

THE KETO 90 *lifestyle*

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TRACKING MACROS

HERBS

NET CARB
GMS PER TBSP

Allspice, ground	3
Anise seed	2.2
Black pepper	2.4
Caraway seed	.8
Cardamom, ground	2.4
Celery seed	1.8
Cinnamon, ground	1.7
Chili powder	1.6
Cayenne pepper	1.6
Cloves, ground	1.7
Coriander, ground	.3
Cumin, ground	2.1
Curry powder	1.6
Fennel seed	.7
Garlic powder	5.3*
Garlic, minced	3.9
Ginger, fresh	1.8
Mace, ground	1.6
Mustard seed, ground	2.3
Mustard, dry	0
Mustard, fresh	1.1
Nutmeg, ground	2
Onion powder	5.2*
Onion, granulated, dried	3.6
Paprika	1.2
Poppy seeds	1.2
Poultry seasoning	2
Pumpkin pie spice	3

SPICES

NET CARB
GMS PER TBSP

Tamarind	1.1
Tumeric, ground	3.1
White pepper	3
Basil, dried	.8
Basil, fresh	.1
Bay leaves	.7
Chervil, dried	.9
Chives, dried	2.9
Cilantro, fresh	.04/sprig
Dill, dried	1.5
Lavender, dried	1
Lemon grass	1.2
Marjoram, dried	.3
Oregano, dried	1.2
Oregano, fresh	2.1
Parsley, dried	.3
Parsley, fresh	.8
Sage, ground	.4
Spearmint, dried	.3
Tarragon, dried	2
Thyme, dried	1.1
Thyme, fresh	.7
Saffron, dried	1.3
Peppermint, fresh	.2/2 tbsp
Savory	1

SEASONINGS

NET CARB
GMS PER TBSP

Cream of tartar	1.8
Nutritional yeast	2
Coconut aminos	3
Chili sauce	4
Horseradish sauce	1/tsp
Worcestershire sauce	3.3
Apple cider vinegar	0
Red wine vinegar	0
Balsamic vinegar	2.7
Rice vinegar	0
Vanilla extract	.5/tsp
Lemon extract	0
Cinnamon extract	0
Anise extract	0
Peppermint extract	0
Almond extract	0
Coconut extract	0
Maple extract	0
Lime extract	0
Orange extract	0

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.)

* Indicates a higher level of carbs in a smaller serving size. Be mindful as you use these.