic Cleanse	404	202	21	4	1	0.1	0.2
Rib Rub	Quick and Easy Ketogenic Cooking	108	20	0.7	0.9	3	1.4	0.4
Seasoned Salt	Quick and Easy Ketogenic Cooking	109	1	0	0	0.15	0	0.0
Taco Seasoning	Quick and Easy Ketogenic Cooking	110	8	0.3	0.3	1.3	0.7	0.3
Pizza Spice Mix	Quick and Easy Ketogenic Cooking	111	60	2.4	4.4	6.7	1.2	0.6
Fat-Burning Immersion Blender Mayo	Quick and Easy Ketogenic Cooking	112	92	10	0.3	0.1	0	0.0
Spicy Mayo	Quick and Easy Ketogenic Cooking	113	103	11.2	0.2	0.3	0	0.0
Herb Aioli	Quick and Easy Ketogenic Cooking	114	121	13.3	0	0.2	0	0.0
Cilantro Lime Sauce	Quick and Easy Ketogenic Cooking	115	124	13.4	0.1	0.8	0	0.0
Caesar Dressing	Quick and Easy Ketogenic Cooking	116	222	22.8	2.3	0.4	0	0.1
Green Goddess Dressing	Quick and Easy Ketogenic Cooking	117	145	21.4	0.1	0.1	0	0.0
Dairy-Free Ranch Dressing	Quick and Easy Ketogenic Cooking	118	123	13.4	0.3	0.2	0	0.0
Blue Cheese Dressing	Quick and Easy Ketogenic Cooking	119	90	8.4	3.2	0.7	0	0.4
Easy French Dressing	Quick and Easy Ketogenic Cooking	120	187	19.4	0.5	1.3	0	0.0
Simple Taco Salad Dressing	Quick and Easy Ketogenic Cooking	121	123	13.3	0.8	0.1	0	0.1
Creamy Tarragon Keto Sauce	Quick and Easy Ketogenic Cooking	122	94	10.3	0.1	0.2	0	0.0
Keto Fry Sauce	Quick and Easy Ketogenic Cooking	123	62	6.7	0.1	0.4	0	0.0
Homemade Sriracha	Quick and Easy Ketogenic Cooking	124	5	0.5	0	0.1	0	0.0
BBQ Sauce	Quick and Easy Ketogenic Cooking	125	19	0.2	1.2	3.3	0.6	0.4
White BBQ Sauce	Quick and Easy Ketogenic Cooking	126	149	14	0.5	1	0	0.0
Easy Ketchup	Quick and Easy Ketogenic Cooking	127	24	1.3	0.9	2.1	0	0.3
Alfredo Sauce	Quick and Easy Ketogenic Cooking	128	302	31	7.4	0.6	0	0.2
Minute Hollandaise	Quick and Easy Ketogenic Cooking	129	231	25.3	1.6	0.6	0	0.1
Simple Chimichurri Sauce	Quick and Easy Ketogenic Cooking	130	51	5.3	0.1	0.3	0	0.0
Homemade Almond Milk	Quick and Easy Ketogenic Cooking	131	55	5	1.2	1.6	1	0.2

Simple Slow cooker Bone Broth	Quick and Easy Ketogenic Cooking	132	20	4	1.5	1.7	0	0.3
Slow Cooker Roasted Garlic	Quick and Easy Ketogenic Cooking	134	30	1.9	0.6	3.3	0	0.1
Olive Salsa	Quick and Easy Ketogenic Cooking	135	116	11.1	0.5	3.8	1	0.0
Guacamole	Quick and Easy Ketogenic Cooking	136	220	20	2.6	11	7.4	0.1
Dairy-Free Minute "Cream Cheese" Spread	Quick and Easy Ketogenic Cooking	138	268	28.1	2.5	1.5	0.7	0.1
Orange Marmalade	Quick and Easy Ketogenic Cooking	139	4	0	1	0	0	100.0
Orange Cream Shake	Quick and Easy Ketogenic Cooking	142	215	20.6	4.6	2.1	0	0.2
Creme de Menthe Shake	Quick and Easy Ketogenic Cooking	144	238	21.2	8.5	3.9	2	0.4
Dairy-Free Chocolate Shake	Quick and Easy Ketogenic Cooking	145	664	70.6	8.2	1.2	0	0.1
Spring Popovers	Quick and Easy Ketogenic Cooking	146	110	9.7	5.3	0.8	0	0.5
Eggs in Purgatory	Quick and Easy Ketogenic Cooking	148	488	38.7	27.5	7	1.7	0.6
Tex-Mex Breakfast Gravy	Quick and Easy Ketogenic Cooking	149	131	11.8	5.6	0.6	0	0.5
Minute English Muffin	Quick and Easy Ketogenic Cooking	150	188	16.7	6.7	3.3	2	0.4
Cinnamon Roll Minute Muffins	Quick and Easy Ketogenic Cooking	152	311	28.1	7.7	8.4	5.3	0.2
Dairy-Free Milk Chocolate Protein Bars	Quick and Easy Ketogenic Cooking	154	238	23	4	2.5	1.5	0.2
Strawberry Cheesecake Protein Bars	Quick and Easy Ketogenic Cooking	156	280	30.6	2.7	0.7	0	0.1
Cream of No-Wheat Cereal w/heavy cream	Quick and Easy Ketogenic Cooking	157	645	65.5	13.4	2.4	0	0.2
Cream of No-Wheat Cereal w/coconut milk	Quick and Easy Ketogenic Cooking	157	691	69.8	14.4	5	1.8	0.2
Chocolate Breakfast Custard	Quick and Easy Ketogenic Cooking	158	237	21	5	6	2	0.2
Chorizo Breakfast Patties	Quick and Easy Ketogenic Cooking	160	602	55.1	22.8	2	0	0.4
Pizza Muffins	Quick and Easy Ketogenic Cooking	162	256	19.3	17.4	4.4	0	0.7
Taco Breakfast Bake	Quick and Easy Ketogenic Cooking	164	301	22.4	21.8	2.5	0	0.9
Healthy Hash Browns	Quick and Easy Ketogenic Cooking	166	204	18.5	6.7	5.3	2.1	0.3
Green Eggs and Ham	Quick and Easy Ketogenic Cooking	168	278	22.7	15.8	2.2	0	0.6
Breakfast Burritos	Quick and Easy Ketogenic Cooking	169	596	47.7	37.7	3.4	0	0.7
Amuse-Bouche platter	Quick and Easy Ketogenic Cooking	172	346	24	28	5.6	1.6	1.0
BLT "Chips" and Dip	Quick and Easy Ketogenic Cooking	173	119	10.5	4.9	1.9	0.9	0.4
Italian Poppers	Quick and Easy Ketogenic Cooking	174	185	11.2	18.5	3.7	1.2	1.4
Amazing Cheese Puffs w/gouda	Quick and Easy Ketogenic Cooking	175	130	11	8	0	0	0.7
Amazing Cheese Puffs w/parmesan	Quick and Easy Ketogenic Cooking	175	111	8	10.1	0	0	1.3
Cheesy Fried Ravioli	Quick and Easy Ketogenic Cooking	176	315	25.5	22.5	1.2	0	0.8
Popsicle Crudites with Dill Dip	Quick and Easy Ketogenic Cooking	178	163	16	3.2	2.5	0	0.2
Tomato Tulips	Quick and Easy Ketogenic Cooking	180	77	6.7	2	2.9	0	0.2
Purple Pickled Eggs	Quick and Easy Ketogenic Cooking	182	64	4.4	5.6	0.5	0	1.1
Baked Bacon-Wrapped Pickles	Quick and Easy Ketogenic Cooking	183	106	9	5.3	1.1	1.1	0.6
Classic Deviled Eggs	Quick and Easy Ketogenic Cooking	184	124	11.1	5.6	0.4	0	0.5
Sriracha Deviled Eggs	Quick and Easy Ketogenic Cooking	185	124	11.1	5.6	0.4	0	0.5
Teriyaki Jerky	Quick and Easy Ketogenic Cooking	186	84	4	16.9	0	0	4.2
Dad's Tenderloin Bites	Quick and Easy Ketogenic Cooking	188	299	18	36	0.4	0	2.0
Paleo Deep-Fried Mushrooms	Quick and Easy Ketogenic Cooking	190	93	7.6	4.6	1.8	0.6	0.5
Primal Sliders	Quick and Easy Ketogenic Cooking	191	595	40	55	5	1.4	1.3
Chili Lime Wings	Quick and Easy Ketogenic Cooking	192	428	35.1	26.4	2.6	0	0.7
Eggs Gribiche (as started - 4 servings)	Quick and Easy Ketogenic Cooking	193	229	20.7	8.5	0.9	0	0.4
Eggs Gribiche (as main dish - 2 servings)	Quick and Easy Ketogenic Cooking	193	458	17	17	1.8	0	0.9
Zucchini Chips	Quick and Easy Ketogenic Cooking	194	150	10.8	10	4.2	1.2	0.7
Prosciutto and Arugula Roll-Ups	Quick and Easy Ketogenic Cooking	198	116	9.6	6.2	1.2	0	0.6
Mini Pastrami Roll-Ups	Quick and Easy Ketogenic Cooking	199	197	13.5	14.9	4	1.6	0.9
Turkey Sushi	Quick and Easy Ketogenic Cooking	200	406	31.7	24.6	5.4	0.7	0.7
Philly Cheesesteak Roll-Ups	Quick and Easy Ketogenic Cooking	202	312	19.3	30.5	3.1	0.7	1.4
Slow Cooker BBQ Pork Wraps	Quick and Easy Ketogenic Cooking	203	425	32.6	7.8	3.1	1	0.2

Easy Tuna Salad Wraps	Quick and Easy Ketogenic Cooking	204	441	37.2	23.9	0.8	0	0.6
Sardine Salad Wraps	Quick and Easy Ketogenic Cooking	206	386	28.5	31.2	0.9	0	1.1
Slow Cooker BBQ Chicken Wraps	Quick and Easy Ketogenic Cooking	207	308	18.6	29.6	3.2	0.3	1.4
Slow Cooker Chicken Caesar Wraps	Quick and Easy Ketogenic Cooking	208	517	35.7	43	3	0.6	1.1
Slow cooker Beef Barbacoa Wraps	Quick and Easy Ketogenic Cooking	210	388	15.2	56.5	2.5	0	3.2
Zucchini Tortillas	Quick and Easy Ketogenic Cooking	212	106	7.4	6.9	3.6	1.3	0.7
Broccoli "Noodle" Cheese Soup	Quick and Easy Ketogenic Cooking	216	232	19.2	8.7	2.4	0.6	0.4
Easy Tomato Soup with Grilled Cheese	Quick and Easy Ketogenic Cooking	218	412	33.4	17.3	10.9	1.8	0.4
Simple Salade Nicoise	Quick and Easy Ketogenic Cooking	220	393	34.9	13.4	5	0.8	0.3
Chicken "Noodle" Soup	Quick and Easy Ketogenic Cooking	222	309	21.2	22	4.9	0.7	0.9
South of the Border Salad	Quick and Easy Ketogenic Cooking	223	471	35	32.5	5.7	1.7	0.8
Cucumber Salad	Quick and Easy Ketogenic Cooking	224	161	14.2	1.4	7.3	1.1	0.1
Wedge Salad	Quick and Easy Ketogenic Cooking	225	204	18.4	6.3	4.2	1	0.3
7-Minute Chopped Salad	Quick and Easy Ketogenic Cooking	226	331	22	24.7	8.4	1.8	0.9
Fish Tacos	Quick and Easy Ketogenic Cooking	230	385	29.5	31.4	1.6	0.4	1.0
Arctic Char with Olive Salsa	Quick and Easy Ketogenic Cooking	232	439	33.6	32.5	1.1	0	0.9
Crab-Stuffed Avocado with Lime	Quick and Easy Ketogenic Cooking	234	434	36	11	12	10	0.3
Shrimp and Grits	Quick and Easy Ketogenic Cooking	235	620	53.6	32.2	3.1	0	0.6
Fish Sticks	Quick and Easy Ketogenic Cooking	236	362	27.4	29.6	0.3	0	1.1
Masala Mussels	Quick and Easy Ketogenic Cooking	238	412	28.2	28.8	11.4	7.4	0.9
King Crab Legs with Garlic Butter	Quick and Easy Ketogenic Cooking	240	376	30.1	21.7	2.8	0.6	0.7
Slow Cooker Chicken Fajitas	Quick and Easy Ketogenic Cooking	244	342	27	18	6	2	0.6
Slow Cooker Chimichurri Chicken	Quick and Easy Ketogenic Cooking	245	505	31.4	49.8	1.7	0.7	1.5
Chicken Alfredo	Quick and Easy Ketogenic Cooking	246	468	42.4	21.3	1.1	0	0.5
Mushroom Alfredo	Quick and Easy Ketogenic Cooking	246	339	33	9.3	4.8	1.1	0.3
Grilled Chicken with White BBQ Sauce	Quick and Easy Ketogenic Cooking	248	476	41.8	20	5.2	2.7	0.5
Double-Fried Chicken	Quick and Easy Ketogenic Cooking	249	230	18.4	19	0.5	0	1.0
Slow Cooker Laotian Chicken and Herbs (Larb)	Quick and Easy Ketogenic Cooking	250	438	28.3	39.5	3.6	0.8	1.3
Slow Cooker "Butter" Chicken	Quick and Easy Ketogenic Cooking	252	472	32.5	37.4	5.8	0.9	1.0
Naan	Quick and Easy Ketogenic Cooking	252	64	4.5	5.2	0.6	0.5	1.1
Chicken "Noodle" Stir-Fry	Quick and Easy Ketogenic Cooking	254	296	18.7	25.6	5.3	2	1.2
Marinated Tenderloin with Bordelaise Mushrooms	Quick and Easy Ketogenic Cooking	258	344	21.1	34.6	0.8	0	1.6
Grandma Nancy's Italian Beef	Quick and Easy Ketogenic Cooking	259	331	12.1	51	1.5	0.5	3.9
Easy Campfire Casserole	Quick and Easy Ketogenic Cooking	260	301	21.9	19.7	8.2	2.5	0.7
Slow Cooker Sweet-n-Spicy Short Ribs	Quick and Easy Ketogenic Cooking	262	609	56	21	1.4	0	0.4
Easy Corned Beef "Hash"	Quick and Easy Ketogenic Cooking	263	332	46.3	22.8	4.1	2.8	0.5
Upside-Down Pizza	Quick and Easy Ketogenic Cooking	264	458	36.3	28.5	2	0.8	0.8
Skillet Lasagna	Quick and Easy Ketogenic Cooking	266	311	16.1	27.6	13.3	1.7	1.0
Open-Faced Hamburgers on "Buns"	Quick and Easy Ketogenic Cooking	268	339	26.7	20.5	3	0.9	0.7
Taco Bar Night	Quick and Easy Ketogenic Cooking	270	354	22.4	31.7	5	1.8	1.2
Taco Shells or Bowls	Quick and Easy Ketogenic Cooking	271	65	5	5	0	0	1.0
Roasted Bone Marrow	Quick and Easy Ketogenic Cooking	272	500	56	0	0	0	0.0
Slow Cooker Osso Buco	Quick and Easy Ketogenic Cooking	274	347	17	44.6	2.4	0.8	2.4
Basted Rib-Eye Steak	Quick and Easy Ketogenic Cooking	276	474	44	21.3	0.8	0	0.5
Mexican Meatloaf Cupcakes	Quick and Easy Ketogenic Cooking	278	430	29.8	39.2	1.2	0.6	1.3
20-Minute Ground Lamb Casserole	Quick and Easy Ketogenic Cooking	280	256	17.1	14.6	11	3	0.6
Grilled Lamb Chops with Mint Aioli	Quick and Easy Ketogenic Cooking	282	862	76	38.2	0.4	0	0.5
Broccoli Carbonara	Quick and Easy Ketogenic Cooking	286	216	12.3	19	8	2.7	1.1
Pigs in a Bacon Blanket	Quick and Easy Ketogenic Cooking	287	300	24	19.5	1.5	0	0.8
Brats with Simple Coleslaw	Quick and Easy Ketogenic Cooking	288	581	47.3	29.2	9.9	2.5	0.5

Sweet-n-Sour Country-Style Ribs over Zoodles	Quick and Easy Ketogenic Cooking	290	476	28.1	45.5	7.3	1.4	1.3
Slow Cooker Pork Ragu over Paleo Polenta	Quick and Easy Ketogenic Cooking	291	660	51	40	11	4	0.7
Deconstructed BLT with Pork Belly	Quick and Easy Ketogenic Cooking	292	659	60.9	26.6	0.8	0	0.4
Schweinshaxen	Quick and Easy Ketogenic Cooking	294	668	45.9	58.1	2.3	1	1.2
Goat Cheese Panna Cotta with Crispy Prosciutto and Fried Basil	Quick and Easy Ketogenic Cooking	296	264	21.6	16.1	1	0	0.7
Mushroom Ragu	Quick and Easy Ketogenic Cooking	300	246	18.5	10.6	9.8	2.4	0.4
Cheesy Grits	Quick and Easy Ketogenic Cooking	302	408	37.8	16.9	1.1	0	0.4
Creamy Cilantro-Lime Pasta	Quick and Easy Ketogenic Cooking	303	3	35	1.6	5.7	1.6	0.0
Pizza Sticks	Quick and Easy Ketogenic Cooking	304	372	30.8	18.8	6.2	0.5	0.5
Easy as Portobello Pizza Pie	Quick and Easy Ketogenic Cooking	306	392	27	27	10	2	0.8
Zoodles Two Ways	Quick and Easy Ketogenic Cooking	308	18	0.2	1.4	3.8	1.2	0.5
Bordelaise Mushrooms	Quick and Easy Ketogenic Cooking	310	128	11.6	1.9	3.5	0.7	0.1
Curry Braised Cucumbers	Quick and Easy Ketogenic Cooking	311	78	7	0.6	3.5	0.6	0.1
Grilled Radicchio with Sweet-and-Sour Hot Bacon Dressing	Quick and Easy Ketogenic Cooking	312	126	11.6	3.2	2.1	0	0.2
Caramelized Endive	Quick and Easy Ketogenic Cooking	313	103	7	3	8	7.8	0.4
Easy Homemade Sauerkraut	Quick and Easy Ketogenic Cooking	314	32	0.1	1.4	6.6	2.8	0.4
Easy Kimchi	Quick and Easy Ketogenic Cooking	316	61	1	3	10	3	0.4
Refrigerator Pickles	Quick and Easy Ketogenic Cooking	318	10	0.1	0.4	2.3	0	0.2
Paleo Polenta	Quick and Easy Ketogenic Cooking	320	136	9.2	6.3	8.3	3.6	0.5
Deconstructed Creme Brulee	Quick and Easy Ketogenic Cooking	324	186	16	7.3	3.9	0	0.4
Grand Marnier Fat Bombs	Quick and Easy Ketogenic Cooking	325	275	31	0	0	0	0.0
Crispy Vanilla Fat Bombs	Quick and Easy Ketogenic Cooking	326	89	10.8	0	0	0	0.0
Crispy Maple Bacon Fat Bombs	Quick and Easy Ketogenic Cooking	328	137	14.1	2.5	0	0	0.2
Frozen Orange Cream Bites	Quick and Easy Ketogenic Cooking	330	138	14.8	0.8	0.8	0	0.1
Frozen Snickerdoodle Cream Bites	Quick and Easy Ketogenic Cooking	332	138	14.8	0.8	0.8	0	0.1
Strawberry Cheesecake in Jars	Quick and Easy Ketogenic Cooking	334	220	21.3	3.4	5.4	1.7	0.1
Paletas w/coconut milk	Quick and Easy Ketogenic Cooking	336	156	15.2	1.6	3.2	0	0.1
Paletas w/heavy cream	Quick and Easy Ketogenic Cooking	336	114	12	0.9	1.3	0	0.1
Orange Cream Push Pops	Quick and Easy Ketogenic Cooking	337	99	9.9	2.1	0.8	0	0.2
Key Lime Curd	Quick and Easy Ketogenic Cooking	338	94	9.4	2	0.4	0	0.2
Key Lime Fat Bombs	Quick and Easy Ketogenic Cooking	340	98	9.4	3.3	0.3	0	0.3
Key Lime Ice Cream	Quick and Easy Ketogenic Cooking	342	212	22.7	2	0.4	0	0.1
Coffee Ice Cream	Quick and Easy Ketogenic Cooking	343	332	35.3	4.1	1.1	0	0.1
Hibiscus Berry Ice Cream	Quick and Easy Ketogenic Cooking	344	331	35.3	4.1	1.1	0	0.1
Chai Ice Cream	Quick and Easy Ketogenic Cooking	345	225	23.5	2.8	1.7	0	0.1
Dreamy Chai Float	Quick and Easy Ketogenic Cooking	346	225	23.5	2.8	1.7	0	0.1
Savory Pizza Gelato	Quick and Easy Ketogenic Cooking	347	225	23.9	2.9	0.8	0	0.1
Egg-Free Ice Cream	Quick and Easy Ketogenic Cooking	348	225	20.9	1.9	8.7	6.8	0.1
Dairy-Free Chocolate Ice Cream Coating	Quick and Easy Ketogenic Cooking	349	139	14	1	3	1.6	0.1
Butterscotch Mousse	Quick and Easy Ketogenic Cooking	350	129	12.9	1.9	0.9	0	0.1
French Silk Mousse	Quick and Easy Ketogenic Cooking	351	218	21.5	3.4	2.8	0.8	0.1
Gummy Bears	Quick and Easy Ketogenic Cooking	352	44	4.3	0.5	0.9	0	0.1
Bananas Foster Fudge	Quick and Easy Ketogenic Cooking	353	202	21.9	1.6	0.5	0	0.1
Flourless Fudgy Brownies	Quick and Easy Ketogenic Cooking	354	150	14	3	3	1	0.2
Buttermints	Quick and Easy Ketogenic Cooking	356	136	15.3	0.2	0	0	0.0
Smoked Brisket	Quick and Easy Ketogenic Cooking	362	410	14.1	68.8	0	0	4.9
Smoked Beef Long Ribs	Quick and Easy Ketogenic Cooking	364	748	61.7	45.5	4.4	2.4	0.7
Smoked Baby Back Ribs	Quick and Easy Ketogenic Cooking	366	562	47.4	31.6	0	0	0.7
Smoked Pork Shoulder	Quick and Easy Ketogenic Cooking	368	599	46.8	3.9	3.3	1.8	0.1
Smoked Salmon	Quick and Easy Ketogenic Cooking	370	250	11.7	36.7	0	0	3.1

