

# THE KETO 90 *lifestyle*

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## TRACKING MACROS

### VEGETABLES

	CALS (G)	FAT (G)	CARBS (G)	FIBER (G)	NET CARBS (G)	PROTEIN (G)
Asparagus, cooked, 1 cup	46	2	6	4	2	5
Beans, cooked, black/kindey/pinto, ¼ cup	55	0	10	3	7*	4
Beans, cooked green, 1 cup	44	.4	10	4	6	2
Broccoli, cooked, chopped, 1 cup	54	0	12	6	6	4
Brussel sprouts, cooked, 1 cup	88	4.5	11	4	7	4
Cabbage, green, raw, shredded, 1 cup	46	0	5	2	3	1
Cabbage, green, cooked, 1 cup	65	4	7	3	4	1.5
Cauliflower, fresh, cooked, 1 cup	62	4	5	3	2	2
Cauliflower, frozen, cooked, 1 cup	67	4	7	5	2	3
Carrots, baby, raw, ¼ cup	20	0	6	2	4*	0
Carrots, cooked, 1 cup	82	4	12	4	8*	1
Celery, raw, chopped, 1 cup	36	0	7	4	3	2
Cucumber, raw, sliced, w/peel, 1 cup	16	1	2.5	.5	2	.5
Eggplant, cooked, cubed, 1 cup	66	4	8	2	6	1
Garlic, minced, 2 cloves	8	0	2	0	2	0
Garlic, minced, 1 teaspoon	5	0	1	0	1	0
Kale, raw, chopped, ¼ cup	28	0	6	1	5*	2
Kale, cooked, 1 cup	69	4	7	3	4	2
Lettuce, green/red leaf, chopped, 2 cups	10	0	2	1	1	1
Lettuce, iceberg, chopped, 2 cups	16	0	3	1.5	1.5	1
Lettuce, romaine, hearts, chopped, 2 cups	15	0	3	2	1	1
Lettuce, boston, chopped, 2 cups	14	0	2.5	1	1.5	1.5
Mushrooms, button, sliced/whole, ½ cup	30	0	3	2	1	3
Mushrooms, portobello, sliced/whole, ½ cup	30	0	5	4	1	3.5
Onion, red/white, raw, ½ cup	24	0	12	2	10*	1
Onion, white pearl, mini, raw, ½ cup	30	0	6	1	5	0
Onion, green, sliced, ½ cup	16	0	3	1.5	2.5	1
Onion, yellow, 1 medium	60	0	14	3	11*	2
Pepper, bell, any color, 1 medium pepper	31	0	7	2	5	1
Pepper, jalapeño, 1 whole pepper	4	0	1	.5	.5	0
Chiles, canned, diced, 2 tbsp	10	0	2	0	2	0
Shallots, chopped, 2 tbsp	14	0	2	0	2	.5
Spinach, fresh, raw, 1 cup	7	0	1	1	0	1
Spinach, cooked from frozen, 1 cup	48	1	7	5	2	6
Spinach, cooked from fresh, 1 cup	74	4	7	4	3	5



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# TRACKING MACROS

## VEGETABLES CONTINUED

	CALS (G)	FAT (G)	CARBS (G)	FIBER (G)	NET CARBS (G)	PROTEIN (G)
Squash, spaghetti, cooked, 1 cup	75	4	10	2	8*	1
Squash, butternut, cooked, ½ cup	31	0	8	1.5	6*	1
Squash, zucchini, fresh, chopped, 1 cup	20	0	4	1	3	1
Squash, yellow summer, cooked, 1 cup	18	0	4	1	3	1
Swiss chard, chopped, 2 cups	14	0	1	.5	.5	1
Tomato, raw, 1 medium, ½ cup, 3" diameter	22	0	5	1.5	3.5	1
Tomato sauce, ½ cup, 4 oz	45	0	9	4	5*	1.5
Turnips, cooked, ½ cup	34	0	8	3	5*	1
Potato, white, cooked, ½ cup, 3" diameter	174	4	13	2	11*	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.)

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