



THE **KETO 90** *lifestyle*

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TRACKING MACROS

DAIRY

	CALS (G)	FAT (G)	CARBS (G)	FIBER (G)	NET CARBS (G)	PROTEIN (G)
Cheese, blue, 1 oz	100	8	1	0	0	6
Cheese, brie, 1 oz	95	8	0	0	0	6
Cheese, cheddar, natural, 1 oz	110	9	0	0	0	7
Cheese, cottage, 4% (full fat), 4 oz	100	3	3	0	3	14
Cheese, cream, block, 2 tbsp	101	10	1	0	1	2
Cheese, mexican blend, 1 oz	105	9	1	0	1	7
Cheese, monterey jack, 1 oz	106	9	1	0	1	7
Cheese, mozzarella, part skim, 1 oz	72	5	1	0	1	7
Cheese, mozzarella, whole skim, 1 oz	90	7	1	0	1	6
Cheese, parmesan, hard, 1 oz	111	7	1	0	1	10
Cheese, provolone, 1 oz	100	8	1	0	1	7
Cheese, ricotta, whole milk, 2 oz	107	8	2	0	2	7
Cheese, swiss, 1 oz	108	8	2	0	2	8
Cheese, pepper jack, 1 oz	100	8	0	0	1	7
Cheese, havarti, 1 oz	105	8	1	0	1	7
Sour cream, full fat, no fillers, 2 tbsp	62	6	1	0	1	1
Cream, heavy, fluid, 2 tbsp	103	11	1	0	1	1
Yogurt, greek, plain, full fat, 3.5 oz	95	5	4	0	4	9
Buttermilk, liquid, 1%, 2 oz	25	.5	3	0	3	2
Half & half, liquid, 2 tbsp	40	3.5	1	0	1	1

NOTES: For vegan and vegetarian Keto participants, use preferred options for your alternative choices, tracking macros accordingly. (IE: Meat alternatives, dairy alternatives, higher protein vegetables, nut options, etc.)