Pan-Fried Smoked Cauliflower Steaks	Quick and Easy Ketogenic Cooking	372	121	10.4	1.9	6	3	0.1
Pan-Fried Smoked Eggplant	Quick and Easy Ketogenic Cooking	374	316	30.6	2.2	9.1	4.7	0.1
Slow Cooker Bone Broth	The Ketogenic Cookbook	42	13	0	1.5	1.7	0	0.9
Herb-Infused Compound "Butter"	The Ketogenic Cookbook	44	123	13	0.2	1.4	0	0.0
Roasted Garlic	The Ketogenic Cookbook	46	97	4.8	2.3	11.5	0.8	0.1
Dairy-Free Hollandaise	The Ketogenic Cookbook	47	241	26	1.4	0.6	0	0.1
Sweet-N-Spicy Mustard	The Ketogenic Cookbook	48	21	1.1	1	1.7	0.6	0.5
Dijon Mustard	The Ketogenic Cookbook	49	18	1	0.9	1.4	0.5	0.5
Rosemary Thyme Mustard	The Ketogenic Cookbook	50	15	0.8	0.7	1.2	0.5	0.5
BBQ Mustard	The Ketogenic Cookbook	50	19.5	1.4	0.6	1.2	0.3	0.3
Tartar Sauce	The Ketogenic Cookbook	52	121	13.3	0	0.5	0	0.0
"Honey" Dressing	The Ketogenic Cookbook	53	78	8.5	0.3	0.1	0	0.0
Dairy-Free Avocado Ranch Dressing	The Ketogenic Cookbook	54	86	8	1.8	2.6	1.1	0.2
Ranch Dressing	The Ketogenic Cookbook	55	69	6.6	1.7	0.7	0	0.2
Dairy-Free Thousand Island Dressing	The Ketogenic Cookbook	56	59	4.9	0.2	3.8	1.2	0.0
Fat-Burning Salad Dressing	The Ketogenic Cookbook	57	174	18.7	0.1	0.1	0	0.0
Greek Salad Dressing	The Ketogenic Cookbook	58	139	14.3	0.5	2.1	1.1	0.0
Tomato Sauce	The Ketogenic Cookbook	59	46	3.6	0.6	2.9	0.7	0.1
Yellow Marinara Sauce	The Ketogenic Cookbook	60	48	2.5	0.9	5.5	0.9	0.1
Keto Ketchup	The Ketogenic Cookbook	62	17	0.2	1	2.7	0.5	0.4
Keto BBQ Sauce	The Ketogenic Cookbook	63	15	0	0	3.7	0	0.0
Dairy-Free Nacho Cheese Sauce	The Ketogenic Cookbook	64	416	42.4	4.7	3.9	1.4	0.1
Copycat Baconnaise	The Ketogenic Cookbook	65	120	13.3	0	0	0	0.0
Brown Butter Bearnaise	The Ketogenic Cookbook	66	93	9.1	2.2	0.9	0	0.2
Brown Butter	The Ketogenic Cookbook	68	208	23	0.3	0	0	0.0
Fat-Burning Chimichurri Sauce	The Ketogenic Cookbook	70	67	7.1	0.2	0.5	0	0.0
Enchilada Sauce	The Ketogenic Cookbook	72	59	4.2	1.6	3.7	2	0.3
Taco Seasoning	The Ketogenic Cookbook	74	16	0.6	0.5	2.2	1.1	0.3
Seafood Seasoning	The Ketogenic Cookbook	75	23	0.4	0.8	4	1.5	0.3
Brown Butter Syrup	The Ketogenic Cookbook	78	77	8.4	0.2	0.2	0	0.0
Keto Pancakes and Syrup	The Ketogenic Cookbook	82	170	15	8.2	0.6	0	0.5
French Scrambled Eggs	The Ketogenic Cookbook	83	476	37	32	4.4	0.6	0.8
Dairy-Free Breakfast Pizza	The Ketogenic Cookbook	84	571	53.5	19.5	5.8	5	0.4
Floating Islands	The Ketogenic Cookbook	86	181	14.2	10.5	1.7	1	0.7
Creamy Zucchini Hash Browns	The Ketogenic Cookbook	88	436	46	3	2.3	0.4	0.1
Keto Bagels	The Ketogenic Cookbook	90	119	8.9	7.8	2	1	0.8
Bagels and Lox	The Ketogenic Cookbook	90	171	12.8	9.3	4.7	1	0.6
Breakfast Sushi	The Ketogenic Cookbook	92	717	63	28	10.3	5	0.4
Creamy Breakfast Shake	The Ketogenic Cookbook	94	213	18.6	6.4	5.3	3	0.3
Dairy-Free Key Lime Shake	The Ketogenic Cookbook	96	397	40.8	8.1	1.8	0	0.2
Ham-N-Cheese Mini Quiches	The Ketogenic Cookbook	98	253	16.1	21.9	4.8	1.1	1.1
Avocado Egg Cups	The Ketogenic Cookbook	100	490	45.8	10.7	11.6	7.6	0.2
Strawberry Popovers with Strawberry "Butter"	The Ketogenic Cookbook	102	308	30	8.6	1.7	0	0.3
Caramel Apple Dutch Baby	The Ketogenic Cookbook	104	698	67	23	3.5	0.7	0.3
Mock Apple Porridge	The Ketogenic Cookbook	106	528	51.9	13.4	2.6	0	0.2
Keto Soft-Boiled Eggs	The Ketogenic Cookbook	108	260	20.5	17.9	1.4	0	0.8
Breakfast Lasagna	The Ketogenic Cookbook	110	423	29.5	34.5	4.9	0	1.0
Ham-N-"Cheese" Omelet	The Ketogenic Cookbook	112	552	48	25	4.9	0.7	0.5
Salmon and Chive Omelet	The Ketogenic Cookbook	114	357	27.6	26.1	2	0	0.9
Herb Goat Cheese Omelet	The Ketogenic Cookbook	115	445	35.9	28.8	2.2	0	0.8

Mushroom and Onion Omelet	The Ketogenic Cookbook	116	455	38.8	24	3.9	0.6	0.6
Maple Bacon Breakfast Patties	The Ketogenic Cookbook	118	334	27	21.4	0.7	0	0.8
Chai Muffins	The Ketogenic Cookbook	120	218	21.6	3.7	3.2	2.1	0.2
Huevos Rancheros	The Ketogenic Cookbook	122	524	39	35	9.5	4.4	0.8
French Toast Custard	The Ketogenic Cookbook	124	332	31	6.9	5.2	0	0.2
Herb Salmon Dip	The Ketogenic Cookbook	128	145	12.8	6.9	1	0	0.5
Antipasti Platter	The Ketogenic Cookbook	129	289	21.9	18.8	4.1	0.9	0.7
Beef Carpaccio	The Ketogenic Cookbook	130	256	17.8	21.7	1.9	0.6	1.1
Curry Chicken Stuffed Endive	The Ketogenic Cookbook	132	378	32.8	15.3	7.2	4.9	0.4
Grilled Halloumi with Prosciutto and Pesto	The Ketogenic Cookbook	134	185	15	11.3	1.3	0	0.7
Pan-Fried Prosciutto-Wrapped String Cheese	The Ketogenic Cookbook	135	334	28.4	17.3	2	0	0.6
Celery Boats	The Ketogenic Cookbook	136	192	17.2	7	3.2	1.5	0.4
Ham Salad	The Ketogenic Cookbook	138	189	17.1	6.7	1.8	0.5	0.4
Mini Frico Cups	The Ketogenic Cookbook	140	131	10.1	9.1	1.4	0	0.8
BLT Bites	The Ketogenic Cookbook	142	274	25	10	3	0	0.4
Nirvana Meatballs	The Ketogenic Cookbook	144	282	22.3	19.2	1	0	0.8
Easy Greek Meze	The Ketogenic Cookbook	146	120	8.3	4.9	7.1	1.6	0.4
Spring Rolls	The Ketogenic Cookbook	148	288	22	19	3.5	0.6	0.8
Bacon-Wrapped Cheese Curds	The Ketogenic Cookbook	150	317	27.5	10.9	7.6	0.6	0.3
Nacho Cheese Crisps	The Ketogenic Cookbook	152	57	3.5	4.6	1.8	0.7	1.0
BBQ Meatloaf	The Ketogenic Cookbook	156	569	36.8	48.9	8.4	2.2	1.1
Asian Meatballs	The Ketogenic Cookbook	158	403	28	33.2	3.1	0	1.1
Steak with Brown Butter Bearnaise	The Ketogenic Cookbook	160	761	59.6	52.4	0.3	0	0.9
Meaty Spaghetti	The Ketogenic Cookbook	162	468	30	33.6	15.2	4.1	0.8
Slow-Cooker Beefy Asian Noodles	The Ketogenic Cookbook	164	286	18.1	23.4	6.9	2.3	1.0
Chimichurri Flank Steak	The Ketogenic Cookbook	166	391	27.5	31.7	2.8	0.6	1.1
Teriyaki Steak Roll-Ups with Sauteed Mushrooms	The Ketogenic Cookbook	168	821	66	45.9	8	1.6	0.6
Swedish Meatballs	The Ketogenic Cookbook	170	426	32.1	31.3	2.1	0	0.9
Reubens	The Ketogenic Cookbook	172	291	23.6	10.6	9.1	1.6	0.3
Slow-Cooker BBQ Short Ribs	The Ketogenic Cookbook	174	749	68.6	28.4	1.8	0.5	0.4
Philly "Cheese" Steak Stuffed Portobellos	The Ketogenic Cookbook	176	651	57	31	5	1.3	0.5
Taco Salad in a Crispy Cheese Bowl	The Ketogenic Cookbook	178	363	24.3	29.5	9.6	2.3	0.9
Braised Lamb Shanks and Mushrooms	The Ketogenic Cookbook	180	465	25.9	51.1	6.8	2.2	1.7
Lamb Tikka Masala	The Ketogenic Cookbook	182	489	37.8	29.7	6.8	1.2	0.7
Zucchini Tot Hot Dish	The Ketogenic Cookbook	184	457	35	30.5	4.8	1.2	0.8
Easy Mortadella Ravioli	The Ketogenic Cookbook	188	677	55.6	34.7	9.1	0.8	0.5
Smoked Pork Chops with Apple Glaze	The Ketogenic Cookbook	190	418	36.6	19	3	1.4	0.5
Kielbasa and Braised Cabbage	The Ketogenic Cookbook	192	351	26.1	17.1	12.2	4.2	0.5
Asian Lettuce Wraps	The Ketogenic Cookbook	194	468	25.9	44.5	14.2	3.9	1.2
Pork Belly in Aromatic Spices	The Ketogenic Cookbook	196	350	28.8	18.3	5.3	2.6	0.6
Stromboli	The Ketogenic Cookbook	198	355	27.9	21.6	4.8	1.2	0.7
Mini Lettuce Wraps	The Ketogenic Cookbook	200	339	27.3	14.5	10.5	4.6	0.4
Armadillo Eggs	The Ketogenic Cookbook	202	764	66.7	36.6	2.4	1	0.5
Lasagna Roll-Ups	The Ketogenic Cookbook	206	467	25.7	50	9.3	2.6	1.5
Buffalo Chicken Stuffed Avocados	The Ketogenic Cookbook	208	475	40	23	8	6.5	0.6
Zesty Chicken Pizza	The Ketogenic Cookbook	210	610	41.2	55.2	6	0.5	1.2
Deep Dish BBQ Chicken Pizza	The Ketogenic Cookbook	212	617	42	51.8	5.2	0	1.1
Chicken Enchiladas	The Ketogenic Cookbook	214	602	39.6	47.3	14	4.6	1.0
Herb and Ricotta Rotolo	The Ketogenic Cookbook	216	386	14.2	60.5	5.3	1.7	3.4
Brown Butter Chicken and "Pasta"	The Ketogenic Cookbook	218	459	37.6	24.7	5.9	2.4	0.6

Duck Confit	The Ketogenic Cookbook	220	675	57.8	29	5.5	0.7	0.5
Gumbo	The Ketogenic Cookbook	222	330	25.3	20.1	5.7	1.7	0.7
BBQ Chicken and "Faux" Tatoes	The Ketogenic Cookbook	224	519	25.9	67.5	4	1	2.3
Chicken a la King	The Ketogenic Cookbook	226	358	28.1	21.1	6.1	1.5	0.6
Creamy Chicken Casserole	The Ketogenic Cookbook	228	283	25.9	10.5	2.9	1.4	0.4
Grilled Halibut with Smoky Avocado Cream	The Ketogenic Cookbook	232	525	28.8	60	4.9	3.6	2.0
Shrimp Po' Boys	The Ketogenic Cookbook	234	516	34	39	14	3.8	0.9
Gravlax	The Ketogenic Cookbook	236	247	13.4	31	0.4	0	2.2
Gravlax Sushi	The Ketogenic Cookbook	238	226	18.6	10.7	4.8	2.4	0.5
Seafood Salad	The Ketogenic Cookbook	240	503	31.9	42.6	9.7	1.3	1.1
Grandpa Joe's Barramundi	The Ketogenic Cookbook	242	580	44	43.9	1.5	0	1.0
Grilled Whole Mackerel with Homemade Tartar Sauce	The Ketogenic Cookbook	244	509	37.6	42.7	1.5	0	1.1
Grilled Trout with Lemon-Thyme Glaze	The Ketogenic Cookbook	246	369	21	41.6	3.8	1.1	1.8
Canned Salmon	The Ketogenic Cookbook	248	162	7.2	21	3.6	1	2.1
Broiled Sesame-Orange Salmon	The Ketogenic Cookbook	250	531	42.8	25.6	11.5	4.5	0.5
Shrimp Scampi with Cabbage Noodles	The Ketogenic Cookbook	252	514	37.3	30.3	15.3	4.9	0.6
Fried Parmesan Tomatoes	The Ketogenic Cookbook	256	209	19	7	2.3	0	0.3
Creamy "Mac" -N-Cheese	The Ketogenic Cookbook	258	241	23.3	7.5	1.8	0	0.3
Yellow Tomato and Burrata Salad	The Ketogenic Cookbook	260	281	24.1	12	4	1.1	0.4
Toasted Open-Face Brie and Tomato Sandwich	The Ketogenic Cookbook	261	310	27	13.5	2.7	0.7	0.5
Yellow Tomato Soup and Grilled Cheese	The Ketogenic Cookbook	262	463	37	26.3	8	1.2	0.6
Deep Dish Alfredo Pizza with Mushrooms	The Ketogenic Cookbook	264	506	47	17.4	5	0.5	0.3
Pizza Margherita	The Ketogenic Cookbook	266	199	12.8	17	5	1.6	1.0
Mini Egg Salad Sandwiches	The Ketogenic Cookbook	268	433	36	23.5	4	0	0.6
Dutch Baby Pizza with "Honey" Dressing	The Ketogenic Cookbook	270	493	38	29.7	6.8	1.2	0.7
Slow Cooker Pesto pasta with Crispy Basil	The Ketogenic Cookbook	272	359	34.1	9.4	2.6	0.6	0.3
Keto Bread	The Ketogenic Cookbook	276	70	4.3	7.5	0.4	0	1.6
Keto Naan	The Ketogenic Cookbook	278	64	4.5	5.2	0.6	0.5	1.1
Braised Swiss Chard	The Ketogenic Cookbook	279	199	14.5	11	7	3	0.6
Braised Cabbage	The Ketogenic Cookbook	280	191	14.2	3.1	13	5.8	0.1
Slow Cooker Cabbage "Pasta"	The Ketogenic Cookbook	282	147	11.7	2.5	8.4	4.5	0.2
Zucchini "Pasta"	The Ketogenic Cookbook	284	20	0	1	4	1	0.3
Brown Butter Mushrooms	The Ketogenic Cookbook	286	131	11.4	3	4.8	1.7	0.2
Creamy Coleslaw	The Ketogenic Cookbook	288	162	13.6	2.1	9.4	3.9	0.1
BLT Coleslaw	The Ketogenic Cookbook	289	258	20.7	5.5	14.4	1.7	0.2
Paleo Onion Rings	The Ketogenic Cookbook	290	242	16.1	15.5	7.9	1.6	0.7
Avocado Fries	The Ketogenic Cookbook	291	635	51.6	30.6	12	7.8	0.5
Fried Pickles	The Ketogenic Cookbook	292	191	17.5	7	2	0	0.4
Buffalo Chicken Deviled Eggs	The Ketogenic Cookbook	294	149	11.7	10.2	1.1	0	0.8
Cheddar Deviled Eggs	The Ketogenic Cookbook	296	175	15.2	9.1	0.8	0	0.6
Spinach Dip	The Ketogenic Cookbook	298	342	31.2	11.8	4.6	1	0.3
Zucchini Tots	The Ketogenic Cookbook	300	116	8.2	7.6	3.3	1.2	0.7
Chocolate Gingerbread Cookies	The Ketogenic Cookbook	306	51	4.7	1.1	1.2	0.7	0.2
Gingerbread House	The Ketogenic Cookbook	308	813	16.7	24.8	140.8	76.2	0.3
Dairy-Free Keto Vanilla Bean Ice Cream	The Ketogenic Cookbook	310	210	21.4	3.2	1.6	0	0.1
Dary-Free Keto Chocolate Ice Cream with Cherry Glaze	The Ketogenic Cookbook	312	249	25.3	3.5	2.1	0.6	0.1
Easy Mocha Fudge Truffles	The Ketogenic Cookbook	314	116	11.5	1.5	1.6	0.5	0.1
Chocolate Mocha Cake Pops	The Ketogenic Cookbook	316	325	30.5	6.3	5.3	3.7	0.2
Strawberry Truffles	The Ketogenic Cookbook	318	153	16.3	1.1	0	0	0.1
Chocolate Mint Cookies	The Ketogenic Cookbook	320	304	28.6	5.9	7.3	3.7	0.2

Dark Chocolate Raspberry Fat Bombs	The Ketogenic Cookbook	322	220	24	0.3	0.9	0	0.0
Chocolate Berry Pie	The Ketogenic Cookbook	324	177	15.6	7	2.8	1.6	0.4
Caramel Apple Fudge	The Ketogenic Cookbook	326	205	22	1.6	0.6	0	0.1
Dairy-Free Chocolate Egg Cream	The Ketogenic Cookbook	327	78	7.3	1.1	2.1	0	0.1
Cookie Dough Brownies	The Ketogenic Cookbook	328	427	41.6	6.5	6.4	4.2	0.1
Dairy-Free Chocolate Syrup	The Ketogenic Cookbook	330	33	3.1	0.4	0.9	0	0.1
Chocolate Creme de Menthe Pops	The Ketogenic Cookbook	332	96	8.3	2.7	2.9	1.5	0.3
Pumpkin Pie Frozen Custard	The Ketogenic Cookbook	334	112	11.2	1.8	1.2	0	0.1
Cinnamon Swirl Cheesecake	The Ketogenic Cookbook	336	252	19.7	12.2	6.8	1.3	0.5
Chai Panna Cotta	The Ketogenic Cookbook	338	176	16.3	3	4.1	0	0.1
Lemon Curd Ice Cream	The Ketogenic Cookbook	340	101	10	2.3	0.5	0	0.2
Almond Roca Mocha Cake	The Ketogenic Cookbook	342	375	36.9	6.4	4.4	2	0.2
Iced Mocha Pops	The Ketogenic Cookbook	344	251	25.3	3.2	3.1	1.2	0.1
Easy Toffee Fudge Pops	The Ketogenic Cookbook	346	46	2.7	2.8	2.6	0	0.5
Chai "Sugar"	The Ketogenic Cookbook	348	3	0	0	0.5	0	0.0
Chai Streusel Candy	The Ketogenic Cookbook	349	91	10.2	0	0.1	0	0.0
Chocolate-Covered Toffee	The Ketogenic Cookbook	350	60	6	0.5	1.1	0.8	0.1
Easy Peppermint Fudge	The Ketogenic Cookbook	352	99	8.2	2	4	3	0.2
Tiramisu Fudge	The Ketogenic Cookbook	354	113	10.8	2.2	2	0	0.2
Tiramisu Panna Cotta	The Ketogenic Cookbook	356	105	10.2	2.5	0.7	0	0.2
Fruit Roll Ups	The Art of Healthy Eating-Kids	23	23	0.2	0.5	5.5	1.4	0.1
Apple "Juice"	The Art of Healthy Eating-Kids	29	0	0	0	0	0	100.0
"Healthified" Snowcone	The Art of Healthy Eating-Kids	29	0	0	0	0	0	100.0
Hot Chocolate	The Art of Healthy Eating-Kids	30	113	10	3	6.3	3.4	0.2
Shamrock Shake	The Art of Healthy Eating-Kids	31	355	31	15	8.9	4.4	0.4
Frozen Hot Chocolate	The Art of Healthy Eating-Kids	31	365	18	29	6.5	2	1.3
Captain Crunch Berries	The Art of Healthy Eating-Kids	33	211	16	15.6	4.2	1.6	0.8
Chocolate PB	The Art of Healthy Eating-Kids	33	187	12	14.5	3	1.6	1.1
Blueberry Crunch	The Art of Healthy Eating-Kids	33	220	18	9.2	4	2	0.5
Malt-OH-Meal	The Art of Healthy Eating-Kids	35	169	9	24	5	4.5	2.5
Super Power Waffles	The Art of Healthy Eating-Kids	37	187	14	7.6	7.4	6.1	0.5
"Yum"tella Protein Waffles	The Art of Healthy Eating-Kids	39	221	18	11.4	5.8	2.6	0.5
Donut Holes & Dip	The Art of Healthy Eating-Kids	40	83	5.2	7.2	2.5	0	0.9
Crepes	The Art of Healthy Eating-Kids	41	190	15	10.2	3	0.9	0.6
Cinnamon Bagel	The Art of Healthy Eating-Kids	42	161	13	8	2.9	1.7	0.6
English Muffins	The Art of Healthy Eating-Kids	43	104	4	7	11.6	8.8	1.0
Pizza Bites	The Art of Healthy Eating-Kids	47	327	14	14	3.8	3	0.9
Pizza "Hit" Breadsticks	The Art of Healthy Eating-Kids	47	109	4.6	9.6	5.2	2.2	1.3
Deep Dish Pizza	The Art of Healthy Eating-Kids	48	157	10	6	0.6	0	0.6
Pizza Roni	The Art of Healthy Eating-Kids	49	293	19	20	5.9	1.7	0.9
PB and Jelly Sushi	The Art of Healthy Eating-Kids	52	123	8.7	2	9.3	6.7	0.2
Hotdog "Mac" n Cheese	The Art of Healthy Eating-Kids	53	239	4.9	19	10	2.7	1.6
Mini Corn Dogs	The Art of Healthy Eating-Kids	54	210	5.3	12.9	9.4	7	1.7
Pigs in a Blanket	The Art of Healthy Eating-Kids	54	209	17	8.5	6.4	3.3	0.4
French Fries	The Art of Healthy Eating-Kids	55	185	13	7.8	13	7.6	0.4
Enchilada Casserole	The Art of Healthy Eating-Kids	56	417	30	38.7	6.9	3.5	1.2
Taquitos	The Art of Healthy Eating-Kids	57	257	10	29	1.9	0	2.4
Grilled Cheese	The Art of Healthy Eating-Kids	59	218	15	19	1	0	1.2
Chicken Nuggets	The Art of Healthy Eating-Kids	61	171	10	16	3.2	1.6	1.4
Spaghetti and Meatballs	The Art of Healthy Eating-Kids	62	344	20	35	2.3	1.3	1.7

Quesadillas	The Art of Healthy Eating-Kids	63	123	8.7	2	9.3	6.7	0.2
Peanut Butter Chicken	The Art of Healthy Eating-Kids	65	290	22	37	3.2	2.1	1.6
Peanut "Noodles"	The Art of Healthy Eating-Kids	65	119	8	7	7	3	0.6
Chinese Fried "Rice"	The Art of Healthy Eating-Kids	66	106	7	5.1	7.3	3	0.5
Bacon Cheeseburger Goodness	The Art of Healthy Eating-Kids	67	404	19	44.7	10	3.5	1.8
Hot BEEF Sundae	The Art of Healthy Eating-Kids	68	35	28	38	9	3.8	1.1
Meatloaf Cupcakes	The Art of Healthy Eating-Kids	69	200	12.8	28	3	0	1.8
Sloppy Joe's	The Art of Healthy Eating-Kids	71	141	7.6	16	1.7	1	1.9
Coconut Shrimp	The Art of Healthy Eating-Kids	72	252	14	30	12	7	1.6
"Healthified" Orange Marmalade	The Art of Healthy Eating-Kids	72	29	0	0	2	0	0.0
Protein Pizza Waffles	The Art of Healthy Eating-Kids	73	214	14.8	15	4	1.6	0.9
Sandwich Waffles	The Art of Healthy Eating-Kids	73	239	16.8	17	2.9	1.5	0.9
Taco Seasoning	The Art of Healthy Eating-Kids	74	5	0	0	0.9	0.4	0.0
Cheese It Crackers	The Art of Healthy Eating-Kids	75	120	9.5	6.1	2.4	1.1	0.6
Nacho Chips	The Art of Healthy Eating-Kids	75	104	7	10.3	3	1	1.1
Protein Pizza Dip	The Art of Healthy Eating-Kids	77	180	9	14	5	0.8	1.1
Protein Dip	The Art of Healthy Eating-Kids	77	150	11	7	7.7	4.7	0.5
Pecan Butter	The Art of Healthy Eating-Kids	78	181	19	1.2	1.9	1.3	0.1
Macadamia Butter	The Art of Healthy Eating-Kids	78	208	22	1.3	2.3	1.4	0.1
Cashew Butter	The Art of Healthy Eating-Kids	78	186	18	2.6	5.6	0.5	0.1
Peanut Butter	The Art of Healthy Eating-Kids	78	192	19	4.7	2.9	1.6	0.2
PB and J Ice Cream Sandwich	The Art of Healthy Eating-Kids	79	320	26.2	12.8	8	4.4	0.4
Cherry Magic Shell	The Art of Healthy Eating-Kids	80	102	11	0.1	0	0	0.0
Tropical Ice Cream	The Art of Healthy Eating-Kids	81	276	28	3	6.5	2.6	0.1
Sorbet	The Art of Healthy Eating-Kids	81	35	0	0.7	7.4	1.9	0.1
Cookie Dough Ice Cream	The Art of Healthy Eating-Kids	82	189	15	5	6.7	3.3	0.3
Creamsicle Push Pop	The Art of Healthy Eating-Kids	83	112	10	2.4	3.5	1	0.2
Strawberry Cream Push Pop	The Art of Healthy Eating-Kids	83	112	10	2.5	4	1	0.2
Fudge Push Pop	The Art of Healthy Eating-Kids	83	79	7	2.1	3.6	1.9	0.2
Lemon Bars	The Art of Healthy Eating-Kids	85	112	10	3	2.5	1.2	0.3
"Yum"tella Cupcakes	The Art of Healthy Eating-Kids	86	52	5	1.5	2.4	1.4	0.3
Maple Cupcakes	The Art of Healthy Eating-Kids	87	176	16	3.3	4.5	1.8	0.2
Strawberry Cupcakes	The Art of Healthy Eating-Kids	88	201	18	9	3.3	1.5	0.5
Pumpkin Whoopie Pies	The Art of Healthy Eating-Kids	89	258	21	10	7.7	2.8	0.4
PB & J Whoopie Pies	The Art of Healthy Eating-Kids	90	179	13	9.5	5.2	2	0.6
Chocolate Pie	The Art of Healthy Eating-Kids	91	360	37	5.2	5.7	3	0.1
Snickerdoodle Cookies	The Art of Healthy Eating-Kids	92	125	11	2.5	3	1.6	0.2
Caramel "Apples"	The Art of Healthy Eating-Kids	93	105	5.7	1.1	7.5	6.5	0.2
Sunflower Cookies	The Art of Healthy Eating-Kids	95	149	11	5.1	5.7	3.7	0.4
Chocolate Sauce	The Art of Healthy Eating-Kids	96	75	7.8	0.8	1	0	0.1
Fudge Stripe Cookies	The Art of Healthy Eating-Kids	97	150	14	2.5	3.2	1.8	0.2
Mighty Munchers	The Art of Healthy Eating-Kids	99	137	13	3	4.2	3.9	0.2
PB and J Chocolates	The Art of Healthy Eating-Kids	101	150	15	9.1	6	2	0.5
Fudgey Brownies	The Art of Healthy Eating-Kids	103	182	17.7	5	4.5	2.4	0.3
Strawberry Shortcake	The Art of Healthy Eating-Kids	105	143	11.3	5.2	5.7	1.9	0.3
Cherry Red Velvet Cake	The Art of Healthy Eating-Kids	107	214	18.5	6	5	2.9	0.3
Energy Power Bars	The Art of Healthy Eating-Kids	109	278	23	5.2	10.6	5.6	0.2
Protein Granola Bars	The Art of Healthy Eating-Kids	111	238	19	22	7.5	2.9	0.9
Graham Crackers	The Art of Healthy Eating-Kids	113	130	8	6	4.5	2.6	0.6
Reece's Twinkies	The Art of Healthy Eating-Kids	115	113	7	8	6	3	0.8

Protein Pudding	The Art of Healthy Eating-Kids	117	126	8.8	11	0.7	0	1.2
"Tapioca" Pudding	The Art of Healthy Eating-Kids	117	239	17	11	13	10.5	0.6
Strawberry Pudding	The Art of Healthy Eating-Kids	119	125	2.4	16	9.6	1.4	1.5
Brain Building Banana Pudding	The Art of Healthy Eating-Kids	119	154	6	21	2.8	0	2.4
Coconut Custard	The Art of Healthy Eating-Kids	121	327	32	5	7.4	3.6	0.1
Gingerbread Latte	The Art Of Healthy Eating-Slow Cooker	20	35	0	2	1	0	2.0
Hot Chocolate	The Art Of Healthy Eating-Slow Cooker	20	113	10	3	6.3	3.4	0.2
Ginger Ale	The Art Of Healthy Eating-Slow Cooker	21	49	0	1.3	9	2	0.2
Cereal	The Art Of Healthy Eating-Slow Cooker	22	220	9.2	18	4	2	1.6
Granola	The Art Of Healthy Eating-Slow Cooker	23	130	8	5.3	2.3	0.9	0.6
Overnight "Oat" meal	The Art Of Healthy Eating-Slow Cooker	24	254	10	22	18	13.6	1.5
French Toast Casserole	The Art Of Healthy Eating-Slow Cooker	25	122	8.6	6	6	3.8	0.6
Coffee Cake (Almond Flour)	The Art Of Healthy Eating-Slow Cooker	26	387	35	9.5	8	3.5	0.2
Coffee Cake (Coconut Flour)	The Art Of Healthy Eating-Slow Cooker	26	254	22	5.5	5.8	2.9	0.2
Glazed Breakfast Cake	The Art Of Healthy Eating-Slow Cooker	27	131	10	4.6	4.3	1.6	0.4
Crust-less Quiche	The Art Of Healthy Eating-Slow Cooker	28	173	12.1	12	4.2	1.2	0.8
Hard Boiled Eggs	The Art Of Healthy Eating-Slow Cooker	29	70	5	7	0.5	0	1.3
Easy Homemade Ricotta	The Art Of Healthy Eating-Slow Cooker	29	108	8.5	3.3	5	0	0.2
Bran Muffins (Almond Flour)	The Art Of Healthy Eating-Slow Cooker	30	127	11	4	3.9	2.9	0.3
Bran Muffins (Coconut Flour)	The Art Of Healthy Eating-Slow Cooker	30	102	7	3	3.8	2.9	0.4
Sweet n Spicy Nuts	The Art Of Healthy Eating-Slow Cooker	32	216	21	3.8	4.9	3	0.2
Candied Walnuts	The Art Of Healthy Eating-Slow Cooker	33	222	21	7.5	3.1	2.1	0.3
Roasted Garlic	The Art Of Healthy Eating-Slow Cooker	34	15	0	0	3	0	0.0
Marinara Sauce	The Art Of Healthy Eating-Slow Cooker	35	51	0	3.2	5.4	1.4	0.8
Primal Poppers	The Art Of Healthy Eating-Slow Cooker	36	112	8	6	1.7	0	0.6
Healing Broth	The Art Of Healthy Eating-Slow Cooker	38	40	3	4	0	0	1.3
Artichokes	The Art Of Healthy Eating-Slow Cooker	39	114	4.2	5.4	16	7	0.4
Chicken Chips	The Art Of Healthy Eating-Slow Cooker	40	86	7.7	4	0	0	0.5
Green Bean Casserole	The Art Of Healthy Eating-Slow Cooker	40	146	12	4	7	3	0.3
Buffalo Wings	The Art Of Healthy Eating-Slow Cooker	41	193	7.7	24.6	2.7	1.4	2.7
"Healthified" Blue Cheese Dressing	The Art Of Healthy Eating-Slow Cooker	41	104			1.1		0.0
Sweet Asian Wings	The Art Of Healthy Eating-Slow Cooker	42	162	7.5	22	0.3	0	2.8
Craig's Curry Wings	The Art Of Healthy Eating-Slow Cooker	43	217	12	24.7	0.5	0	2.0
Little Smokies	The Art Of Healthy Eating-Slow Cooker	43	250	22	8.5	3.8	0.8	0.3
Easy Pizza Dip	The Art Of Healthy Eating-Slow Cooker	44	128	8	9	3	0.5	0.9
Pizza Hit Breadsticks	The Art Of Healthy Eating-Slow Cooker	44	109	4.6	9.6	5.2	2.2	1.3
Italian Meatballs	The Art Of Healthy Eating-Slow Cooker	45	262	11	26.2	8	3	1.6
Mexican Meatballs	The Art Of Healthy Eating-Slow Cooker	46	257	10	29.4	8	3	2.0
Buffalo Meatballs	The Art Of Healthy Eating-Slow Cooker	47	279	22	19.1	5	0	0.7
Ranch Dressing	The Art Of Healthy Eating-Slow Cooker	47	66			0.75		0.0
Crab Stuffed Avocado	The Art Of Healthy Eating-Slow Cooker	48	290	24	10.3	10.3	6.9	0.4
Crab Stuffed Mushrooms	The Art Of Healthy Eating-Slow Cooker	49	64	3.8	5.2	2.8	0	0.8
Greek Mushrooms	The Art Of Healthy Eating-Slow Cooker	50	53	3.3	4.8	1.5	0	1.0
Italian Meatballs	The Art Of Healthy Eating-Slow Cooker	51	77	4.9	4	3.5	1	0.5
Bacon Cheese Mushrooms	The Art Of Healthy Eating-Slow Cooker	52	156	12	10	2.4	0.5	0.7
Artichoke Stuffed Mushrooms	The Art Of Healthy Eating-Slow Cooker	53	117	9	5.4	3.7	1.3	0.5
Spinach Artichoke Dip	The Art Of Healthy Eating-Slow Cooker	54	127	6.6	6.2	6	2.3	0.6
Crab Dip	The Art Of Healthy Eating-Slow Cooker	55	177	15	7	2.2	0	0.4
Crab Rangoon Dip	The Art Of Healthy Eating-Slow Cooker	56	141	13.3	3.8	2.2	0	0.2
Stuffing	The Art Of Healthy Eating-Slow Cooker	57	167	14.6	4.1	6.1	2.8	0.2

Creamed Spinach	The Art Of Healthy Eating-Slow Cooker	58	90	6.5	6	2.3	1	0.8
Sesame Veggies	The Art Of Healthy Eating-Slow Cooker	59	54	1.6	3	6.2	2.6	0.6
Alfredo Veggies	The Art Of Healthy Eating-Slow Cooker	59	115	7.9	5.5	7	3	0.5
Buttery Mushrooms	The Art Of Healthy Eating-Slow Cooker	60	118	11	2.2	2.1	0.6	0.2
Creamy "Grits"	The Art Of Healthy Eating-Slow Cooker	60	75	4.2	5.3	5	1.9	0.7
Mashed "Faux"tatoes	The Art Of Healthy Eating-Slow Cooker	61	37	1	4.1	2.9	1.1	1.5
Creamy Fennel	The Art Of Healthy Eating-Slow Cooker	61	196	12	11.4	10	4	0.6
German "Faux"tato Salad	The Art Of Healthy Eating-Slow Cooker	62	78	4.4	3.7	7	2.8	0.4
Sweet n Sour Eggplant	The Art Of Healthy Eating-Slow Cooker	63	62	3.6	1.4	7.5	2	0.2
Ham and Cauliflower au Gratin	The Art Of Healthy Eating-Slow Cooker	64	123	8.8	7.5	4.1	1.6	0.7
French Onion Casserole (Almond Flour)	The Art Of Healthy Eating-Slow Cooker	65	220	15	11	10	3	0.5
French Onion Casserole (Coconut Flour)	The Art Of Healthy Eating-Slow Cooker	65	178	12	10	8.5	2.2	0.5
BBQ Shrimp	The Art Of Healthy Eating-Slow Cooker	66	133	10.3	10	0.1	0	1.0
Chicken Lettuce Wraps	The Art Of Healthy Eating-Slow Cooker	67	150	5.3	21.9	2.2	0.5	3.1
Buffalo Lettuce Wraps	The Art Of Healthy Eating-Slow Cooker	68	212	4.4	37.5	2.9	0.9	5.9
Italian Tuna Casserole	The Art Of Healthy Eating-Slow Cooker	69	314	22.3	19.6	8.7	1.8	0.7
Tuna "Noodle" Casserole	The Art Of Healthy Eating-Slow Cooker	69	283	18	24.6	4.4	1.4	1.2
Gorgonzola Bisque	The Art Of Healthy Eating-Slow Cooker	70	197	6	11	5	2.5	1.3
Cream of Asparagus Soup	The Art Of Healthy Eating-Slow Cooker	71	95	5.7	6	6.2	2.6	0.6
Cream of Mushroom Soup	The Art Of Healthy Eating-Slow Cooker	71	155	13	6.4	5.9	1.3	0.4
Chicken "Noodle" Soup	The Art Of Healthy Eating-Slow Cooker	72	120	8	24	4	2	2.4
Smoky Tomatillo Chicken	The Art Of Healthy Eating-Slow Cooker	73	222	5	37	5.5	1.9	4.3
Clam Chowder	The Art Of Healthy Eating-Slow Cooker	74	319	23	24	5	0.4	0.9
Pumpkin Chili	The Art Of Healthy Eating-Slow Cooker	75	296	8	27.4	8	4	2.3
Lasagna Soup	The Art Of Healthy Eating-Slow Cooker	76	373	27	25.6	5.6	1	0.8
Provolone "Noodle" Soup	The Art Of Healthy Eating-Slow Cooker	77	279	10.4	39	6.2	2.3	2.7
Cioppino	The Art Of Healthy Eating-Slow Cooker	78	163	6.2	17	8	2	1.4
Seafood Bisque	The Art Of Healthy Eating-Slow Cooker	79	227	14.4	18	6.3	1	0.9
Grilled Brie & Tomato on Crusty Bread	The Art Of Healthy Eating-Slow Cooker	79	286	26	14.3	2.1	0.6	0.5
Fish Chowder	The Art Of Healthy Eating-Slow Cooker	80	112	6	9.9	4.9	1.5	1.1
Cauliflower Soup with Crispy Capers	The Art Of Healthy Eating-Slow Cooker	81	201	16.5	8.4	5.5	2	0.4
Broccoli and Brie Soup	The Art Of Healthy Eating-Slow Cooker	82	174	12.3	10.5	7	2.6	0.6
Chicken Coconut Kale Soup	The Art Of Healthy Eating-Slow Cooker	83	253	15	22.6	8.8	2.8	1.1
Thai Soup	The Art Of Healthy Eating-Slow Cooker	84	131	10	5	5.2	1.7	0.4
Pho Soup	The Art Of Healthy Eating-Slow Cooker	85	146	5.9	19.9	2.1	0	2.5
Pork Belly Ramen	The Art Of Healthy Eating-Slow Cooker	86	327	32	6.7	1.9	0	0.2
Spicy Beef Stew	The Art Of Healthy Eating-Slow Cooker	87	290	11	38	8.8	2.6	2.2
Turkey Stew	The Art Of Healthy Eating-Slow Cooker	88	220	9.4	22.3	6.8	1.3	1.5
Creamy Chicken Tomato Soup	The Art Of Healthy Eating-Slow Cooker	89	283	16.1	29	5.5	1.5	1.4
Cordon Bleu Soup	The Art Of Healthy Eating-Slow Cooker	89	245	15.5	22.5	3.3	0.5	1.2
Chili	The Art Of Healthy Eating-Slow Cooker	90	396	20	31	12	4	1.1
Cabbage and Ham Soup	The Art Of Healthy Eating-Slow Cooker	91	154	6.3	15.3	8	3	1.4
African "Nut" Stew	The Art Of Healthy Eating-Slow Cooker	92	198	11.8	11.2	11	5	0.6
French Onion Soup	The Art Of Healthy Eating-Slow Cooker	93	155	8.9	11	5.8	1	0.8
Cheeseburger Soup	The Art Of Healthy Eating-Slow Cooker	94	305	23	22	2.5	0.6	0.9
Cauliflower & Aged White Cheddar Soup	The Art Of Healthy Eating-Slow Cooker	94	146	9	8.2	4.4	1.3	0.7
Tomato Basil Parmesan Soup	The Art Of Healthy Eating-Slow Cooker	95	198	17.5	7	4.6	1.1	0.3
Nutty "Noodles"	The Art Of Healthy Eating-Slow Cooker	96	117	8.2	5.4	8	3	0.4
Swedish Meatballs	The Art Of Healthy Eating-Slow Cooker	97	221	13	21.8	1.6	0	1.5
Sloppy Joe's	The Art Of Healthy Eating-Slow Cooker	98	228	11	24.7	4.2	1.3	1.8

Beef Stroganoff	The Art Of Healthy Eating-Slow Cooker	99	380	17.5	41	8.5	2.5	1.7
French Dip Sandwiches	The Art Of Healthy Eating-Slow Cooker	100	218	7	35.2	0.3	0	4.8
Philly Cheesesteak (without Protein Bun)	The Art Of Healthy Eating-Slow Cooker	101	351	17	43	4.2	1.1	2.1
Philly Cheesesteak (with Protein Bun)	The Art Of Healthy Eating-Slow Cooker	101	397	20	65	4.8	1.1	2.7
Blue Cheese Steak Roll-Ups	The Art Of Healthy Eating-Slow Cooker	102	317	15.3	41	1.4	0	2.5
Beefy "Noodles"	The Art Of Healthy Eating-Slow Cooker	103	352	18	41	3.6	1.1	2.0
Goat Cheese Meatloaf	The Art Of Healthy Eating-Slow Cooker	104	307	17	27.9	1.6	0.8	1.6
Easy Ribs	The Art Of Healthy Eating-Slow Cooker	105	394	31	25	0.8	0	0.8
Smoky Baby Back Ribs	The Art Of Healthy Eating-Slow Cooker	105	640	54	36	0.9	0	0.7
Pepper Venison Steak	The Art Of Healthy Eating-Slow Cooker	106	238	8	35.1	4.8	1.4	3.1
Paprika Tenderloin	The Art Of Healthy Eating-Slow Cooker	107	221	9	30.8	2.4	0.8	2.9
Shredded Beef	The Art Of Healthy Eating-Slow Cooker	108	535	28	38	9	3.8	1.1
"Smoked" Beef Brisket	The Art Of Healthy Eating-Slow Cooker	108	331	12.6	50.1	0.9	0	3.7
Stuffed Tenderloin	The Art Of Healthy Eating-Slow Cooker	109	194	6.9	29	1.7	0	3.4
Perfect Pulled Pork	The Art Of Healthy Eating-Slow Cooker	110	199	4.8	35	2.1	0.7	5.6
Pot Roast Pork	The Art Of Healthy Eating-Slow Cooker	111	274	12	38	0.7	0	3.0
Parmesan Honey Pork	The Art Of Healthy Eating-Slow Cooker	112	231	9.8	33	1.2	0	3.0
Pork Lettuce Cups	The Art Of Healthy Eating-Slow Cooker	113	223	4.7	32	8	2.5	3.1
Pork Cabbage Rolls	The Art Of Healthy Eating-Slow Cooker	114	279	18	18	14	7	0.7
Sausage and Veggies	The Art Of Healthy Eating-Slow Cooker	115	185	7.4	19	5	2.3	1.9
Roast Chicken	The Art Of Healthy Eating-Slow Cooker	115	188	6	28.6	1	0	4.1
Stuffed Cabbage	The Art Of Healthy Eating-Slow Cooker	116	399	18	45	9.1	3	1.9
Reuban Rolls	The Art Of Healthy Eating-Slow Cooker	116	377	30	22.7	6.2	2.1	0.7
BBQ Chicken Cornbread Casserole	The Art Of Healthy Eating-Slow Cooker	117	207	8	26.7	5.1	2	2.4
Chicken Caesar Sandwiches	The Art Of Healthy Eating-Slow Cooker	118	336	13	40.1	12	5.9	2.1
Easy Reuben Chicken	The Art Of Healthy Eating-Slow Cooker	119	336	16.2	29.6	10	4.9	1.4
Chicken Asparagus Rolls	The Art Of Healthy Eating-Slow Cooker	120	316	16.4	29	7.4	1.4	1.3
Cornish Game Hens	The Art Of Healthy Eating-Slow Cooker	121	340	23.4	29	1	0	1.2
Chicken Broccoli Casserole	The Art Of Healthy Eating-Slow Cooker	121	356	24	27.8	7.5	1	0.9
Balsamic Chicken	The Art Of Healthy Eating-Slow Cooker	122	223	8	33	1.1	0	3.6
Jambalaya	The Art Of Healthy Eating-Slow Cooker	123	303	13	36.5	8.1	2.5	2.0
Chicken Gumbo	The Art Of Healthy Eating-Slow Cooker	124	221	9.4	23.3	9.7	3.5	1.5
Chicken with Mushroom Cream Sauce	The Art Of Healthy Eating-Slow Cooker	125	268	19	18.1	4.2	1	0.8
Creamed Pheasant	The Art Of Healthy Eating-Slow Cooker	126	284	15.8	31.9	3.5	1	1.7
BBQ Pheasant	The Art Of Healthy Eating-Slow Cooker	127	159	4.2	27.2	1.9	0	4.5
German Pheasant	The Art Of Healthy Eating-Slow Cooker	128	133	10.3	10	0.1	0	1.0
Turkey Tetrazzini	The Art Of Healthy Eating-Slow Cooker	130	234	5.3	27	5.8	2.3	3.1
Easy White Fish	The Art Of Healthy Eating-Slow Cooker	131	109	0.1	22.6	3	1.5	14.1
Lamb with Mint, Rosemary & Garlic	The Art Of Healthy Eating-Slow Cooker	131	253	11.2	32.5	3.1	1.5	2.5
Deep Dish Pizza	The Art Of Healthy Eating-Slow Cooker	132	109	4.6	9.6	5.2	2.2	1.3
Italian Eggplant and Goat Cheese	The Art Of Healthy Eating-Slow Cooker	133	132	6	7.6	10	5.5	0.7
Italian Stuffed Peppers	The Art Of Healthy Eating-Slow Cooker	134	398	15.2	33	12	7	1.6
Pizza Casserole	The Art Of Healthy Eating-Slow Cooker	135	239	10.6	18	12	6	1.1
Easy Spaghetti	The Art Of Healthy Eating-Slow Cooker	136	91	2.4	2.5	11	4	0.3
Shrimp Scampi	The Art Of Healthy Eating-Slow Cooker	136	320	24	24.1	1.1	0	1.0
Chicken Alfredo	The Art Of Healthy Eating-Slow Cooker	137	315	31	7.7	5.2	1.3	0.2
Protein Lasagna	The Art Of Healthy Eating-Slow Cooker	138	294	12.2	32.6	5.3	2	2.1
Veggie Lasagna	The Art Of Healthy Eating-Slow Cooker	139	256	11.3	19.5	10	4	1.1
Moussaka	The Art Of Healthy Eating-Slow Cooker	140	421	23.3	37.6	16.9	7.5	1.1
Chicken Picatta	The Art Of Healthy Eating-Slow Cooker	141	402	18	44.9	14	7.6	1.8

Chicken Cacciatore	The Art Of Healthy Eating-Slow Cooker	142	246	8.8	34.7	5.4	1.5	2.7
Chicken Parmesan	The Art Of Healthy Eating-Slow Cooker	143	277	11.5	35.2	6.8	1.1	2.0
Creamy Italian Chicken	The Art Of Healthy Eating-Slow Cooker	144	349	17.4	37.3	8	2.8	1.7
EASY Greek Chicken	The Art Of Healthy Eating-Slow Cooker	144	321	14.7	38	6.5	1.4	1.9
Coq Au-No Vin	The Art Of Healthy Eating-Slow Cooker	145	244	17	20.2	2.9	0.6	1.0
Orange Spanish Chicken	The Art Of Healthy Eating-Slow Cooker	146	332	12	43	8	2.5	2.5
Pesto Fish	The Art Of Healthy Eating-Slow Cooker	146	191	7.9	26	1.2	0	2.9
Chicken Cordon Bleu	The Art Of Healthy Eating-Slow Cooker	147	426	23	50.3	1.8	0	2.0
Take Out Beef and Broccoli	The Art Of Healthy Eating-Slow Cooker	148	281	11	37.9	6.8	3	2.6
5-Spice Steak	The Art Of Healthy Eating-Slow Cooker	149	232	9.9	31.9	1.9	0	2.7
Thai Beef and Pasta Salad	The Art Of Healthy Eating-Slow Cooker	150	140	6	16.6	3.3	1.8	2.2
Korean Short Ribs	The Art Of Healthy Eating-Slow Cooker	151	469	14	21	6.5	2.5	1.2
Garlic Chicken Fried "Rice"	The Art Of Healthy Eating-Slow Cooker	152	106	7	5.1	7.3	3	0.5
Yakisoba Chicken	The Art Of Healthy Eating-Slow Cooker	153	102	5	8.3	6.3	2.1	0.9
Thai Chicken Thighs	The Art Of Healthy Eating-Slow Cooker	154	293	12.2	41.1	6	1.6	2.5
General Tso's Chicken	The Art Of Healthy Eating-Slow Cooker	154	218	3.9	36.3	8	3	4.1
Sesame Chicken	The Art Of Healthy Eating-Slow Cooker	155	190	8.7	24.3	4	1.1	2.1
Cashew Chicken	The Art Of Healthy Eating-Slow Cooker	156	364	16.5	46	5.2	0.6	2.2
Chicken Adobo	The Art Of Healthy Eating-Slow Cooker	157	306	12.2	44.2	1.8	0	3.2
Chicken on Curry "Rice"	The Art Of Healthy Eating-Slow Cooker	158	400	20	47	7.7	3.1	1.9
Chicken Tikka Masala	The Art Of Healthy Eating-Slow Cooker	159	366	24.2	29.5	8	2.6	1.0
Butter Chicken	The Art Of Healthy Eating-Slow Cooker	160	214	5.3	30.6	10	3	2.5
Chicken Makhani	The Art Of Healthy Eating-Slow Cooker	161	420	28	35	7	2.2	1.1
Indian Chicken and Cauliflower	The Art Of Healthy Eating-Slow Cooker	162	321	24	18	9	3.5	0.6
Curry Chicken	The Art Of Healthy Eating-Slow Cooker	163	366	12	48	6.2	3	3.2
NAAN Bread	The Art Of Healthy Eating-Slow Cooker	164	73	4.5	6.6	1.5	0	1.1
Coconut Chicken and NAAN	The Art Of Healthy Eating-Slow Cooker	165	122	4.6	13	8.3	3.7	1.4
Mexican Lasagna	The Art Of Healthy Eating-Slow Cooker	166	417	30	43	5	3	1.3
Taco Seasoning	The Art Of Healthy Eating-Slow Cooker	166	5	0.2	0.2	0.9	0.4	0.3
Tamale Pie	The Art Of Healthy Eating-Slow Cooker	167	313	17	23	13	6	1.0
Fajitas	The Art Of Healthy Eating-Slow Cooker	168	187	6.1	29	5.8	3	3.3
Picadillo	The Art Of Healthy Eating-Slow Cooker	169	329	20	30.6	4.8	1.5	1.3
Creamy Mexican Chicken	The Art Of Healthy Eating-Slow Cooker	170	349	17.4	37.3	8	2.8	1.7
Chicken Mole	The Art Of Healthy Eating-Slow Cooker	171	382	20	45.8	4.8	2.1	2.0
Doro Watt	The Art Of Healthy Eating-Slow Cooker	172	338	22.7	39	3.8	0.6	1.5
Moroccan Beef	The Art Of Healthy Eating-Slow Cooker	173	209	9.5	30.4	0.7	0	3.0
Shrimp Etouffee	The Art Of Healthy Eating-Slow Cooker	173	201	5.8	22.7	5.2	0.9	2.2
Glazed Pumpkin Bread	The Art Of Healthy Eating-Slow Cooker	174	191	14	7.3	7.5	3.5	0.4
Zucchini Bread	The Art Of Healthy Eating-Slow Cooker	175	268	25	4.8	4.8	2.8	0.2
Fudge	The Art Of Healthy Eating-Slow Cooker	176	120	10.5	5	4.7	2.1	0.4
Creme Brulee	The Art Of Healthy Eating-Slow Cooker	177	274	27.8	4.6	2.4	0	0.2
Chocolate Torte	The Art Of Healthy Eating-Slow Cooker	178	231	25	5	5.4	3	0.2
Chocolate Mousse	The Art Of Healthy Eating-Slow Cooker	178	214	22	4.1	6	2.7	0.2
Mocha Pudding Cake	The Art Of Healthy Eating-Slow Cooker	179	179	17.1	4.9	3.7	2	0.3
Lemon Poppyseed Cake	The Art Of Healthy Eating-Slow Cooker	180	226	23.2	3.5	3.6	1.4	0.1
Tropical Pudding Cake	The Art Of Healthy Eating-Slow Cooker	181	373	35	8.3	6.5	1.6	0.2
Bread Pudding	The Art Of Healthy Eating-Slow Cooker	182	204	15	7.9	9	3.8	0.4
Tapioca Pudding	The Art Of Healthy Eating-Slow Cooker	182	110	10	3.7	3.2	1	0.3
Orange Cranberry Cake	The Art Of Healthy Eating-Slow Cooker	183	226	23.2	3.5	3.6	1.4	0.1
Cheesecake	The Art Of Healthy Eating-Slow Cooker	184	214	19.6	6.3	3.3	1	0.3

Chocolate Raspberry Cheesecake	The Art Of Healthy Eating-Slow Cooker	185	298	29	7.7	7.7	4.3	0.2
Pumpkin Cheesecake	The Art Of Healthy Eating-Slow Cooker	186	128	7	7.1	10	3.8	0.5
Pumpkin Pie Fondue	The Art Of Healthy Eating-Slow Cooker	187	73	5.3	1.8	5.8	2	0.2
Pumpkin Custard	The Art Of Healthy Eating-Slow Cooker	187	128	7	7.1	10	3.8	0.5
Pumpkin "Cup" cakes	The Art Of Healthy Eating-Slow Cooker	188	160	13.2	5.5	5.2	2.2	0.3
Chai Tea Cupcakes	The Art Of Healthy Eating-Slow Cooker	189	176	16.5	3.6	3.7	2.2	0.2
Cookie Dough Cupcakes	The Art Of Healthy Eating-Slow Cooker	190	267	26	5	4.8	2.5	0.2
Chocolate Chip PB Cake	The Art Of Healthy Eating-Slow Cooker	191	316	29	11	6.8	2.7	0.3
Breakfast Pizza	The Art of Healthy Eating-Savory	12	112	6.9	9.4	2.1	0	1.0
Greek Quiche	The Art of Healthy Eating-Savory	13	301	24	11.9	8	3.6	0.4
Waffle Eggs Benedict	The Art of Healthy Eating-Savory	15	373	29	21.5	5.3	1.4	0.7
Biscuits and Gravy	The Art of Healthy Eating-Savory	16	345	29.9	14.6	4.9	1.5	0.4
Cheezy Bacon Scones	The Art of Healthy Eating-Savory	17	292	24	13.6	5.3	2.1	0.5
Pinwheel Crackers	The Art of Healthy Eating-Savory	17	145	12	6	2.6	1.2	0.4
"Corn" Bread (Oil)	The Art of Healthy Eating-Savory	19	132	11	3.4	2.8	1.7	0.3
"Corn" Bread (Almond Milk)	The Art of Healthy Eating-Savory	19	54	2.8	3.5	2.9	1.7	0.9
Tortillas (Almond Flour)	The Art of Healthy Eating-Savory	20	105	7.5	4.1	5.6	3.8	0.4
Tortillas (Coconut Flour)	The Art of Healthy Eating-Savory	20	71	2.6	3.4	7.4	5.2	0.7
Protein Popovers	The Art of Healthy Eating-Savory	20	106	7	10	1.2	0	1.2
Sandwich Wraps	The Art of Healthy Eating-Savory	21	123	8.7	2	9.3	6.7	0.2
Toasted Sub (Almond Flour)	The Art of Healthy Eating-Savory	22	180	12	7.3	10.8	7.6	0.5
Toasted Sub (Coconut Flour)	The Art of Healthy Eating-Savory	22	137	1.1	14.7	15	10.4	2.6
Bagels	The Art of Healthy Eating-Savory	23	161	13	8	2.9	1.7	0.6
GRISSINI (Italian Bread Sticks)	The Art of Healthy Eating-Savory	24	97	7	4	4.7	2	0.4
Pesto and Olive Rolls (Almond Flour)	The Art of Healthy Eating-Savory	25	205	14	8.4	10.9	7.6	0.5
Pesto and Olive Rolls (Coconut Flour)	The Art of Healthy Eating-Savory	25	142	5	6.8	14.8	10.4	0.7
Carolina BBQ Sauce	The Art of Healthy Eating-Savory	27	37	2.7	1	1.9	1	0.3
Ranch Dressing	The Art of Healthy Eating-Savory	29	66	5.8	2.7	0.75	0	0.4
Super Salad Dressing	The Art of Healthy Eating-Savory	31	160	3	0	0.2	0	0.0
"Healthified" Green Goddess Dressing	The Art of Healthy Eating-Savory	33	53	4.1	0.8	3.5	0	0.1
"Healthified" Warm Bacon Mushroom Vinaigrette	The Art of Healthy Eating-Savory	33	56	4.7	2.9	0.4	0	0.6
"Healthified" Garlic Oregano	The Art of Healthy Eating-Savory	33	41	3.5	1	2.6	1.4	0.2
"Healthified" Sweet Miso	The Art of Healthy Eating-Savory	33	96	8	1.6	3.3	0.8	0.2
Salad Toppers	The Art of Healthy Eating-Savory	35	65	4	2	3.8	2.3	0.4
Croutons	The Art of Healthy Eating-Savory	35	162	2	6.3	0.9	0	2.2
Kale Chips	The Art of Healthy Eating-Savory	37	34	0.5	2.3	6	1.5	0.5
Grilled Romaine	The Art of Healthy Eating-Savory	37	124	4	2	3	1	0.3
Tuna "Noodle" Salad	The Art of Healthy Eating-Savory	38	124	5	12	6	2	1.3
Asparagus Crab Salad	The Art of Healthy Eating-Savory	38	163	3	12	6	2.8	1.9
"Quinoa" Greek Salad	The Art of Healthy Eating-Savory	39	288	14	33.8	4.8	1.1	1.9
Gorgonzola Bisque	The Art of Healthy Eating-Savory	40						100.0
Wild "Rice" Soup	The Art of Healthy Eating-Savory	41	171	13	7.9	3.8	1.4	0.5
Chicken "Noodle" Soup	The Art of Healthy Eating-Savory	43	120	8	24	4	2	2.4
Ramen	The Art of Healthy Eating-Savory	43	75	2	9	5.3	1.4	1.5
Cream of Mushroom Soup	The Art of Healthy Eating-Savory	44	155	13	6.4	5.9	1.3	0.4
Chicken Dumpling Soup (Almond Flour)	The Art of Healthy Eating-Savory	45	363	22	29	9.7	3.5	1.0
Chicken Dumpling Soup (Coconut Flour)	The Art of Healthy Eating-Savory	45	291	12	28	11	5	1.6
Bread Bowl Chowder (Almond Flour)	The Art of Healthy Eating-Savory	47	309	23	10.6	10.5	5.7	0.4
Bread Bowl Chowder (Coconut Flour)	The Art of Healthy Eating-Savory	47	267	16	19.5	11	6.2	0.9
Pop "Corn"	The Art of Healthy Eating-Savory	49	45	4	8	0	0	2.0

Crab Rangoon Puffs (Puffs)	The Art of Healthy Eating-Savory	50	21	2	3	0	0	1.5
Crab Rangoon Puffs (Crab Filling)	The Art of Healthy Eating-Savory	50	177.5	11	12	2.1	1	1.0
Crab Rangoon Puffs (Egg Salad Filling)	The Art of Healthy Eating-Savory	50	183	2.9			0.5	0.0
Fried Green Tomatoes	The Art of Healthy Eating-Savory	51	204	20	4.3	4.4	2	0.2
Chicken and Salmon Patties (Chicken)	The Art of Healthy Eating-Savory	52	268	9.6	39.7	2.9	1.4	3.6
Chicken and Salmon Patties (Salmon)	The Art of Healthy Eating-Savory	52	314	19	30	2.9	1.4	1.5
Crab Cakes	The Art of Healthy Eating-Savory	53	248	10	13	0.4	0	1.3
"Hummus"	The Art of Healthy Eating-Savory	54	228	19	6.5	10.5	3.9	0.3
Re-fried "Beans"	The Art of Healthy Eating-Savory	55	93	5.6	5.7	5.8	2.6	0.6
Poutine	The Art of Healthy Eating-Savory	56	204	13.8	9.5	12	2.6	0.4
Farmer's Market Pie	The Art of Healthy Eating-Savory	57	264	21	10	8	3.8	0.4
Spinach Artichoke Tart	The Art of Healthy Eating-Savory	58	252	18	14	5.6	2.2	0.7
Crab Rangoon Tart	The Art of Healthy Eating-Savory	58	222	17.9	11	4.8	1.6	0.5
Chili Cheese Fries	The Art of Healthy Eating-Savory	59	460	30.3	32.3	15	5	0.8
Baked Brie (Almond Flour)	The Art of Healthy Eating-Savory	60	208	15	10	7.7	4.9	0.6
Baked Brie (Coconut Flour)	The Art of Healthy Eating-Savory	60	243	16	10	10	7.5	0.5
Chicken Broccoli Braid	The Art of Healthy Eating-Savory	61	229	13	12.5	13.7	7.2	0.6
Steak Fries	The Art of Healthy Eating-Savory	63	110	8.1	6.8	4.2	1.9	0.7
Potted Crab	The Art of Healthy Eating-Savory	64	212	15	13.1	1.2	0	0.8
Zucchini Prosciutto Ribbons	The Art of Healthy Eating-Savory	65	221	16	11.7	9.5	3	0.5
Sloppy Joe Stuffed Peppers	The Art of Healthy Eating-Savory	66	314	17	34	5	1.5	1.7
Shrimp Stuffed Peppers	The Art of Healthy Eating-Savory	66	235	23	9	9	3	0.3
Smoked Chicken Salad	The Art of Healthy Eating-Savory	67	325	22	29	4	1.5	1.2
Crab BLT	The Art of Healthy Eating-Savory	69	283	17.2	33	1	0	1.8
Chicken and Waffles	The Art of Healthy Eating-Savory	71	338	19	34.1	7.6	3.2	1.5
Creamy Chicken and Corn Bread Pancakes	The Art of Healthy Eating-Savory	71	597	29	65	10.5	5	1.9
Chicken Broccoli Bake	The Art of Healthy Eating-Savory	72	292	22	20	4.5	1.2	0.8
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	0.5
Lemon Braised Chicken	The Art of Healthy Eating-Savory	74	304	16	35	2.7	0.7	1.9
Chicken Adobo	The Art of Healthy Eating-Savory	74	337	16	44.4	2	0	2.5
Chicken Oscar	The Art of Healthy Eating-Savory	75	523	22	76	3.3	1.5	3.2
Chicken and Eggplant Parmesan (Chicken Parm)	The Art of Healthy Eating-Savory	76	369	19	41	9	4	1.7
Chicken and Eggplant Parmesan (Eggplant Parm)	The Art of Healthy Eating-Savory	76	212	15.8	6.1	12	6	0.3
Beef Brisket	The Art of Healthy Eating-Savory	77	331	11	49	4	2	3.8
Chicken Cacciatore	The Art of Healthy Eating-Savory	78	317	9	31	9	3	2.1
Cheesesteak (without Protein Bun)	The Art of Healthy Eating-Savory	79	351	17	43	4.2	1.1	2.1
Cheesesteak (with Protein Bun)	The Art of Healthy Eating-Savory	79	397	20	65	4.1	1.1	2.8
Chicken Pot Pie	The Art of Healthy Eating-Savory	81	365	26	22	6.3	3.1	0.8
Light Italian Meatloaf	The Art of Healthy Eating-Savory	83	475	31.6	43.3	2.3	0.5	1.3
EGGcelent Meatloaf	The Art of Healthy Eating-Savory	85	528	33.6	49.7	3.3	0	1.3
Reuben Enchiladas	The Art of Healthy Eating-Savory	88	377	30	22.7	6.2	2.1	0.7
Mexican Lasagna	The Art of Healthy Eating-Savory	89	417	30	38.7	6.9	3.5	1.2
Enchiladas	The Art of Healthy Eating-Savory	89	350	17	40	5.7	2	1.9
Jicama Tacos (Shell Only)	The Art of Healthy Eating-Savory	90	12	0	0	2.6	1.5	0.0
Fish Tacos (Almond Flour Tortilla Only)	The Art of Healthy Eating-Savory	90	105	7.5	4.1	5.6	3.8	0.4
Fish Tacos (Coconut Flour Tortilla Only)	The Art of Healthy Eating-Savory	90	71	2.6	3.4	7.4	5.2	0.7
Burrito	The Art of Healthy Eating-Savory	91	310	18	15	8	3	0.7
Focaccia (Almond Flour)	The Art of Healthy Eating-Savory	92	180	12	7.3	10.8	7.6	0.5
Focaccia (Coconut Flour)	The Art of Healthy Eating-Savory	92	137	1.3	14.6	15	10.4	2.5
Gyros (with Yogurt Sauce)	The Art of Healthy Eating-Savory	93	440	26	40.6	14	8	1.3

Gyros (with Kefir Sauce)	The Art of Healthy Eating-Savory	93	399	21	38	12.5	8	1.5
Calzones (Eggplant)	The Art of Healthy Eating-Savory	95	369	26	29.7	11	4.1	0.9
Calzones (Zucchini)	The Art of Healthy Eating-Savory	95	394	26	30	10.4	2.9	0.9
Calzones (Cauliflower)	The Art of Healthy Eating-Savory	95	400	26	30	11.5	3.9	0.9
"Bread" sticks	The Art of Healthy Eating-Savory	95	66	4.2	4	3.4	1.8	0.7
Thin Crust Pizza (CRUST Only)	The Art of Healthy Eating-Savory	97	220	14	22	5	2	1.3
White Crab Lasagna	The Art of Healthy Eating-Savory	98	394	28	29	7.4	1.4	0.9
Five Cheese "Ziti"	The Art of Healthy Eating-Savory	99	425	27	23.5	8	2	0.7
Garlic Bread	The Art of Healthy Eating-Savory	100	43	2	5.6	1	0	1.9
Mousakka	The Art of Healthy Eating-Savory	101	421	23.3	37.6	16.9	7.5	1.1
Protein Noodle Lasagna (Noodles Only)	The Art of Healthy Eating-Savory	101	84	1	20	2	0	6.7
Seafood Alfredo	The Art of Healthy Eating-Savory	102	315	31	7.7	5.2	1.3	0.2
Lemon Cream "Pasta"	The Art of Healthy Eating-Savory	103	257	22	7.5	8.4	2.4	0.3
"Pasta" Carbonara (Miracle Noodles)	The Art of Healthy Eating-Savory	104	197	12.9	15.8	4	0.8	1.0
"Pasta" Carbonara (Zuchinni Noodles)	The Art of Healthy Eating-Savory	104	212	13	17	7.4	1.9	0.9
Pad Thai	The Art of Healthy Eating-Savory	105	311	15.8	36.3	4.8	1	1.9
Veggie Lo Mein with Poached Egg	The Art of Healthy Eating-Savory	107	228	18	8.5	8	2.3	0.4
Moo Goo Gai Pan	The Art of Healthy Eating-Savory	108	314	13	36.2	11	4	1.8
Malai Shrimp Curry	The Art of Healthy Eating-Savory	109	336	25	21	7.8	2.3	0.7
Cheesy "Risotto"	The Art of Healthy Eating-Savory	111	269	25	10.1	0.8	0	0.4
Chicken and Coconut "Rice"	The Art of Healthy Eating-Savory	113	325	16	37.5	6.5	2.9	1.9
Southwestern Tabbouleh	The Art of Healthy Eating-Savory	114	229	17	5.5	13	5.4	0.2
Seafood "Risotto"	The Art of Healthy Eating-Savory	114	143	8.2	8.9	10.9	4.1	0.6
Mushroom "Risotto"	The Art of Healthy Eating-Savory	115	264	17.1	11.9	13.5	5.1	0.5
Paella	The Art of Healthy Eating-Savory	115	531	32	55	3.8	1.3	1.6
Shrimp Scampi	The Art of Healthy Eating-Savory	116	320	24	24.1	1.1	0	1.0
Coconut-Lime Fried "Rice"	The Art of Healthy Eating-Savory	117	220	19.8	6.3	7.3	3.1	0.3
Scallops on Coconut "Rice"	The Art of Healthy Eating-Savory	118	305	19	23	12	4	0.9
Shrimp with Lemon "Rice" and Crispy Basil ("Rice" Only)	The Art of Healthy Eating-Savory	119	28	0	0	3	1	0.0
Sushi	The Art of Healthy Eating-Savory	121	256	11.8	27.3	12.5	6.6	1.5
Caramel Sauce	The Art of Healthy Eating-Sweets	25	60	12	0	1	0	0.0
Chocolate Sauce	The Art of Healthy Eating-Sweets	25	75	7.8	0.8	1	0	0.1
Cream of "Whey" Cereal	The Art of Healthy Eating-Sweets	29	169	3.6	17	16	13	2.6
Granola	The Art of Healthy Eating-Sweets	31	130	8	5.3	2.3	0.9	0.6
Pancakes and Syrup (Pancakes Only)	The Art of Healthy Eating-Sweets	33	90	2	13	1.75	0	3.5
Pancakes and Syrup (Syrup Only)	The Art of Healthy Eating-Sweets	33	140	14	5	3.4	1.3	0.3
Protein Waffles	The Art of Healthy Eating-Sweets	35	182	14	14	3.5	1.5	0.9
Cinnamon Coffee Cake	The Art of Healthy Eating-Sweets	36	293	27	6.1	6	3	0.2
Gingerbread Donuts	The Art of Healthy Eating-Sweets	39	249	25	3	6.4	4.9	0.1
Peanut Butter Donut	The Art of Healthy Eating-Sweets	41	224	18	10.4	10	7	0.5
Cinnamon Roll	The Art of Healthy Eating-Sweets	43	257	23	4	6.9	4.2	0.2
Peanut Butter Biscotti	The Art of Healthy Eating-Sweets	45	65	6	2	1.5	1.1	0.3
Sweet Zucchini Bread	The Art of Healthy Eating-Sweets	49	211	16	7	6	4	0.4
Cinnamon Fry Bread	The Art of Healthy Eating-Sweets	51	168	11	17	0.8	0	1.4
Hazelnut Muffins	The Art of Healthy Eating-Sweets	52	280	26	7	7.5	5.8	0.3
Reece's Mini Muffins	The Art of Healthy Eating-Sweets	53	86	5	2.8	3.6	2	0.4
Lemon Poppyseed Muffins	The Art of Healthy Eating-Sweets	55	199	16	5	4.9	3.1	0.3
Pumpkin Mixer	The Art of Healthy Eating-Sweets	59	365	18	29	8.5	2	1.2
Chocolate Cream Puffs	The Art of Healthy Eating-Sweets	61	126	12	5	2	1	0.4
Pumpkin Cream Puffs	The Art of Healthy Eating-Sweets	63	160	14	5	1.4	0	0.3

Blondies	The Art of Healthy Eating-Sweets	67	164	17	4	3	1.8	0.2
Chocolate Chip Cookie	The Art of Healthy Eating-Sweets	68	128	12	3	3.9	2.4	0.2
Boston Cream Minis	The Art of Healthy Eating-Sweets	69	240	23	5.5	3	1	0.2
Cookie Dough Dip	The Art of Healthy Eating-Sweets	71	159	20	3	5	4.5	0.1
French Macarons	The Art of Healthy Eating-Sweets	73	71	6.4	2.6	2.8	1.6	0.3
Nutty Butter Cookies	The Art of Healthy Eating-Sweets	74	160	60	10.5	5	2	0.2
Ore"oh" Cookies	The Art of Healthy Eating-Sweets	75	135	11	8	3	1.1	0.6
Sam"oh"a Cookies	The Art of Healthy Eating-Sweets	77	125	11	3	5	3.8	0.2
Fried "Apples"	The Art of Healthy Eating-Sweets	79	71	5.9	0.3	3.7	1.8	0.0
Ice Cream	The Art of Healthy Eating-Sweets	83	137	13	4	1.3	0	0.3
Ice Cream Cone	The Art of Healthy Eating-Sweets	85	50	3	4	1.3	0	0.9
Magic Shell	The Art of Healthy Eating-Sweets	87	129	14	1	3	1.6	0.1
Ice Cream Candy Bar	The Art of Healthy Eating-Sweets	89	250	24	8	4.5	1.6	0.3
Snicker-y Candy Bar	The Art of Healthy Eating-Sweets	91	254	19	10	8	4.6	0.4
Peanut Candy Bar	The Art of Healthy Eating-Sweets	93	240	15	7	3.5	1.2	0.4
Twix-a-licious	The Art of Healthy Eating-Sweets	95	195	15	8	4	1.9	0.5
Easy Almond Joys	The Art of Healthy Eating-Sweets	97	200	19	3	6	3.3	0.1
"Healthy" Chamacallit	The Art of Healthy Eating-Sweets	99	210	12	7	3.8	1.5	0.5
Caramel Crisp Candy Bar	The Art of Healthy Eating-Sweets	101	165	12	6.3	3.6	0	0.4
Cannoli	The Art of Healthy Eating-Sweets	102	118	8	8.4	1.6	0	0.9
Peppermint Melts	The Art of Healthy Eating-Sweets	103	99	9	0.3	3	2.4	0.0
Turtle Cheesecake	The Art of Healthy Eating-Sweets	105	487	47	11	5.6	1.6	0.2
Tiramisu	The Art of Healthy Eating-Sweets	107	159	12	10	2.2	0	0.7
Tres Leches	The Art of Healthy Eating-Sweets	109	303	29	6.3	5.5	1.8	0.2
Rhubarb Crisp	The Art of Healthy Eating-Sweets	111	286	25	10	6.9	3.5	0.4
Spice Cake	The Art of Healthy Eating-Sweets	113	297	28	5.5	4.5	2	0.2
Fudge Cookies	The Art of Healthy Eating-Sweets	116	92	9	2	6.5	4.6	0.2
Mocha Fudge Cake	The Art of Healthy Eating-Sweets	117	162	11	6	11	7	0.4
Lava Cake & Coffee Ice Cream (Lava Cake Only)	The Art of Healthy Eating-Sweets	119	272	28	5.4	4.7	2.4	0.2
Lava Cake & Coffee Ice Cream (Ice Cream Only)	The Art of Healthy Eating-Sweets	119	137	13	3.4	1.3	0	0.2
Chocolate Cake	The Art of Healthy Eating-Sweets	121	314	25	9.5	13.8	7.1	0.3
Glazed Breakfast Cake	Keto Instant Pot ebook	5	271	25	8	8	4	0.3
French Toast Rice Pudding	Keto Instant Pot ebook	6	278	28	8	2	0.1	0.3
Coffee Cake	Keto Instant Pot ebook	7	383	36	10	8	4	0.3
Low Carb Bread	Keto Instant Pot ebook	8	202	17	9	6	3	0.5
French Toast Granola	Keto Instant Pot ebook	9	430	39	15	8	4	0.3
Beef Tips over Keto Rice	Keto Instant Pot ebook	11	523	32	53	2	0.5	1.6
Mexican Country Style Ribs	Keto Instant Pot ebook	13	665	44	60	2	0	1.3
French Dip Sandwiches	Keto Instant Pot ebook	14	683	48	54	7	3	1.0
Sloppy Joe's	Keto Instant Pot ebook	16	334	26	21	4	1	0.7
Coq au Vin Fondue	Keto Instant Pot ebook	18	118	7	11	3	1	1.2
Cheeseburger Wraps	Keto Instant Pot ebook	19	606	54	27	2	0.2	0.5
Shredded Beef	Keto Instant Pot ebook	21	461	38	27	1	0.4	0.7
Philly Cheesesteak	Keto Instant Pot ebook	22	657	50	43	10	4	0.8
Takeout Beef and Broccoli	Keto Instant Pot ebook	23	449	35	25	10	3	0.6
Taco Bar	Keto Instant Pot ebook	25	408	32	22	9	3	0.6
Spaghetti Bolognese	Keto Instant Pot ebook	26	409	30	23	10	2	0.6
Nacho Platter	Keto Instant Pot ebook	27	596	48	30	10	3	0.5
Italian Beef	Keto Instant Pot ebook	29	382	26	35	1	0.3	1.3
Mama Maria's Italian Sloppy Joes	Keto Instant Pot ebook	30	679	53	40	5	1	0.7

Chicken Enchiladas	Keto Instant Pot ebook	31	273	12	32	9	2	1.7
Chicken Lettuce Wraps	Keto Instant Pot ebook	33	497	30	48	7	2	1.4
Mexican Lasagna	Keto Instant Pot ebook	34	564	37	46	10	1	1.0
BBQ Chicken	Keto Instant Pot ebook	35	348	14	48	5	1	2.7
Chicken Korma	Keto Instant Pot ebook	36	453	30	35	9	3	1.0
Pork Cabbage Rolls	Keto Instant Pot ebook	37	309	23	23	11	2	0.7
Carnitas	Keto Instant Pot ebook	39	616	47	42	8	1	0.8
Easy Ribs	Keto Instant Pot ebook	41	511	41	37	1	0.3	0.9
Brats and Kraut	Keto Instant Pot ebook	43	388	33	16	5	0	0.4
Sweet Parmesan Pork	Keto Instant Pot ebook	44	307	21	26	3	0.2	1.1
Paprika Pork Shoulder	Keto Instant Pot ebook	45	259	11	35	3	1	2.7
Egg Roll in a Bowl	Keto Instant Pot ebook	46	242	18	21	6	2	1.0
Easy Greek Fish	Keto Instant Pot ebook	47	471	41	20	7	1	0.4
Southern Etouffee	Keto Instant Pot ebook	49	362	19	40	6	2	1.7
Sweet n Spicy Nuts	Keto Instant Pot ebook	52	233	23	5	6	3	0.2
Candied Maple Walnuts	Keto Instant Pot ebook	53	169	15	2	3	1	0.1
Chicken Chips	Keto Instant Pot ebook	54	119	12	4	0	0	0.3
Artichokes	Keto Instant Pot ebook	56	116	4	6	17	7	0.4
Sweet Asian Wings	Keto Instant Pot ebook	58	477	33	42	1	0.1	1.2
Craig's Curried Lime Wings	Keto Instant Pot ebook	60	414	30	32	1	0.4	1.0
Bourbon Chicken Wings	Keto Instant Pot ebook	62	446	29	42	1	0.1	1.4
Buffalo Meatballs	Keto Instant Pot ebook	64	375	33	18	3	1	0.5
Mama Maria's Italian Mushrooms	Keto Instant Pot ebook	65	146	11	7	5	1	0.5
Pizza Meatballs	Keto Instant Pot ebook	66	621	47	35	10	3	0.6
Bacon and Cheddar Stuffed Mushrooms	Keto Instant Pot ebook	68	89	7	4	2	0.4	0.5
Hot Crab Dip	Keto Instant Pot ebook	70	237	19	10	3	1	0.5
Poultry Stuffing	Keto Instant Pot ebook	72	355	31	14	10	4	0.4
German Fauxtato Salad	Keto Instant Pot ebook	73	93	4	7	9	4	0.8
Mashed Cauliflower	Keto Instant Pot ebook	75	66	1	10	7	3	2.0
Cream of Mushroom Soup	Keto Instant Pot ebook	76	179	13	7	11	1	0.3
Maria's Keto Chili	Keto Instant Pot ebook	78	410	27	24	14	4	0.6
Ramen	Keto Instant Pot ebook	80	263	19	17	8	2	0.7
Tomato Gorgonzola Bisque	Keto Instant Pot ebook	82	246	18	7	13	2	0.2
Cauliflower Soup with Crispy Capers	Keto Instant Pot ebook	84	166	14	4	8	3	0.2
Thai Soup	Keto Instant Pot ebook	86	398	26	33	5	1	1.1
Bacon Cheeseburger Soup	Keto Instant Pot ebook	88	305	24	17	6	2	0.6
Cauliflower and Aged Cheddar Soup	Keto Instant Pot ebook	90	127	10	5	5	1	0.4
Ham and Cabbage Soup	Keto Instant Pot ebook	92	191	12	16	6	2	1.0
Posole Soup	Keto Instant Pot ebook	93	454	33	28	12	4	0.7
Chicken Stew	Keto Instant Pot ebook	94	312	10	46	6	1	3.1
Venison Stew	Keto Instant Pot ebook	95	359	21	33	6	2	1.3
Instant Pot Bone Broth	Keto Instant Pot ebook	96	21	1	2	1	0.2	1.1
Crustless Cheesecake	Keto Instant Pot ebook	98	177	16	4	1	0	0.2
Mocha Fudge "Cup" cakes	Keto Instant Pot ebook	99	32	28	9	9	4	0.3
Lovers' Cheesecake	Keto Instant Pot ebook	101	533	49	10	8	3	0.2
Lover's Cheesecake Ganache	Keto Instant Pot ebook	103	163	17	1	3	1	0.1
Bread Pudding	Keto Instant Pot ebook	104	429	41	8	8	4	0.2
Zucchini Bundt Bread	Keto Instant Pot ebook	105	462	43	9	11	6	0.2
Gingerbread Cake	Keto Instant Pot ebook	106	649	59	15	14	7	0.2
Mini Strawberry Cheesecake	Keto Instant Pot ebook	108	558	51	8	8	1	0.1

Eggnog Cake	Keto Instant Pot ebook	110	657	60	15	13	7	0.2
The BEST Carnivore Quiche	Carnivore ebook	21	421	30	34	2	0	1.1
Breakfast Burger	Carnivore ebook	23	592	47	39	0.4	0	0.8
Beefy Fried Eggs	Carnivore ebook	24	327	25	23	1	0	0.9
Steak and Eggs	Carnivore ebook	25	482	25	59	1	0	2.3
Carnivore McMuffin	Carnivore ebook	26	709	54	53	1	0	1.0
Bacon Cheeseburger Waffles	Carnivore ebook	27	461	48	49	2	0	1.0
Beefy Breakfast Patties	Carnivore ebook	28	275	21	21	0	0	1.0
Carnivore Egg Cups	Carnivore ebook	29	562	45	35	1	0	0.8
Breakfast Meatza	Carnivore ebook	30	486	43	23	0.2	0	0.5
Creamiest Scrambled Eggs	Carnivore ebook	31	395	35	18	1	0	0.5
Carnivore Hot Pockets	Carnivore ebook	33	311	26	15	0.4	0	0.6
Crab Cake Eggs Benny	Carnivore ebook	34	501	39	32	1	0	0.8
Croque Madame Waffles	Carnivore ebook	36	475	40	26	3	0	0.6
Carnivore Breakfast Lasagna	Carnivore ebook	38	475	35	32	3	0	0.8
Liverwurst	Carnivore ebook	41	509	46	17	3	0	0.3
Carnivore "Grits"	Carnivore ebook	43	355	35	9	2	0	0.2
Instant Pot PHO	Carnivore ebook	44	351	21	38	1	0	1.7
Salmon Jerky	Carnivore ebook	45	83	3	14	0.3	0	4.2
Perfect Soft-boiled Eggs	Carnivore ebook	46	218	18	13	1	0	0.7
Smoky Chicken Chips	Carnivore ebook	47	90	8	4	0	0	0.5
Carnivore Cheese Fries	Carnivore ebook	48	328	29	15	0	0	0.5
Bacon Cheeseburger Soup	Carnivore ebook	49	444	34	30	1	0	0.9
Carnivore Bread	Carnivore ebook	51	42	3	3	0.3	0	0.9
Maria's Protein Sparing Bread	Carnivore ebook	53	32	0.1	7	0.4	0	14.0
Carnivore Waffles	Carnivore ebook	54	511	36	48	0.4	0	1.3
Cheese Curds	Carnivore ebook	55	302	28	12	0.2	0	0.4
Salmon Dip	Carnivore ebook	56	141	14	4	0	0	0.3
Canned Salmon	Carnivore ebook	57	130	4	22	0	0	5.5
Carnivore Scotch Eggs	Carnivore ebook	58	264	19	26	0.4	0	1.3
Carnivore Cannoli	Carnivore ebook	60	309	27	13	1	0	0.5
Chicharron	Carnivore ebook	62	320	28	17	0	0	0.6
Turkey Sushi	Carnivore ebook	64	455	40	18	2	0	0.4
Prosciutto ROLL-UPS	Carnivore ebook	65	125	11	7	1	0	0.6
Cheese Puffs	Carnivore ebook	66	210	14	19	2	0	1.2
Bacon Wrapped Tenderloin Bites	Carnivore ebook	67	784	50	76	2	0	1.5
Eggs Gribiche with Carnivore Bread	Carnivore ebook	68	286	26	13	2	0	0.5
Carnivore Sliders	Carnivore ebook	69	100	7	8	0	0	1.1
Bacon Deviled Eggs	Carnivore ebook	70	241	23	7	0.4	0	0.3
Carnivore Yorkshire Pudding	Carnivore ebook	71	91	7	7	1	0	0.9
Mini Egg Salad Puffs	Carnivore ebook	73	263	22	13	1	0	0.6
Smoky Salmon Terrine	Carnivore ebook	74	261	23	14	0	0	0.6
Meatball Soup	Carnivore ebook	75	278	18	27	0	0	1.5
Braised Oxtail Soup	Carnivore ebook	76	352	24	32	0	0	1.3
Beef Patties with Cheddar Dressing	Carnivore ebook	78	347	28	23	0.4	0	0.8
Steak with Bacon Bearnaise	Carnivore ebook	79	663	48	54	0.4	0	1.1
Reverse Sear Rib-eye	Carnivore ebook	81	797	65	56	0	0	0.9
T-Bone with Blue Cheese Whip	Carnivore ebook	82	541	44	34	1	0	0.8
Reverse-Sear Prime Rib	Carnivore ebook	84	653	45	59	0	0	1.3
Filet Mignon with Hollandaise	Carnivore ebook	86	328	24	24	0.2	0	1.0

Steak with Cream Sauce for 2	Carnivore ebook	87	673	67	20	1	0	0.3
Liver Bacon Meatballs	Carnivore ebook	88	384	26	34	2	0	1.2
Homemade Bologna	Carnivore ebook	90	244	17	22	0	0	1.3
Prosciutto Wrapped Meatballs	Carnivore ebook	91	338	22	33	1	0	1.4
Bologna Ravioli	Carnivore ebook	92	628	50	21	0	0	0.4
Brisket Confit	Carnivore ebook	93	776	59	56	0	0	0.9
Bacon Wrapped Venison Tenderloin	Carnivore ebook	94	547	27	72	0	0	2.7
Bone Marrow Burgers	Carnivore ebook	96	676	59	34	0.3	0	0.6
Al Capone Steak	Carnivore ebook	97	614	51	39	0	0	0.8
Slow Cooker Osso Buco	Carnivore ebook	98	427	25	47	0	0	1.9
Chipped Beef in Gravy	Carnivore ebook	99	617	49	36	1	0	0.7
Grilled Lamb Chops	Carnivore ebook	100	684	61	30	0	0	0.5
Creamy Chili Cheesedog Casserole	Carnivore ebook	101	841	64	57	3	0	0.9
Meatballs with Brown Butter Gravy	Carnivore ebook	103	535	41	37	1	0	0.9
Meatloaf	Carnivore ebook	105	561	37	52	2	0	1.3
Meatloaf Sandwich	Carnivore ebook	106	507	39	38	3	0	0.9
Slow Cooker French Dip	Carnivore ebook	107	641	50	43	2	0	0.8
Carnivore Moussaka	Carnivore ebook	109	344	29	19	1	0	0.6
Country Fried Steak with Gravy	Carnivore ebook	111	529	40	36	1	0	0.9
Short Rib Confit	Carnivore ebook	113	467	42	21	0	0	0.5
Veal Saltimbocca	Carnivore ebook	114	439	20	61	0	0	3.1
Carnivore Lasagna	Carnivore ebook	115	556	40	47	3	0	1.1
The Best Creamy Fish	Carnivore ebook	118	534	36	43	0.4	0	1.2
Baked Fish Sticks	Carnivore ebook	119	225	10	29	1	0	2.6
Peel-and-Eat Shrimp	Carnivore ebook	120	306	27	28	0	0	1.0
Shrimp n Grits	Carnivore ebook	121	561	39	51	2	0	1.2
Shrimp Thermidor	Carnivore ebook	122	459	35	33	1	0	0.9
Grilled Lobster Tails	Carnivore ebook	123	521	17	86	0	0	5.1
Pan Seared Snapper	Carnivore ebook	124	348	13	54	0	0	4.2
Sole Meuniere	Carnivore ebook	125	359	28	25	0.3	0	0.9
Salmon Confit	Carnivore ebook	126	208	10	28	0	0	2.8
Poached Halibut	Carnivore ebook	127	334	26	23	0.02	0	0.9
Grilled Trout with Hollandaise	Carnivore ebook	128	350	22	35	0	0	1.6
Personal Salmon en Papillote	Carnivore ebook	129	180	9	23	0	0	2.6
Scallops	Carnivore ebook	130	276	22	19	2	0	0.8
Crispy Skin Fish Filet	Carnivore ebook	131	451	38	27	0.3	0	0.7
Fried Catfish	Carnivore ebook	132	773	64	56	0.4	0	0.9
Bacon-Wrapped Cod	Carnivore ebook	133	400	33	22	0	0	0.7
Surf and Turf for 2	Carnivore ebook	134	809	71	37	0.1	0	0.5
Salt Baked Crab	Carnivore ebook	135	390	4	79	3	0	11.3
Duck Confit	Carnivore ebook	137	335	25	25	0	0	1.0
Baked Chicken Nuggets	Carnivore ebook	139	184	11	30	0.8	0	2.5
Bacon-Wrapped Chicken Fingers	Carnivore ebook	140	531	27	68	0	0	2.5
Grilled Chicken Thighs	Carnivore ebook	141	560	40	46	0	0	1.2
Grilled Thanksgiving Turkey	Carnivore ebook	142	382	20	43	0	0	2.2
Double-Fried Chicken	Carnivore ebook	143	765	45	82	1	0	1.8
Baconaise Grilled Chicken Legs	Carnivore ebook	144	428	33	30	0.2	0	0.9
Creamy Bacon Chicken Casserole	Carnivore ebook	145	393	28	33	1	0	1.1
Braised Duck Legs with Bacon	Carnivore ebook	146	535	26	71	0	0	2.7
Fried Chicken with Cheesy Grits	Carnivore ebook	147	592	46	45	1	0	1.0

Chicken Cordon Bleu	Carnivore ebook	149	454	36	27	5	0	0.7
Braised Turkey Legs with Creamy Gravy	Carnivore ebook	151	530	23	73	1	0	3.0
Creamy Crispy Chicken	Carnivore ebook	153	770	65	43	0.4	0	0.7
Chicken Nachos	Carnivore ebook	155	524	34	48	3	0	1.3
Chicken and Waffles with Hollandaise	Carnivore ebook	156	473	36	33	1	0	0.9
Chicken Saltimbocca	Carnivore ebook	157	334	19	40	0	0	2.1
Cheese Filled Ravioli	Carnivore ebook	159	332	28	15	2	0	0.5
Han 'n' Cheese Cones	Carnivore ebook	161	315	29	12	1	0	0.4
Crispy Pork Belly Over Grits	Carnivore ebook	163	761	71	30	2	0	0.4
Schnitzel	Carnivore ebook	165	464	36	37	2	0	1.0
Ham 'n' Grits	Carnivore ebook	167	645	57	32	3	0	0.5
Ham 'n' Swiss Panini	Carnivore ebook	168	430	35	27	0.3	0	0.8
Blue Cheese Crusted Pork Chops	Carnivore ebook	169	848	66	68	0	0	1.0
Dutch Baby Pizza with Prosciutto and Burrata	Carnivore ebook	170	616	52	34	4	0	0.6
Homemade Lard, Tallow and Cracklings	Carnivore ebook	172	242	27	0.4	0	0	0.0
Carnivore Bone Broth	Carnivore ebook	173	50	1	10	0	0	10.0
Cheddar Dressing	Carnivore ebook	174	212	22	5	1	0	0.2
Smoked Salt	Carnivore ebook	175	0	0	0	0	0	100.0
Bacon Bearnaise	Carnivore ebook	176	101	10	2	0.5	0	0.2
Carnivore Mayo	Carnivore ebook	177	82	9	0.2	0.1	0	0.0
Bacon Hollandaise	Carnivore ebook	178	86	9	0.5	0.1	0	0.1
Smoky Salt Cured Egg Yolks	Carnivore ebook	179	55	5	3	1	0	0.5
Whole Smoked Chicken	Carnivore ebook	181	304	22	27	0	0	1.2
Smoked Hard Boiled Eggs	Carnivore ebook	182	60	5	6	0.6	0	1.1
Smoked Deviled Eggs	Carnivore ebook	183	137	13	6	0	0	0.5
Smoked Prime Rib Roast	Carnivore ebook	184	562	37	55	0	0	1.5
Smoked Meatballs	Carnivore ebook	185	281	19	26	1	0	1.3
Smoked Beef Long Rib	Carnivore ebook	187	522	47	34	0	0	0.7
Smoked Salmon	Carnivore ebook	189	391	12	66	0	0	5.5
Smoked Pork Belly	Carnivore ebook	190	640	56	34	0	0	0.6
Smoked Chicken Wings	Carnivore ebook	191	466	34	37	0	0	1.1
Smoked Jerky	Carnivore ebook	192	63	3	8	0	0	2.7
Smoked Chicken Legs	Carnivore ebook	194	230	10	38	0	0	3.8
French Toast Porridge	Protein Modified Fast Cookbook	10	195	7	29	2	0.4	3.4
Chicken Breakfast Patties	Protein Modified Fast Cookbook	11	410	17	40	1	0.3	2.3
Ham Omelet	Protein Modified Fast Cookbook	12	245	14	27	1	0.1	1.8
Easy Strawberry Shake	Protein Modified Fast Cookbook	13	203	3	39	2	1	9.8
Minute Breakfast Muffins	Protein Modified Fast Cookbook	14	207	8	31	2	0.2	3.2
Shrimp and Grits	Protein Modified Fast Cookbook	16	191	6	32	1	0.3	4.8
Popovers with Tuna Salad	Protein Modified Fast Cookbook	17	378	26	34	1	0.3	1.3
Smoked Chicken Breast	Protein Modified Fast Cookbook	18	444	17	67	0.1	0	3.9
Lean Hamburger Patties with Mustard	Protein Modified Fast Cookbook	19	312	11	49	1	0.4	4.2
Keto Bread Sandwich	Protein Modified Fast Cookbook	20	236	14	25	0.4	0	1.7
Chicken Fingers with Carolina BBQ Sauce	Protein Modified Fast Cookbook	21	465	19	67	2	1	3.4
Broiled White Fish with Tartar Sauce	Protein Modified Fast Cookbook	22	457	13	78	2	1	5.6
Instant Pot or Slow Cooker Shredded Pork Loin	Protein Modified Fast Cookbook	23	313	10	49	5	2	3.8
Slow Cooker Shredded Ranch Chicken	Protein Modified Fast Cookbook	24	361	15	52	2	1	3.3
Chicken Soup	Protein Modified Fast Cookbook	25	386	15	58	2	0.3	3.5
Perfect Tenderloin	Protein Modified Fast Cookbook	26	324	13	47	2	0.1	3.2
Perfect Pork Chop with Dijon Vinegar	Protein Modified Fast Cookbook	27	381	23	36	2	0.2	1.5

Lobster Tails	Protein Modified Fast Cookbook	28	225	3	48	0	0	16.0
Grilled Fillet Mignon	Protein Modified Fast Cookbook	29	250	11	35	0	0	3.2
Canned Tuna with Dijon Mustard	Protein Modified Fast Cookbook	29	196	1	36	0.3	0.1	30.0
Crab Legs with Spicy Mustard	Protein Modified Fast Cookbook	30	374	8	71	1	0.2	8.1
Simple Poached Turkey Breast	Protein Modified Fast Cookbook	31	257	4	52	0.1	0	12.7
Grilled Chicken Breasts with Carolina BBQ Sauce	Protein Modified Fast Cookbook	32	304	13	43	2	1	3.1
Keto Fried Rice with Ground Chicken	Protein Modified Fast Cookbook	33	341	17	42	2	0.2	2.2
Surf and Turf with Carolina BBQ Sauce	Protein Modified Fast Cookbook	34	316	22	29	2	1	1.3
Broiled Shrimp with Cilantro Lime Sauce	Protein Modified Fast Cookbook	35	274	14	35	4	0.4	2.0
Fried Soft Shell Crab	Protein Modified Fast Cookbook	36	388	14	60	2	1	4.0
BBQ Pork Chops	Protein Modified Fast Cookbook	37	301	19	28	2	1	1.4
Mojito Chicken	Protein Modified Fast Cookbook	38	282	17	29	1	0.1	1.6
Simple Shrimp Adobo	Protein Modified Fast Cookbook	39	287	14	39	4	0.2	2.2
Indian Shrimp over Keto Rice	Protein Modified Fast Cookbook	40	252	15	24	6	1	1.2
Shrimp Fried Rice	Protein Modified Fast Cookbook	41	183	5	32	2	0.2	4.7
BBQ Grilled Chicken	Protein Modified Fast Cookbook	42	534	30	59	3	1	1.8
Salt-Crusted Fish	Protein Modified Fast Cookbook	43	494	19	75	2	1	3.8
Asian Ground Turkey	Protein Modified Fast Cookbook	44	400	23	43	3	0.5	1.7
Mexican Shrimp Kabobs	Protein Modified Fast Cookbook	45	160	1	35	4	2	11.7
Carolina BBQ Sauce	Protein Modified Fast Cookbook	47	36	3	0.4	2	1	0.1
Dijon Vinaigrette	Protein Modified Fast Cookbook	48	10	0	0.1	1	0.1	0.1
Cilantro Lime Sauce	Protein Modified Fast Cookbook	49	9	0.1	1	2	0.2	0.5
Keto BBQ Sauce	Protein Modified Fast Cookbook	50	15	0.4	0.5	3	0.5	0.2
Tartar Sauce	Protein Modified Fast Cookbook	51	180	20	0	0	0	0.0
Keto (Venison) Jerky	Protein Modified Fast Cookbook	53	114	3	19	2	0	3.8
Smoked Jerky	Protein Modified Fast Cookbook	54	114	3	19	2	0	3.8
Snow Cones	Protein Modified Fast Cookbook	56	0	0	0	0	0	100.0
Fruity Ice Popsicles	Protein Modified Fast Cookbook	57	0	0	0	0	0	100.0
Strawberry Protein Popsickle	Protein Modified Fast Cookbook	57	29	1	5	0.3	0.1	4.2
Zero Calorie Slushy	Protein Modified Fast Cookbook	58	0	0	0	0	0	100.0
Chai Fritters with Glaze	Keto Adapted Cookbook Volume One	10	304	22	13	13	9	0.5
Maple Bacon Panna Cotta	Keto Adapted Cookbook Volume One	11	235	21	7	4	0.1	0.3
Oscar Deviled Eggs	Keto Adapted Cookbook Volume One	12	380	35	15	1	0.4	0.4
Yellow Curry Panna Cotta	Keto Adapted Cookbook Volume One	13	209	19	4	6	0.4	0.2
Sausage and Mushroom Frittata	Keto Adapted Cookbook Volume One	14	470	37	28	8	2	0.7
Mushroom and Onion Omelette	Keto Adapted Cookbook Volume One	15	288	24	15	6	1	0.5
Chocolate Pots De Creme	Keto Adapted Cookbook Volume One	16	210	18	5	7	2	0.2
Savory Zucchini Waffles	Keto Adapted Cookbook Volume One	17	563	55	18	2	1	0.3
Chocolate Mini Mug	Keto Adapted Cookbook Volume One	18	221	16	10	10	6	0.5
Chai Breakfast Custard	Keto Adapted Cookbook Volume One	19	343	31	13	4	2	0.4
Italian Deviled Eggs	Keto Adapted Cookbook Volume One	20	642	61	19	3	0.1	0.3
Keto Pancakes and Syrup	Keto Adapted Cookbook Volume One	21	483	45.5	17.2	3.4	0	0.4
Ham and Cheese Omelette	Keto Adapted Cookbook Volume One	22	429	33	30	3	0	0.8
Chorizo Breakfast Asparagus	Keto Adapted Cookbook Volume One	23	390	31	21	6	2	0.6
Cinnamon Syrup	Keto Adapted Cookbook Volume One	26	72	8	0.2	1	1	0.0
Dairy Free Ranch Dressing	Keto Adapted Cookbook Volume One	27	145	16	0.3	0.5	0.2	0.0
Bacon Vinaigrette	Keto Adapted Cookbook Volume One	28	122	12	3	0.5	0.1	0.2
Hollandaise	Keto Adapted Cookbook Volume One	29	321	35	0	0	0	0.0
Thai Mushroom Saute	Keto Adapted Cookbook Volume One	32	153	14	4	6	2	0.2
Mediterranean Fruit Salad	Keto Adapted Cookbook Volume One	33	230	22	3	5	1	0.1

Amazing Coleslaw	Keto Adapted Cookbook Volume One	34	163	14	4	3	1	0.3
Zucchini Pizza Bites	Keto Adapted Cookbook Volume One	35	127	10	6	4	1	0.5
Greek Asparagus	Keto Adapted Cookbook Volume One	36	262	19	13	9	3	0.5
Easy Liver and Onions	Keto Adapted Cookbook Volume One	37	299	20	25	5	0.4	1.0
Fried Steak	Keto Adapted Cookbook Volume One	40	770	67	41	2	1	0.6
BLT Mushrooms with Soft Boiled Eggs and Bacon	Keto Adapted Cookbook Volume One	41	475	38	26	7	3	0.6
Thai Mussels	Keto Adapted Cookbook Volume One	42	577	39	35	18	1	0.6
Clam Curry Chowder	Keto Adapted Cookbook Volume One	43	319	20	19	12	2	0.6
Easy Crispy Pork Belly with Amazing Coleslaw	Keto Adapted Cookbook Volume One	44	607	54	28	2	1	0.5
Chicken Piccata	Keto Adapted Cookbook Volume One	45	217	16	16	2	1	0.9
Grecian Chicken Pasta	Keto Adapted Cookbook Volume One	46	521	39	35	8	2	0.8
Tender Thai Chicken	Keto Adapted Cookbook Volume One	47	297	24	16	2	0.4	0.6
French Onion Burger with Chive Sour Cream	Keto Adapted Cookbook Volume One	48	655	55	33	6	1	0.6
Mustard Crusted Salmon	Keto Adapted Cookbook Volume One	49	225	15	22	0.2	0.1	1.5
Polpette Alla Romama	Keto Adapted Cookbook Volume One	50	445	33	28	8	3	0.7
Spicy Mayo Tuna Stack	Keto Adapted Cookbook Volume One	51	389	32	19	6	4	0.6
Cobb Salad Deviled Eggs and Bacon Vinaigrette	Keto Adapted Cookbook Volume One	52	370	32	17	3	1	0.5
Bacon, Mushroom and Brie Soup	Keto Adapted Cookbook Volume One	53	497	42	21	8	4	0.5
Cannoli Mini Cheeseballs	Keto Adapted Cookbook Volume One	56	196	19	3	2	1	0.2
Chocolate Puff Muffins with Custard	Keto Adapted Cookbook Volume One	57	208	15	16	3	1	0.9
Dairy Free Irish Cream Custard	Keto Adapted Cookbook Volume One	58	362	38.6	4.3	0.5	0	0.1
Snickerdoodle Mini Donuts	Keto Adapted Cookbook Volume One	59	440	39	10	13	9	0.2
Strawberry Cheesecake Ice Lollies	Keto Adapted Cookbook Volume One	60	103	10	2	1	0.1	0.2
Keto Vanilla Latte Custard	Keto Adapted Cookbook Volume One	61	105	9	4	2	0	0.4
Strawberries and Cream Shake	Keto Adapted Cookbook Volume One	62	200	19	4	2	0.2	0.2
Pina Colada Ice Lollies	Keto Adapted Cookbook Volume One	63	30	3	0.2	0.5	0	0.1
Eggs Florentine Casserole	Keto Adapted Cookbook Volume Two	10	491	38	32	4	1	0.8
Pizza Deviled Eggs	Keto Adapted Cookbook Volume Two	11	642	61	19	3	0	0.3
Open Faced Breakfast Sandwich	Keto Adapted Cookbook Volume Two	12	509	45	24	2	0.4	0.5
Gyro Breakfast Patties	Keto Adapted Cookbook Volume Two	13	345	26	26	1	0.3	1.0
Dairy Free & Nut Free Pancakes	Keto Adapted Cookbook Volume Two	14	172	12	13	3	1	0.9
Chocolate French Toast	Keto Adapted Cookbook Volume Two	15	232	12	25	6	2	1.6
Green Goddess Dressing	Keto Adapted Cookbook Volume Two	18	139	15	0.2	0.3	0.1	0.0
Dairy Free Hollandaise	Keto Adapted Cookbook Volume Two	19	321	35	0.1	0.1	0	0.0
Keto Tortilla Wraps	Keto Adapted Cookbook Volume Two	20	172	13	13	1	0.5	1.0
Red Chile Sauce	Keto Adapted Cookbook Volume Two	21	76	5	5	7	2	0.5
Red Curry Dipping Sauce	Keto Adapted Cookbook Volume Two	22	50	4	1	1	0.3	0.2
Cilantro Lime Sauce	Keto Adapted Cookbook Volume Two	23	286	31	0.3	2	0.2	0.0
Dairy Free Ranch Dressing	Keto Adapted Cookbook Volume Two	24	145	16	0.3	0.5	0.2	0.0
Buffalo Wing Sauce	Keto Adapted Cookbook Volume Two	25	126	14	0	0.1	0	0.0
Dairy Free Chocolate Drizzle	Keto Adapted Cookbook Volume Two	26	108	10	1	3	2	0.1
Dairy Free Cinnamon Syrup	Keto Adapted Cookbook Volume Two	27	127	14	0	0.4	0.2	0.0
Keto Egg Bread	Keto Adapted Cookbook Volume Two	28	50	3	6	0	0	2.0
Parmesan Basil Asparagus	Keto Adapted Cookbook Volume Two	32	360	26	26	6	3	0.9
Buffalo Chicken Wings	Keto Adapted Cookbook Volume Two	33	485	36	40	0.3	0.1	1.1
Halibut Red Curry	Keto Adapted Cookbook Volume Two	34	333	21	27	8	1	1.0
Asparagus Cobb Salad	Keto Adapted Cookbook Volume Two	35	335	26	19	6	2	0.6
Creamy Chicken Soup	Keto Adapted Cookbook Volume Two	36	362	28	22	8	8	0.8
Salmon with Crispy Skin	Keto Adapted Cookbook Volume Two	40	385	28	33	0.3	0.1	1.2
Crab Claw Curry "Rice"	Keto Adapted Cookbook Volume Two	41	615	38	67	2	0.1	1.7

Kentucky Hot Brown	Keto Adapted Cookbook Volume Two	42	720	63	35	3	0.1	0.5
Camaron en Chile Rojo (Shrimp in Red Chile)	Keto Adapted Cookbook Volume Two	44	299	18	22	12	3	0.8
Shrimp Arrabbiata	Keto Adapted Cookbook Volume Two	45	225	9	29	7	2	2.1
Halibut with Spring	Keto Adapted Cookbook Volume Two	46	297	18	30	4	1	1.4
Walkin Tacos	Keto Adapted Cookbook Volume Two	47	380	30	26	2	0.4	0.8
Deep Dish Dutch Baby Pizza	Keto Adapted Cookbook Volume Two	48	467	35	33	5	1	0.8
Open-Faced Chicken Pesto Sandwich	Keto Adapted Cookbook Volume Two	49	454	42	17	3	1	0.4
Chicken with Mushroom Gravy	Keto Adapted Cookbook Volume Two	50	330	26	20	5	2	0.7
Filet Mignon with Olive Salad	Keto Adapted Cookbook Volume Two	51	535	45	28	4	2	0.6
Tandoori Grilled Shrimp with Red Curry Dipping Sauce	Keto Adapted Cookbook Volume Two	52	272	16	25	7	1	1.1
Cilantro Lime Pork Chops	Keto Adapted Cookbook Volume Two	53	521	44	27	3	0.3	0.6
Cilantro Lime Slow Cooker Pork Short Ribs	Keto Adapted Cookbook Volume Two	54	665	57	33	2	0.3	0.6
Hot and Spicy Chicken Chorizo Chili	Keto Adapted Cookbook Volume Two	55	437	34	21	11	3	0.5
Trout Provencale en Papillote	Keto Adapted Cookbook Volume Two	56	206	14	17	2	1	1.1
Lamb and Mushroom Kabobs	Keto Adapted Cookbook Volume Two	57	316	19	32	5	1	1.4
Mexican Chocolate SemiFreddo	Keto Adapted Cookbook Volume Two	60	395	39	4	7	5	0.1
Chocolate Cheesecake Trifle	Keto Adapted Cookbook Volume Two	61	245	16	16	9	3	0.7
Chai Tea Breakfast Custard	Keto Adapted Cookbook Volume Two	62	105	8	4	4	1	0.4
Vanilla Bean Cupcakes	Keto Adapted Cookbook Volume Two	63	130	13	2	1	1	0.2
Chocolate Angel Food Cake	Keto Adapted Cookbook Volume Two	64	61	1	10	3	1	3.3
Easy Flourless Cookies	Keto Adapted Cookbook Volume Two	65	135	11	5	4	2	0.4
Chocolate Pudding	The Art of Fat Loss	16	138	3	20	5	2	3.3
Leftover Turkey Frittata	The Art of Fat Loss	17	206	4	39	1	0.3	8.3
Breakfast Patties	The Art of Fat Loss	18	288	11	48	3	0.2	3.5
Ham and Chives Souffle Omelet	The Art of Fat Loss	19	227	11	28	2	0.2	2.2
Creamsicle Breakfast Smoothie	The Art of Fat Loss	20	215	4	38	3	1	6.3
Dutch Baby Apple Pancake	The Art of Fat Loss	21	212	2	41	3	0.4	8.9
Dutch Baby Pancake and Lox	The Art of Fat Loss	22	268	3	53	2	0	10.6
Malt-O-Meal Cereal	The Art of Fat Loss	23	262	8	30	5	1	2.5
Protein Sparing Pancakes	The Art of Fat Loss	24	110	0.2	20	3	1	9.1
Breakfast Sammie	The Art of Fat Loss	25	449	14	75	6	0.2	3.8
French Toast	The Art of Fat Loss	26	210	5	35	3	1	5.0
Steak n Eggs	The Art of Fat Loss	27	208	5	37	0.2	0	7.1
Thanksgiving Turkey Breast	The Art of Fat Loss	29	346	5	69	1	0.3	12.1
Protein Sparing Bourbon Chicken	The Art of Fat Loss	30	316	7	62	4	0.5	5.9
Buffalo Chicken Meatballs	The Art of Fat Loss	31	380	15	40	0.4	0.1	2.6
Juicy Ginger Chicken Breasts	The Art of Fat Loss	32	370	8	72	7	1	5.1
Perfect Poached Chicken	The Art of Fat Loss	33	238	5	48	2	0.1	7.0
Orange Chicken over Egg Rice	The Art of Fat Loss	34	308	7	61	4	0.3	5.7
Pochetta-Style Chicken Breasts	The Art of Fat Loss	35	214	6	39	3	1	4.9
Turkey Sandwich	The Art of Fat Loss	36	258	3	48	1	0	12.0
Tomato Basil Grilled Chicken	The Art of Fat Loss	37	193	4	37	4	1	5.3
Turkey Meatloaf with Dijon Sauce	The Art of Fat Loss	38	330	6	56	3	1	7.0
Tuna Salad Sandwich	The Art of Fat Loss	39	323	2	64	2	0	16.0
Shrimp Fried "Rice"	The Art of Fat Loss	40	203	3	39	3	0.3	6.8
Basil Shrimp Ceviche	The Art of Fat Loss	41	339	11	56	4	1	4.0
Tuna Melt Dutch Baby	The Art of Fat Loss	42	198	1	39	1	0	19.5
Salmon Ceviche	The Art of Fat Loss	43	156	6	22	2	1	3.1
Easy Baked Shrimp Scampi	The Art of Fat Loss	44	197	9	28	1	0.1	2.8
Sorrento Fish	The Art of Fat Loss	45	219	5	40	3	1	5.7

Peel n Eat Ginger Lime Shrimp	The Art of Fat Loss	46	269	4	56	1	0.2	11.7
Halibut with Ginger Sauce	The Art of Fat Loss	47	292	6	49	5	1	4.9
Grilled Crab Legs	The Art of Fat Loss	48	440	7	88	0	0	12.6
Baked Garlic and Herb Lobster Tails	The Art of Fat Loss	49	415	5	86	2	0.4	13.0
Taco Shrimp Kabobs	The Art of Fat Loss	50	276	4	56	2	1	11.2
Broiled Scallops	The Art of Fat Loss	51	240	5	40	7	0.4	3.4
Mediterranean Grilled Swordfish	The Art of Fat Loss	52	364	12	58	5	1	3.6
Grilled Flank Steak Chimichurri	The Art of Fat Loss	53	202	10	25	3	1	2.1
BBQ Meatloaf	The Art of Fat Loss	54	280	10	43	2	0.4	3.7
Saucy Meatballs	The Art of Fat Loss	55	208	7	32	1	0.2	4.1
Kung Pao Meatballs	The Art of Fat Loss	56	316	10	51	3	0.4	4.0
Filet Mignon with Truffle Mustard	The Art of Fat Loss	57	253	11	35	1	1	3.2
Filet Mignon with Truffle Mustard (Piedmontese Beef)	The Art of Fat Loss	57	220	7	39	1	1	5.6
Sweet n Sour Pork Chops	The Art of Fat Loss	58	406	18	54	6	0.4	2.3
Garlic Thyme Pork Loin	The Art of Fat Loss	59	423	16	62	2	0.3	3.5
Pork Chops with Truffle Mustard	The Art of Fat Loss	60	317	15	42	1	0.1	2.6
Protein Sparing Chimichurri	The Art of Fat Loss	62	2	0.02	0.2	0.5	0.2	0.6
Orange Marmalade	The Art of Fat Loss	63	1	0	0.3	0	0	100.0
Spicy BBQ Vinegar Sauce	The Art of Fat Loss	64	3	0.1	0.1	1	0.3	0.1
Truffle Mustard	The Art of Fat Loss	65	30	2	1	2	0.1	0.3
Protein Sparing Bread	The Art of Fat Loss	67	32	0.1	7	0.4	0	14.0
Fried "Rice"	The Art of Fat Loss	68	59	0.3	11	2	0.2	5.2
Salmon Jerky	The Art of Fat Loss	69	28	1	5	1	0	2.5
Thanksgiving Stuffing	The Art of Fat Loss	70	106	2	19	2	0.4	5.3
Meatball Soup	The Art of Fat Loss	71	218	8	34	1	0.3	3.9
Egg Salad Sandwiches	The Art of Fat Loss	72	136	5	19	2	0.1	2.8
Basil Tortilla	The Art of Fat Loss	73	57	1	11	0.2	0	9.2
Strawberry Pavlova	The Art of Fat Loss	75	27	0.1	5	1	0	4.5
Fudgesicles	The Art of Fat Loss	76	32	1	5	1	0.4	3.1
Orange Creamsicle Popsicles	The Art of Fat Loss	77	25	0.4	5	0.4	0.1	7.1
Electrolyte Gummies	The Art of Fat Loss	78	48	0	8	2	0	4.0
Electrolye Ice Pops	The Art of Fat Loss	79	5	0	0	1	0	0.0
Creamy Strawberry Ice Pop	The Art of Fat Loss	80	25	0.4	5	0.4	0.1	7.1
Chocolate Meringue Cookies	The Art of Fat Loss	81	12	0.3	2	1	0.3	2.0
Angel Food Cake	The Art of Fat Loss	82	47	0.1	10	1	0	9.1
Chocolate Angel Food Cupcakes	The Art of Fat Loss	83	62	1	11	2	1	5.5
Vanilla Angel Food Cupcakes	The Art of Fat Loss	83	49	0.1	10	1	0	9.1
Protein Frosting	The Art of Fat Loss	84	5	0	1	0.2	0	5.0
Protein-Packed Blue Milk	Sugar-Free Kids	82	170	13	10	2	0.3	0.7
Pizza Eggs	Sugar-Free Kids	84	188	13	14	4	1	0.9
Strawberry Breakfast Parfait	Sugar-Free Kids	86	292	16	26	15	5	1.0
Flourless Protein Pizza Crepes	Sugar-Free Kids	88	272	21	19	3	1	0.8
Easy Baked Bacon and Sausages	Sugar-Free Kids	90	191	17	10	0	0	0.6
Breakfast Kabobs	Sugar-Free Kids	92	207	15	17	1	0	1.1
Ham 'n' Cheese Cupcakes	Sugar-Free Kids	94	231	17	18	1	0.1	1.0
French Toast Porridge	Sugar-Free Kids	96	207	17	13	1	0	0.7
Chocolate Minute Muffins	Sugar-Free Kids	98	289	26	7	8	5	0.2
Chocolate Protein Shake	Sugar-Free Kids	100	224	15	17	3	1	1.0
Blender Pancake Snowmen	Sugar-Free Kids	102	618	39	49	10	3	1.1
Easy Blender Chocolate Donuts	Sugar-Free Kids	104	330	30	7	9	5	0.2

Dippy Eggs with Toast Fingers	Sugar-Free Kids	106	366	29	23	3	1	0.7
Green Eggs and Ham	Sugar-Free Kids	108	537	43	32	4	2	0.7
Micah's Egg Muffin Sandwiches	Sugar-Free Kids	110	457	34	36	2	1	1.0
Crunch Berry Cereal	Sugar-Free Kids	112	297	25	17	5	4	0.7
Cheeseburger Breakfast Casserole	Sugar-Free Kids	114	388	32	21	4	1	0.6
Cinnamon Rolls	Sugar-Free Kids	116	518	46	14	16	10	0.3
Sugar-Free Toaster Pastries (aka Gilmore Girls Breakfast)	Sugar-Free Kids	118	379	31	19	9	3	0.5
Pizza Breakfast Pie	Sugar-Free Kids	120	262	19	23	3	0.3	1.1
Blueberry Cheesecake Muffins	Sugar-Free Kids	122	197	17	6	6	2	0.3
Monkey Bread	Sugar-Free Kids	124	317	27	10	12	8	0.3
Eggplant Fries	Sugar-Free Kids	128	119	7	10	5	2	1.0
Veggie and Savory Fruit Flowers	Sugar-Free Kids	130	305	26	7	14	6	0.2
Kai's Chicken Wings	Sugar-Free Kids	132	329	22	30	1	0.2	1.3
Pizza Rolls	Sugar-Free Kids	134	307	25	13	9	5	0.4
Basic Deviled Eggs	Sugar-Free Kids	136	213	17	13	1	0	0.7
Football Deviled Eggs	Sugar-Free Kids	138	301	27	14	1	0	0.5
Pumpkin Deviled Eggs	Sugar-Free Kids	138	270	23	13	1	0.2	0.5
Spider Deviled Eggs	Sugar-Free Kids	138	280	24	13	1	0.3	0.5
Deviled Egg Flowers	Sugar-Free Kids	139	274	23	13	2	1	0.5
Owl Deviled Eggs	Sugar-Free Kids	139	273	24	13	1	0.1	0.5
Pigs in a Blanket	Sugar-Free Kids	142	153	11	8	5	3	0.6
Cute Mouse Eggs	Sugar-Free Kids	144	259	19	20	1	0.1	1.0
Strawberry Pudding	Sugar-Free Kids	146	402	30	26	3	0.1	0.8
Sweet 'n' Sour Turkey Jerky	Sugar-Free Kids	148	142	4	25	0.1	0	6.1
No-Bake Chocolate-Topped Energy Bars	Sugar-Free Kids	150	273	26	6	6	3	0.2
Fruit Flower Bouquet	Sugar-Free Kids	152	99	1	2	23	7	0.1
Sticks and Dip	Sugar-Free Kids	154	350	28	20	7	3	0.6
Salmon Jerky Fingers	Sugar-Free Kids	156	109	3	18	0.1	0	5.8
Just Like "Apples" and Dip	Sugar-Free Kids	158	335	25	10	15	7	0.3
Graham Crackers	Sugar-Free Kids	160	135	12	5	4	2	0.4
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	1.1
Cookie Dough Dip	Sugar-Free Kids	166	320	33	2	2	0	0.1
No-Bake Peanut Butter Lover's Bars	Sugar-Free Kids	168	359	34	7	10	4	0.2
Iced Animal Crackers	Sugar-Free Kids	170	192	19	4	5	2	0.2
Sandwich on a Stick	Sugar-Free Kids	174	425	24	45	8	2	1.5
Antipasto on a Stick	Sugar-Free Kids	176	328	25	23	9	2	0.7
English Muffin Pizzas	Sugar-Free Kids	178	226	17	15	6	2	0.7
Chicken Protein Noodle Soup	Sugar-Free Kids	180	439	22	52	7	1	1.9
Better Than School Lunch Chicken Patties	Sugar-Free Kids	184	412	21	40	1	0	1.8
Bacon Lover's Chicken Nuggets	Sugar-Free Kids	186	184	11	22	0	0	2.0
Meat Cookies	Sugar-Free Kids	188	382	28	30	0	0	1.1
Sloppy Kai Dogs	Sugar-Free Kids	190	468	34	33	4	1	0.9
Touchdown Tacos	Sugar-Free Kids	192	526	39	32	11	4	0.7
Cheese Quesadillas	Sugar-Free Kids	194	439	38	19	8	5	0.5
Dinosaur Droppings (aka Meatballs)	Sugar-Free Kids	198	236	16	20	1	0.2	1.2
Bon Vie Chicken Tenders	Sugar-Free Kids	200	594	33	74	1	0.1	2.2
Protein Noodle Taco Lasagna	Sugar-Free Kids	202	675	34	58	11	2	1.3
Fish Fingers with Easy Tartar Sauce	Sugar-Free Kids	204	260	11	40	0.2	0.1	3.6
Baked Chicken Legs	Sugar-Free Kids	206	415	25	45	0.2	0	1.8

Mama Maria's Pizza Chicken Meatballs	Sugar-Free Kids	208	423	18	39	4	1	1.9
The Easiest Mac 'n' Cheese	Sugar-Free Kids	210	198	17	8	2	1	0.4
Protein Noodle Pad Thai	Sugar-Free Kids	212	665	31	65	8	1	1.7
Crispy Baked Ravioli	Sugar-Free Kids	214	346	25	28	1	0	1.1
Easy Baked BBQ Chicken	Sugar-Free Kids	216	333	17	41	5	1	2.0
Cheesy Beef and "Noodle" Casserole	Sugar-Free Kids	218	475	35	30	12	3	0.7
Meaty Lasagna Bowls	Sugar-Free Kids	220	622	42	50	9	1	1.0
Protein Noodle Chicken Alfredo	Sugar-Free Kids	222	522	39	42	2	0	1.0
Pizza Crust	Sugar-Free Kids	225	247	19	22	0.2	0	1.1
Pepperonia Pizza	Sugar-Free Kids	225	320	24	27	2	1	1.1
Bacon Cheeseburger Pizza	Sugar-Free Kids	226	447	33	36	2	1	1.1
Meat Lover's Pizza	Sugar-Free Kids	226	415	32	32	1	0.4	1.0
Cheese Sticks	Sugar-Free Kids	227	246	17	22	2	0.3	1.2
Breakfast for Dinner	Sugar-Free Kids	230	641	38	63	7	2	1.5
Chicken Sloppy Joes	Sugar-Free Kids	234	288	8	39	10	3	2.6
Pizza Dog Casserole	Sugar-Free Kids	236	338	25	22	6	2	0.8
Cheeseburger Lettuce Wraps	Sugar-Free Kids	238	468	38	28	1	0	0.7
Spaghetti Bolognese	Sugar-Free Kids	240	465	35	26	11	2	0.6
Epic Cheesy Beef Nachos	Sugar-Free Kids	242	591	46	37	5	2	0.8
Shredded BBQ Chicken	Sugar-Free Kids	244	197	4	36	6	1	4.0
Chicken Enchiladas	Sugar-Free Kids	246	257	8	36	9	2	2.4
Sweet 'n' Sour Chicken Wings	Sugar-Free Kids	248	335	22	31	1	0.1	1.4
Egg Roll in a Bowl	Sugar-Free Kids	250	364	27	32	9	3	1.0
Fluffy Bunny Scrambled Eggs	Sugar-Free Kids	254	256	20	17	2	0.3	0.8
Valentine's Day Breakfast	Sugar-Free Kids	256	671	54	40	7	1	0.7
Christmas Tomato Soup with Grilled Cheese Stars and Trees	Sugar-Free Kids	258	287	24	10	10	4	0.3
Zombie Spaghetti and Eyeballs	Sugar-Free Kids	260	409	27	30	9	2	0.9
Christmas Tree Pizza	Sugar-Free Kids	262	243	17	22	1	0.3	1.2
Heart-Shaped Eggs	Sugar-Free Kids	264	74	5	6	0.4	0	1.1
Valentine Deviled Eggs	Sugar-Free Kids	266	292	25	13	3	0.4	0.5
Holiday Tree Cheese Ball	Sugar-Free Kids	268	155	13	5	2	0	0.3
Halloween Spooky Skeleton with BBQ Riblets	Sugar-Free Kids	270	654	49	50	4	1	1.0
Taco Meatball Holiday Tree	Sugar-Free Kids	272	573	38	46	8	0.5	1.0
Spooky Breadstick Fingers	Sugar-Free Kids	274	124	9	8	5	2	0.7
Easy Red, White, and Blueberry Sundaes	Sugar-Free Kids	276	230	23	2	9	1	0.1
Strawberry Cheesecake Santas	Sugar-Free Kids	278	174	14	3	5	1	0.2
Holiday Jigglers	Sugar-Free Kids	280	4	0	1	0	0	#DIV/0!
Bombdiggity Pops	Sugar-Free Kids	282	37	1	3	5	1	0.6
Shamrock Shake Gummies	Sugar-Free Kids	284	139	8	13	5	4	1.4
Pumpkin Pie Gummies	Sugar-Free Kids	286	23	0.2	3	1	0.4	3.8
Valentine's Day Muffin Pan Ice Cream Cakes	Sugar-Free Kids	288	212	19	4	7	3	0.2
No-Bake Starwberry Panna Cotta	Sugar-Free Kids	292	163	15	2	7	1	0.1
Just Like Oreos Sandwich Cookies	Sugar-Free Kids	294	117	11	3	3	1	0.2
Protein Hot Chocolate	Sugar-Free Kids	296	267	14	32	2	1	2.1
Raspberries and Cream Ice Pops	Sugar-Free Kids	298	56	6	0.5	1	1	0.1
Extreme Chocolate Blender Birthday Cake	Sugar-Free Kids	300	357	32	8	10	5	0.2
Baseball Blender Cupcakes	Sugar-Free Kids	302	351	32	8	9	4	0.2
Chocolate Hazelnut Whoopie Pies	Sugar-Free Kids	304	824	75	22	21	14	0.3
Kai's Puppy Chow	Sugar-Free Kids	306	492	45	15	7	2	0.3
Crispy Candy	Sugar-Free Kids	308	88	11	0	0	0	0.0

Sugar-Free Chocolate Bars or Chips	Sugar-Free Kids	310	347	30	5	10	5	0.1
THE BEST Chocolate Chip Cookies	Sugar-Free Kids	312	154	14	3	5	2	0.2
Marshmallows	Sugar-Free Kids	314	19	0	3	0.3	0	10.0
S'mores	Sugar-Free Kids	316	408	36	11		6	0.3
No-Churn Vanilla Bean Ice Cream	Sugar-Free Kids	317	159	17	1	3	0	0.1
No-Churn Strawberries and Cream Ice Cream	Sugar-Free Kids	318	118	11	1	5	1	0.1
No-Churn Blue Moon Ice Cream	Sugar-Free Kids	318	160	17	1	3	0	0.1
No-Churn Chokolade Ice Cream	Sugar-Free Kids	319	209	21	2	5	1	0.1
Dairy-Free No-Churn Ice Cream	Sugar-Free Kids	322	197	19	1	0.1	0.1	0.1
Raspberry Sorbet	Sugar-Free Kids	324	57	1	3	11	5	0.4
Brownie Truffles	Sugar-Free Kids	327	255	25	6	6	3	0.2
Strawberry Cheesecake Truffles	Sugar-Free Kids	328	223	21	5	4	2	0.2
Candy Bar Truffles	Sugar-Free Kids	329	283	27	5	5	2	0.2
Red Velvet Truffles	Sugar-Free Kids	330	160	16	3	2	1	0.2
Chocolate Chip Cookie Dough Truffles	Sugar-Free Kids	331	247	25	3	3	1	0.1
Basic Savory Chaffles	Sugar-Free Kids	334	294	23	20	0.4	0	0.9
Basic Savory Paffles	Sugar-Free Kids	334	354	23	38	0.4	0	1.6
Easy Blender Waffles	Sugar-Free Kids	336	465	41	15	9	3	0.3
Chaffle Breakfast Sammie	Sugar-Free Kids	338	634	49	50	1	0	1.0
Cinnamon Roll Chaffles	Sugar-Free Kids	340	376	32	18	8	4	0.5
Blueberry Muffin Chaffles	Sugar-Free Kids	342	296	22	22	7	2	0.8
Chocolate Hazelnut Waffles	Sugar-Free Kids	344	323	24	18	9	5	0.6
Drive-Thru Chaffle Burger	Sugar-Free Kids	346	1041	81	68	7	1	0.8
Crispy Taco Chaffles	Sugar-Free Kids	348	691	54	46	4	2	0.8
Strawberry Shortcake Chaffle Sandwiches	Sugar-Free Kids	350	503	43	23	3	0.2	0.5
"Apple" Pie Waffles	Sugar-Free Kids	352	352	34	8	6	2	0.2
Glazed Pumpkin Mini Waffles	Sugar-Free Kids	354	245	21	8	8	3	0.3
Waffle Cone Mini Waffles	Sugar-Free Kids	356	176	16	6	4	2	0.3
Bacon Cheeseburger Waffle	Sugar-Free Kids	358	588	43	46	1	0	1.0
Chocolate Waffle Sandwich	Sugar-Free Kids	360	459	44	11	6	3	0.2
Easy Tartar Sauce	Sugar-Free Kids	364	135	15	0	0	0	0.0
Easiest Mayo Ever	Sugar-Free Kids	365	38	3	3	0.2	0	0.9
Veggie Dill Dip	Sugar-Free Kids	366	121	13	1	1	0	0.1
Protein-Packed Ranch Dip	Sugar-Free Kids	367	39	3	3	1	0.1	0.8
Tradational Ranch	Sugar-Free Kids	368	93	10	0.3	0.5	0.1	0.0
Sugar-Free Ketchup	Sugar-Free Kids	369	6	0	0.3	1	0.4	0.5
Pizza Sauce	Sugar-Free Kids	370	29	1	2	3	0.5	0.6
Fruit Dip	Sugar-Free Kids	371	36	1	5	1	0	2.5
Blender Marinara Sauce	Sugar-Free Kids	372	31	3	0.3	2	0.3	0.1
Roasted Garlic	Sugar-Free Kids	374	83	5	2	9	1	0.2
Guacamole	Sugar-Free Kids	376	168	15	2	10	7	0.1
Sugar-Free Strawberry Jam	Sugar-Free Kids	378	9	0	1	1	0.3	1.4
Sugar-Free Chocolate Hazelnut Spread	Sugar-Free Kids	380	73	6	2	3	2	0.3
Soft Tortillas	Sugar-Free Kids	382	232	16	10	16	10	0.5
Sandwich Buns	Sugar-Free Kids	384	154	11	6	10	7	0.4
Easy English Muffins	Sugar-Free Kids	386	116	8	10	2	1	1.1
Taco Seasoning	Sugar-Free Kids	388	33	1	1	6	3	0.3
Bone Broth	Sugar-Free Kids	392	40	0	10	0	0	#DIV/0!
Bone Marrow	Sugar-Free Kids	394	330	35	3	0	0	0.1
Salmon Puree with Salt	Sugar-Free Kids	396	198	16	12	0	0	0.8

Ground Beef with Salt	Sugar-Free Kids	398	185	15	10	0	0	0.7
Salted Egg Yolks	Sugar-Free Kids	400	149	10	13	1	0	1.2
Chicken Pate	Sugar-Free Kids	402	266	22	14	0	0	0.6
Pumpkin Spice Dutch Baby	Pure Protein Cookbook	17	226	3	41	7	2	5.1
Chocolate Waffles	Pure Protein Cookbook	18	300	19	22	7	3	1.0
Breakfast Burrito	Pure Protein Cookbook	20	179	2	33	5	0.4	5.0
Cinnamon Rolls	Pure Protein Cookbook	21	103	6	11	2	0.3	1.4
Snickerdoodle Pudding	Pure Protein Cookbook	23	103	1	20	2	1	10.0
Protein Sparing Blender Crepes	Pure Protein Cookbook	24	152	1	29	3	0.1	7.4
Savory Crepes	Pure Protein Cookbook	25	416	20	53	2	0.1	2.4
Cherry Danish	Pure Protein Cookbook	26	142	8	14	2	1	1.6
Protein Sparing Cottage "Cheese"	Pure Protein Cookbook	28	102	7	9	1	0	1.1
Protein Sparing Sour Cream	Pure Protein Cookbook	29	51	3.5	5	1	0	1.1
Ranch Vinaigrette	Pure Protein Cookbook	30	64	5	1	2	0.1	0.1
Creamy Chipotle Lime Sauce	Pure Protein Cookbook	31	53	4	5	1	0.4	1.1
Louise Salad Dressing	Pure Protein Cookbook	32	107	7	9	3	0.2	0.9
Tortillas	Pure Protein Cookbook	33	56	0.1	12	1	0	10.9
Easy Protein Sparing Marinara	Pure Protein Cookbook	34	22	1	1	3	1	0.3
EASY Protein Sparing Bread	Pure Protein Cookbook	35	44	0	9	0.5	0	18.0
French Onion Dip	Pure Protein Cookbook	37	37	2	3	1	0.1	1.0
Slow Cooker Sloppy Joes	Pure Protein Cookbook	39	226	7	32	5	0.2	2.7
Grilled Sweet and Sour Chicken	Pure Protein Cookbook	41	246	9	38	2	0.2	3.5
Beefy Soft Tacos	Pure Protein Cookbook	42	267	9	43	2	1	4.3
Mama Maria's PSMF Meatballs	Pure Protein Cookbook	43	299	17	32	3	1	1.7
Meatball Sub	Pure Protein Cookbook	44	303	9	48	4	0.3	3.8
Slow Cooker BBQ Chicken Wraps	Pure Protein Cookbook	46	291	10	45	3	0.4	3.6
Triple Decker Wrap	Pure Protein Cookbook	47	202	8	29	1	0.2	3.3
Slow Cooker Chicken Burrito	Pure Protein Cookbook	48	226	8	35	2	1	3.9
Reuben Burgers	Pure Protein Cookbook	50	150	5	25	3	0.4	3.3
Sweet n Sour Chicken Meatballs	Pure Protein Cookbook	51	202	3	37	3	0.2	6.4
Grilled Tuna Steaks	Pure Protein Cookbook	52	253	8	43	1	0.1	4.8
Party Sub	Pure Protein Cookbook	53	245	10	34	2	0	2.8
Saucy Enchilada Bake	Pure Protein Cookbook	54	447	15	67	7	1	3.2
Grilled Surf n Turf	Pure Protein Cookbook	56	286	12	42	4	0.3	2.7
Bourbon Shrimp	Pure Protein Cookbook	57	313	5	63	4	0.3	7.2
BBQ Tenderloin	Pure Protein Cookbook	58	327	13	47	3	0.5	3.0
BBQ Flatbread	Pure Protein Cookbook	59	356	15	46	6	1	2.3
Protein Sparing Pad Thai	Pure Protein Cookbook	61	602	26	66	3	1	2.4
Salmon in Ramen Broth	Pure Protein Cookbook	62	330	14	45	5	1	2.5
Easy Pot Roast over "Rice"	Pure Protein Cookbook	64	386	24	39	1	0.1	1.6
Slow Cooker BBQ Pork Wraps	Pure Protein Cookbook	65	428	17	63	2	0.3	3.4
Easy Taco Lettuce Wraps	Pure Protein Cookbook	66	288	15	31	5	1	1.6
Ranch Chicken Kabobs	Pure Protein Cookbook	67	334	13	50	1	0.2	3.6
Unagi Salmon	Pure Protein Cookbook	68	210	6	35	2	0.3	4.5
Italian Fish Packets	Pure Protein Cookbook	69	170	4	32	1	0.5	7.1
Spaghetti Bolognese	Pure Protein Cookbook	70	369	21	35	9	2	1.3
Mama Maria's Italian Beef	Pure Protein Cookbook	72	353	23	32	3	1	1.3
Slow Cooker Barbocoa	Pure Protein Cookbook	73	332	20	30	3	1	1.4
Simple Thai Chicken	Pure Protein Cookbook	74	374	16	51	4	1	2.7
Cilantro Lime Chicken Tenders	Pure Protein Cookbook	75	344	13	51	3	1	3.4

Briased Chicken and Mushrooms	Pure Protein Cookbook	76	439	20	60	2	1	2.9
Protein Sparing Salisbury Steak	Pure Protein Cookbook	78	276	15	30	1	0.1	1.9
Spaghetti and Meatballs	Pure Protein Cookbook	79	441	25	45	9	2	1.4
Protein Sparing Reuben	Pure Protein Cookbook	81	371	16	49	4	1	2.6
Slow Cooker Corned Beef	Pure Protein Cookbook	83	268	13	34	1	0.4	2.5
Egg Foo Young	Pure Protein Cookbook	85	164	4	28	4	1	4.0
Mama Maria's Italian Meatloaf	Pure Protein Cookbook	86	351	18	43	2	0.3	2.2
Italian Meatloaf Sandwich	Pure Protein Cookbook	87	415	18	57	3	0.3	2.8
Kung Pao Chicken Bowl	Pure Protein Cookbook	88	164	6	27	2	0.3	3.5
Slow Cooker Reuben Chicken	Pure Protein Cookbook	89	416	16	55	9	6	2.9
Sesame Chicken	Pure Protein Cookbook	91	256	23	36	2	0.1	1.4
Mexican Egg Salad Wraps	Pure Protein Cookbook	93	168	9	17	4	1	1.4
Tika Masala	Pure Protein Cookbook	94	396	16	51	10	2	2.1
Savory Fry Bread	Pure Protein Cookbook	96	111	5	16	1	0	2.7
Protein Sparing Chips	Pure Protein Cookbook	97	52	1	10	0	0	10.0
Nutty Chicken Soup	Pure Protein Cookbook	98	288	6	43	14	5	2.9
Simple Italian Chili	Pure Protein Cookbook	99	364	22	32	6	2	1.2
Chicken "Noodle" Soup	Pure Protein Cookbook	100	374	13	59	3	1	3.9
Protein Noodle Ramen	Pure Protein Cookbook	102	329	15	45	4	1	2.5
Asian Beef Soup	Pure Protein Cookbook	103	257	14	29	3	0.3	1.7
Protein Sparing Egg Drop Soup	Pure Protein Cookbook	104	219	3	41	8	2	4.6
Crab Louie Salad	Pure Protein Cookbook	105	203	8	25	8	4	2.1
Grilled Romaine Steak Salad	Pure Protein Cookbook	107	208	10	25	3	2	2.3
Protein Popcorn	Pure Protein Cookbook	108	240	10	30	2	0	2.5
PSMF "Rice"	Pure Protein Cookbook	109	54	0.3	11	1	0.2	10.0
Protein Sparing Chocolate Sauce	Pure Protein Cookbook	111	54	4	1	2	1	0.2
Maple Syrup Frosting	Pure Protein Cookbook	112	37	2	3	0.3	0	1.3
Meringue Roll ala Roulette	Pure Protein Cookbook	113	63	0.4	12	1	0.1	9.2
Strawberry Shortcake	Pure Protein Cookbook	114	131	1	26	2	0.2	9.3
Chocolate Ice Cream	Pure Protein Cookbook	116	67	1	10	2	1	5.0
Protein Sparing Flan	Pure Protein Cookbook	117	62	3	5	1	0.1	1.3
Wendy's Frosty	Pure Protein Cookbook	119	35	2	2	2	1	0.7
Root Beer Float Ice Pops	Pure Protein Cookbook	120	2	0.2	0.1	0	0	0.5
Dessert Pizza	Pure Protein Cookbook	121	68	0.3	11	4	1	3.3
Chocolate Souffle	Pure Protein Cookbook	123	172	13	5	4	2	0.3
Pumpkin Spice Bread	Pure Protein Cookbook	124	51	0.1	10	2	1	9.1
Pumpkin Spice Sorbet	Pure Protein Cookbook	126	31	1	1	3	1	0.3
Brown Butter Butterflies	Keto for Fertility Cookbook	69	102	12	0.1	0.01	0	0.0
Creamy Mustard	Keto for Fertility Cookbook	70	45	5	0	0	0	0.0
Baconnaise (The Best Mayonnaise)	Keto for Fertility Cookbook	71	82	9	0.2	0.1	0	0.0
Slow Cooker Healing Bone Broth	Keto for Fertility Cookbook	72	49	0	10	0	0	#DIV/0!
Homemade Old Bay Seasoning	Keto for Fertility Cookbook	73	7	0.3	0.2	1	0.4	0.2
Old Bay Hollandaise	Keto for Fertility Cookbook	74	78	9	0.4	0.2	0	0.0
Chaffles	Keto for Fertility Cookbook	75	304	24	20	1	0	0.8
Garlic and Chive Cream Cheese	Keto for Fertility Cookbook	76	138	13	2	1	0.04	0.1
Homemade Cultered Butter	Keto for Fertility Cookbook	77	132	15	1	1	0	0.1
Sauerkraut	Keto for Fertility Cookbook	78	32	0.1	1.4	6.6	2.8	0.4
Zoodles	Keto for Fertility Cookbook	81	18	0.2	1.4	3.8	1.2	0.5
Orange Creamsicle Pudding	Keto for Fertility Cookbook	83	324	27	17	5	1	0.5
Breakfast Meatballs over Keto Egg Rice	Keto for Fertility Cookbook	85	489	38	30	3	0.5	0.7

Bon Vie Scrambler	Keto for Fertility Cookbook	86	286	21	23	1	0.2	1.1
Personal Cheese Souffles	Keto for Fertility Cookbook	87	413	37	17	2	0.01	0.4
"Good Life" Omelet	Keto for Fertility Cookbook	88	474	35	34	5	1	0.9
Breakfast Patties	Keto for Fertility Cookbook	89	577	56	17	0.4	0.2	0.3
Breakfast Burgers	Keto for Fertility Cookbook	91	579	53	21	3	0.5	0.4
Chaffles and Lox	Keto for Fertility Cookbook	92	462	35	33	2	0	0.9
Crustless Quiche	Keto for Fertility Cookbook	93	590	47	46	4	4	1.0
Ham and Gruyere Frittata	Keto for Fertility Cookbook	94	467	34	34	1	0.2	1.0
Pizza Breakfast Bake	Keto for Fertility Cookbook	96	263	19	23	3	0.3	1.1
French Toast Panna Cotta	Keto for Fertility Cookbook	98	244	26	4	2	0	0.1
Beefy Breakfast Muffins	Keto for Fertility Cookbook	99	283	17.5	27.5	1.6	0	1.4
Braised Ox Tail	Keto for Fertility Cookbook	101	361	24	31	2	0.5	1.2
Stuffed Flank Steak Rolls	Keto for Fertility Cookbook	102	296	17	32	2	0.5	1.7
Slow Cooker Short Ribs	Keto for Fertility Cookbook	103	602	53	28	2	0.5	0.5
Melt in your Mouth Braised Beef	Keto for Fertility Cookbook	104	600	51	31	3	1	0.6
Bacon Lover's Meatloaf	Keto for Fertility Cookbook	105	485	35	40	1	0.2	1.1
Fried Meatloaf	Keto for Fertility Cookbook	106	486	34	42	3	0.3	1.1
The Best Hanger Steak Recipe	Keto for Fertility Cookbook	107	469	36	32	2	0.2	0.8
Easy Chicken Confit	Keto for Fertility Cookbook	108	379	30	23	2	0.5	0.7
Chicken in Tarragon Cream Sauce	Keto for Fertility Cookbook	109	525	44	28	2	0.1	0.6
Sweet and Sour Chicken Legs	Keto for Fertility Cookbook	110	289	15	33	4	1	1.8
Popper Pork Chops	Keto for Fertility Cookbook	111	512	40	30	2	0.2	0.7
Sesame Pork Belly	Keto for Fertility Cookbook	113	701	60	31	4	0.3	0.5
The Best Baby Back Ribs with White BBQ Sauce	Keto for Fertility Cookbook	115	654	56	35	1	0.4	0.6
BLT Paffle	Keto for Fertility Cookbook	116	325	26	20	1	0.3	0.7
Pork Cheeks	Keto for Fertility Cookbook	117	475	46	8	4	1	0.2
Butter Poached Shrimp and Keto Grits	Keto for Fertility Cookbook	119	430	31	36	1	0.1	1.1
Garam Masala Salmon	Keto for Fertility Cookbook	120	602	53	28	2	0.5	0.5
Sausage and Mushroom Flatbread	Keto for Fertility Cookbook	122	634	54	34	6	0.5	0.6
Garlic Butter Steak Packets	Keto for Fertility Cookbook	123	528	44	27	6	2	0.6
Slow Cooker Pot Roast	Keto for Fertility Cookbook	124	483	34	40	2	0.2	1.1
Seared Porterhouse	Keto for Fertility Cookbook	125	571	47	34	1	0.3	0.7
Rosemary Chicken	Keto for Fertility Cookbook	126	602	53	28	2	0.5	0.5
Slow Cooker Dreamy Chicken	Keto for Fertility Cookbook	127	580	42	43	4	1	1.0
Lamb Chops with Lemon Mustard Gravy	Keto for Fertility Cookbook	128	392	31	25	1	0.1	0.8
Salmon Thermidor	Keto for Fertility Cookbook	129	642	50	41	3	0.2	0.8
Cilantro Lime Ribs	Keto for Fertility Cookbook	130	551	38	48	2	0.2	1.2
Bacon Cheesy Sliders	Keto for Fertility Cookbook	132	444	34	34	0.3	0.1	1.0
Bacon Wrapped Tenderloin	Keto for Fertility Cookbook	134	304	15	38	4	1	2.1
Buffalo Sliders	Keto for Fertility Cookbook	135	748	44	63	2	1	1.4
Olive Oil Poached Salmon	Keto for Fertility Cookbook	136	248	18	19	1	0.4	1.0
Seared Scallops	Keto for Fertility Cookbook	137	274	19	23	4	0	1.0
Pork Chops with Easy Gravy	Keto for Fertility Cookbook	138	420	32	29	1	0	0.9
Easy Country Style Ribs	Keto for Fertility Cookbook	139	748	44	63	2	1	1.4
Grilled Stuffed Tenderloin	Keto for Fertility Cookbook	140	371	27	29	1	0	1.0
Cream Poached White Fish	Keto for Fertility Cookbook	141	279	14	34	4	1	2.0
Greek Panna Cotta	Keto for Fertility Cookbook	142	560	56	14	5	0	0.2
Smoked Beef Brisket	Keto for Fertility Cookbook	143	351	27	25	1	0.2	0.9
Slow Cooker Asian Orange Short Ribs	Keto for Fertility Cookbook	145	504	44	24	1	0.2	0.5
Instant Pot Balsamic Chicken	Keto for Fertility Cookbook	146	652	47	46	7	0.5	0.9

Slow Cooker Tender Thai Chicken	Keto for Fertility Cookbook	147	332	25	24	2	0.4	0.9
Reuben Roll Ups	Keto for Fertility Cookbook	149	463	36	34	2	0.04	0.9
Easy Roasted Tenderloin	Keto for Fertility Cookbook	150	236	10	34	2	0.3	2.9
Slow Cooker Bacon Pot Roast	Keto for Fertility Cookbook	151	366	29	22	2	0.4	0.7
Soft Shell Crab	Keto for Fertility Cookbook	152	471	23	60	1	0	2.5
Easy Pepper Steak	Keto for Fertility Cookbook	153	293	10	37	11	2	1.9
Grilled Lobster Tails	Keto for Fertility Cookbook	155	511	16	86	0.4	0.1	5.3
Bacon Bolognese	Keto for Fertility Cookbook	157	508	31	41	21	4	0.9
Shrimp Provençal	Keto for Fertility Cookbook	158	182	5	32	2	0.2	4.7
Poached Cod with Old Bay Hollandaise	Keto for Fertility Cookbook	159	582	46	39	2	0.5	0.8
Crab Legs with Old Bay Hollandaise	Keto for Fertility Cookbook	160	321	14	44	0.1	0	3.1
Keto Twinkies	Keto for Fertility Cookbook	161	378	32	20	2	0.4	0.6
Bacon Pizza	Keto for Fertility Cookbook	162	241	18	17	6	1	0.7
Simple Skillet Meatza	Keto for Fertility Cookbook	163	345	21	30	6	1	1.2
Bacon Wrapped Pork Belly	Keto for Fertility Cookbook	164	702	66	23	3.27	0.6	0.3
Old Bay Crab Deviled Eggs	Keto for Fertility Cookbook	166	137	11	8	0.4	0	0.7
Egg Salad with Crispy Prosciutto Chips	Keto for Fertility Cookbook	167	397	33	20	1	0.04	0.6
Prosciutto Rolls with Chicken Salad	Keto for Fertility Cookbook	168	184	13	17	0.1	0.04	1.3
Chopped Liver	Keto for Fertility Cookbook	169	364	19	35	11	0.1	1.2
The Best Pork Rillettes	Keto for Fertility Cookbook	170	273	21	20	0.4	0.1	0.9
Instant Pot Rib Soup	Keto for Fertility Cookbook	172	421	23	54	8	1	1.8
Mushroom and Brie Soup	Keto for Fertility Cookbook	173	195	19	5	2	0.4	0.2
Bacon Lover's Chili	Keto for Fertility Cookbook	174	457	34	38	11	3	0.9
Chicken Chips	Keto for Fertility Cookbook	175	32	1	5	0	0	5.0
Hot Crab Dip	Keto for Fertility Cookbook	176	233	21	10	1	0	0.5
Feta and Olive Fat Bomb	Keto for Fertility Cookbook	177	147	14	3	2	1	0.2
Popper Chicken Soup	Keto for Fertility Cookbook	178	554	42	36	4	0.4	0.8
Crab Bisque	Keto for Fertility Cookbook	179	499	31	46	2	0.2	1.4
Roast Beef and Cheddar Balls	Keto for Fertility Cookbook	180	195	15	12	1	0	0.8
Ham and Cheese Fat Bomb	Keto for Fertility Cookbook	181	132	11	7	0.3	0	0.6
Garlic Bread Chaffles	Keto for Fertility Cookbook	182	104	7	10	1	0.04	1.3
Jalapeno Popper Chaffles	Keto for Fertility Cookbook	183	273	22	17	0.4	0.1	0.8
Easy Klondike Bars	Keto for Fertility Cookbook	185	193	19	3	3	1	0.1
Brown Butter Ice Cream	Keto for Fertility Cookbook	186	259	27	4	1	0	0.1
Maple Fudge Fat Bombs	Keto for Fertility Cookbook	187	100	10	1	0.3	1	0.1
Cream Cheese Mints	Keto for Fertility Cookbook	188	33	3	1	0.3	0	0.3
Snickerdoodle Creme Brulee	Keto for Fertility Cookbook	189	472	50	6	5	1	0.1
Butter Pecan Ice Cream Bars	Keto for Fertility Cookbook	190	404	43	3	3	1	0.1
Bacon Ice Cream Cones	Keto for Fertility Cookbook	191	35	3	2	0	0	0.7
Vanilla Bean Ice Cream	Keto for Fertility Cookbook	192	234	25	3	2	0	0.1
Turkey Frittata	Protein-Sparing Modified Fast Method	54	206	4	39	1	0.3	8.3
Ham Omelet	Protein-Sparing Modified Fast Method	56	245	14	27	1	0.1	1.8
Souffle Omelet with Ham and Chives	Protein-Sparing Modified Fast Method	58	227	11	28	2	0.2	2.2
Steak and Eggs	Protein-Sparing Modified Fast Method	60	208	5	37	0.2	0	7.1
Breakfast Patties	Protein-Sparing Modified Fast Method	62	288	11	48	3	0.2	3.5
Breakfast Sammie	Protein-Sparing Modified Fast Method	64	449	14	75	6	0.2	3.8
Protein Sparing Pancakes	Protein-Sparing Modified Fast Method	66	110	0.2	20	3	1	9.1
Savory Dutch Baby with Lox	Protein-Sparing Modified Fast Method	68	268	3	53	2	0	10.6
Apple Dutch Baby	Protein-Sparing Modified Fast Method	70	212	2	41	3	0.4	8.9
Cinnamon Roll Waffles	Protein-Sparing Modified Fast Method	72	136	1	24	5	2	6.0

Classic French Toast	Protein-Sparing Modified Fast Method	74	210	5	35	3	1	5.0
Strawberry Angel Food French Toast	Protein-Sparing Modified Fast Method	76	136	0.3	27	3	0	8.2
Minute Breakfast Muffins	Protein-Sparing Modified Fast Method	78	207	8	31	2	0.2	3.2
French Toast Porridge	Protein-Sparing Modified Fast Method	80	195	7	29	2	0.4	3.4
Chocolate Hot Breakfast Cereal	Protein-Sparing Modified Fast Method	82	262	8	30	6	1	2.3
Chocolate Breakfast Pudding	Protein-Sparing Modified Fast Method	84	113	2	19	2	0.4	5.3
French Toast Breakfast Pudding	Protein-Sparing Modified Fast Method	84	113	2	19	2	0.4	5.3
Key Lime Breakfast Pudding	Protein-Sparing Modified Fast Method	84	113	2	19	2	0.4	5.3
Lemon Breakfast Pudding	Protein-Sparing Modified Fast Method	84	113	2	19	2	0.4	5.3
Butterscotch Breakfast Pudding	Protein-Sparing Modified Fast Method	84	113	2	19	2	0.4	5.3
French Vanilla Breakfast Pudding	Protein-Sparing Modified Fast Method	84	113	2	19	2	0.4	5.3
Black Forest Breakfast Pudding	Protein-Sparing Modified Fast Method	84	113	2	19	2	0.4	5.3
Banana Breakfast Pudding	Protein-Sparing Modified Fast Method	84	113	2	19	2	0.4	5.3
Strawberry Shake	Protein-Sparing Modified Fast Method	86	203	3	39	2	1	9.8
Orange Creamsicle Smoothie	Protein-Sparing Modified Fast Method	88	215	4	38	3	1	6.3
Hamburger Patty with Mustard	Protein-Sparing Modified Fast Method	92	312	11	49	1	0.4	4.2
Slow Cooker Shredded Pork Loin	Protein-Sparing Modified Fast Method	94	313	10	49	5	2	3.8
Baked Pork Tenderloins	Protein-Sparing Modified Fast Method	96	324	13	47	2	0.1	3.2
Pork Chops with Dijon Vinaigrette	Protein-Sparing Modified Fast Method	98	381	23	36	2	0.2	1.5
Grilled Filet Mignons with Truffle Mustard Sauce	Protein-Sparing Modified Fast Method	100	253	11	35	1	1	3.2
BBQ Pork Chops	Protein-Sparing Modified Fast Method	102	301	19	28	2	1	1.4
Grilled Flank Steak with Chimichurri Sauce	Protein-Sparing Modified Fast Method	104	202	10	25	3	1	2.1
BBQ Meatloaf	Protein-Sparing Modified Fast Method	106	280	10	43	2	0.4	3.7
Asian Style Meatballs	Protein-Sparing Modified Fast Method	108	316	10	51	3	0.4	4.0
Sweet and Sour Pork Chops	Protein-Sparing Modified Fast Method	110	406	18	54	6	0.4	2.3
Garlic-Thyme Pork Tenderloins	Protein-Sparing Modified Fast Method	112	423	16	62	2	0.3	3.5
BBQ Meatballs	Protein-Sparing Modified Fast Method	114	208	7	32	1	0.2	4.1
Grilled Pork Chops with Truffle Mustard Sauce	Protein-Sparing Modified Fast Method	116	317	15	42	1	0.1	2.6
Slow Cooker Ranch Chicken	Protein-Sparing Modified Fast Method	120	361	15	52	2	1	3.3
BBQ Chicken Flatbread	Protein-Sparing Modified Fast Method	122	256	7	41	5	2	4.1
Smoked Chicken Breasts	Protein-Sparing Modified Fast Method	124	444	17	67	0.1	0	3.9
Chicken Strips with Carolina BBQ Sauce	Protein-Sparing Modified Fast Method	126	465	19	67	2	1	3.4
Grilled Chicken Breasts with Carolina BBQ Sauce	Protein-Sparing Modified Fast Method	128	334	14	47	2	1	3.1
Poached Chicken Breasts	Protein-Sparing Modified Fast Method	129	238	5	48	2	0.1	7.0
Egg Foo Young	Protein-Sparing Modified Fast Method	130	164	4	28	4	1	4.0
Mojito Chicken	Protein-Sparing Modified Fast Method	132	282	17	29	1	0.1	1.6
BBQ Grilled Chicken	Protein-Sparing Modified Fast Method	134	534	30	59	3	1	1.8
Asian-Inspired Stir-Fried Turkey	Protein-Sparing Modified Fast Method	136	400	23	43	3	0.5	1.7
Grilled Chicken Breasts with Tomato Basil Sauce	Protein-Sparing Modified Fast Method	138	193	4	37	4	1	5.3
Saltimbocca-Style Chicken Breasts	Protein-Sparing Modified Fast Method	140	214	6	39	3	1	4.9
Orange Chicken	Protein-Sparing Modified Fast Method	142	308	7	61	4	0.3	5.7
Chicken Fried "Rice"	Protein-Sparing Modified Fast Method	144	341	17	42	2	0.2	2.2
Thanksgiving Turkey Breast	Protein-Sparing Modified Fast Method	146	346	5	69	1	0.3	12.1
Bourbon Chicken	Protein-Sparing Modified Fast Method	148	316	7	62	4	0.5	5.9
Buffalo Chicken Meatballs	Protein-Sparing Modified Fast Method	150	243	2	54	1	0.3	20.0
Baked Chicken Breasts with Ginger Sauce	Protein-Sparing Modified Fast Method	152	370	8	72	7	1	5.1
Turkey Meatloaf with Dijon Sauce	Protein-Sparing Modified Fast Method	154	330	6	56	3	1	7.0
Slow Cooker Doro Wat	Protein-Sparing Modified Fast Method	156	430	21	57	2	0.3	2.5
Shrimp and Grits	Protein-Sparing Modified Fast Method	160	191	6	32	1	0.3	4.8
Popovers with Tuna Salad	Protein-Sparing Modified Fast Method	162	378	26	34	1	0.3	1.3

Broiled Cod with Tartar Sauce	Protein-Sparing Modified Fast Method	164	457	13	78	2	1	5.6
Boiled Crab Legs with Spicy Mustard Sauce	Protein-Sparing Modified Fast Method	166	374	8	71	1	0.2	8.1
Shrimp Curry	Protein-Sparing Modified Fast Method	168	252	15	24	6	1	1.2
Tuna Salad with Dijon Mustard	Protein-Sparing Modified Fast Method	170	295	15	37	2	0	2.2
Grilled Crab Legs	Protein-Sparing Modified Fast Method	171	440	7	88	0	0	12.6
Surf and Turf with Carolina BBQ Sauce	Protein-Sparing Modified Fast Method	172	316	22	29	2	1	1.3
Broiled Shrimp with Cilantro Lime Sauce	Protein-Sparing Modified Fast Method	174	274	14	35	4	0.4	2.0
Fried Soft-Shell Crabs	Protein-Sparing Modified Fast Method	176	388	14	60	2	1	4.0
Poached Lobster Tails	Protein-Sparing Modified Fast Method	177	225	3	48	0	0	16.0
Adobo-Style Shrimp	Protein-Sparing Modified Fast Method	178	287	14	39	4	0.2	2.2
Shrimp Fried "Rice"	Protein-Sparing Modified Fast Method	180	203	3	39	3	0.3	6.8
Salt-Crusted Fish	Protein-Sparing Modified Fast Method	182	390	21	46	2	1	2.1
Mexican-Inspired Shrimp Kabobs	Protein-Sparing Modified Fast Method	184	160	1	35	4	2	11.7
Tuna Salad Dutch Baby	Protein-Sparing Modified Fast Method	186	198	1	39	1	0	19.5
Salmon Ceviche	Protein-Sparing Modified Fast Method	188	156	6	22	2	1	3.1
Basil Shrimp Ceviche	Protein-Sparing Modified Fast Method	190	339	11	56	4	1	4.0
Sorrento Fish	Protein-Sparing Modified Fast Method	192	219	5	40	3	1	5.7
Peel-and-Eat Ginger-Lime Shrimp	Protein-Sparing Modified Fast Method	194	269	4	56	1	0.2	11.7
Halibut with Ginger Sauce	Protein-Sparing Modified Fast Method	196	292	6	49	5	1	4.9
Baked Garlic and Herb Lobster Tails	Protein-Sparing Modified Fast Method	198	415	5	86	2	0.4	13.0
Broiled Scallops	Protein-Sparing Modified Fast Method	200	240	5	40	7	0.4	3.4
Mediterranean-Style Grilled Swordfish	Protein-Sparing Modified Fast Method	202	364	12	58	5	1	3.6
Shrimp Scampi	Protein-Sparing Modified Fast Method	204	197	9	28	1	0.1	2.8
Salmon in Ramen Broth	Protein-Sparing Modified Fast Method	206	330	14	45	5	1	2.5
Egg Drop Soup	Protein-Sparing Modified Fast Method	210	218	3	41	8	2	4.6
Chicken Soup	Protein-Sparing Modified Fast Method	212	386	15	58	2	0.3	3.5
Meatball Soup	Protein-Sparing Modified Fast Method	214	218	8	34	1	0.3	3.9
Egg Salad Sandwiches	Protein-Sparing Modified Fast Method	216	136	5	19	2	0.1	2.8
Turkey Sandwich	Protein-Sparing Modified Fast Method	218	258	3	48	1	0	12.0
Cool Ranch Chips and Dip (CHIPS)	Protein-Sparing Modified Fast Method	220	61	1	11	1	1	11.0
Cool Ranch Chips and Dip (DIP)	Protein-Sparing Modified Fast Method	220	11	0.1	2	0.5	0.1	4.0
Venison Jerky	Protein-Sparing Modified Fast Method	222	114	3	19	2	0	3.8
Salmon Jerky	Protein-Sparing Modified Fast Method	224	28	1	5	1	0	2.5
Fried "Rice"	Protein-Sparing Modified Fast Method	226	59	0.3	11	2	0.2	5.2
Thanksgiving Stuffing	Protein-Sparing Modified Fast Method	228	106	2	19	2	0.4	5.3
Strawberry Pavlova	Protein-Sparing Modified Fast Method	232	27	0.1	5	1	0	4.5
Fudge Pops	Protein-Sparing Modified Fast Method	234	32	1	5	1	0.4	3.1
Electrolyte Ice Pops	Protein-Sparing Modified Fast Method	235	5	0	0	1	0	0.0
Orange Creamsicle Ice Pops	Protein-Sparing Modified Fast Method	236	25	0.4	5	0.4	0.1	7.1
Electrolyte Gummies	Protein-Sparing Modified Fast Method	238	48	0	8	2	0	4.0
Snow Cones	Protein-Sparing Modified Fast Method	240	0	0	0	0	0	0.0
Strawberry Protein Pops	Protein-Sparing Modified Fast Method	242	29	1	5	0.3	0.1	4.2
Strawberrys and Cream Ice Pops	Protein-Sparing Modified Fast Method	243	25	0.4	5	0.4	0.1	7.1
Chocolate Meringue Cookies	Protein-Sparing Modified Fast Method	244	12	0.3	2	1	0.3	2.0
Strawberry Angel Food Cake	Protein-Sparing Modified Fast Method	246	47	0.1	10	1	0	9.1
Vanilla Angel Food Cupcakes	Protein-Sparing Modified Fast Method	248	54	0.1	10	1	0	9.1
Strawberry Shortcake	Protein-Sparing Modified Fast Method	250	27	0.2	3	2	0.3	1.6
Bread Pudding	Protein-Sparing Modified Fast Method	252	58	3	7	0.4	0.1	2.1
Tiramisu	Protein-Sparing Modified Fast Method	254	39	0.4	7	1	0.1	5.4
Boccone Dolce Cake	Protein-Sparing Modified Fast Method	256	107	6	9	4	2	1.1

Chimichurri Sauce	Protein-Sparing Modified Fast Method	260	2	0	0.2	0.5	0.2	0.7
Orange Marmalade	Protein-Sparing Modified Fast Method	262	1	0	0.3	0	0	0.0
Spicy BBQ Vinegar Sauce	Protein-Sparing Modified Fast Method	264	3	0.1	0.1	1	0.3	0.1
Dijon Vinaigrette	Protein-Sparing Modified Fast Method	266	10	0	0.1	1	0.1	0.1
Carolina BBQ Sauce	Protein-Sparing Modified Fast Method	267	36	3	0.4	2	1	0.1
Cilantro Lime Sauce	Protein-Sparing Modified Fast Method	268	9	0.1	1	2	0.2	0.5
Mayo	Protein-Sparing Modified Fast Method	269	37	2	3	0.2	0	1.4
Protein Sparing Bread	Protein-Sparing Modified Fast Method	270	79	0.1	17	1	0	15.5
Protein Sparing Waffle Buns	Protein-Sparing Modified Fast Method	272	39	0.1	8	0.4	0	16.0
Basil Wraps	Protein-Sparing Modified Fast Method	274	57	1	11	0.2	0	9.2

	Search Value (you can change)
Enter Search Term	waffle

Macro Highlighting		Search Value (you can change)
Fat	Less Than (grams)	30
Protein	More than (grams)	30
Carbs	Less Than (grams)	10
P:E Ratio	Great Than	2