

TRACKING MACROS

PROTEIN

	CALS (G)	FAT (G)	CARBS (G)	FIBER (G)	NET CARBS (G)	PROTEIN (G)
Bacon, cooked, 2 medium slices	86	7	0	0	0	6
Lamb, boneless, cooked, 1oz	83	6	0	0	0	7
Duck, roasted, skin on, 1 oz	95	8	0	0	0	5
Pork roast, loin, cooked, 1 oz	70	4	0	0	0	8
Pork sausage, cooked, no sugar, 1 oz	76	6	0	0	0	6
Pork chops, lean, cooked, 1 oz	57	3	0	0	0	7
Pork ribs, roasted, plain, 1 oz	104	8	0	0	0	8
Pork shoulder, roasted, 1 oz	82	6	0	0	0	6
Beef, ground, 92% lean, cooked, 1oz	45	2	0	0	0	7
Beef steak, broiled or baked, 1 oz	71	4	0	0	0	8
Beef, chuck roast, cooked, 1 oz	74	4	0	0	0	9
Chicken breast, roasted/bkd, no skin, 1 oz	47	3	0	0	0	5
Chicken thigh, roasted, no skin, 1 oz	55	3	0	0	0	7
Clams, fresh, baked, 1 oz	39	2	1	0	1	4
Lobster, baked/steamed, 1 small	114	0	1.5	0	1.5	24
Crab, king, fresh, steamed, 1.5 oz	41	0	0	0	0	7.5
Egg whites, raw, large egg, 2 each	34	0	.5	0	.5	7
Egg, whole, large, plain, 1	72	5	0	0	0	6
Flounder/halibut/cod/sole, cooked, 1 oz	49	1	0	0	0	8.5
Salmon, cooked or fresh, 1 oz	39	1	0	0	0	7
Tuna, canned in water, 1 oz	33	0	0	0	0	7
Scallops, baked/broiled, 1 oz	38	1	1	0	0	6
Shrimps, steamed/boiled, 1 oz	39	1	0	0	0	8
Herring, pickled in wine, 1 piece (1"x1/2")	39	3	1.5	0	1.5	2
Ham, deli, lean, nitrate free best	35	1	1	0	1	5
Ham, spiral, 1 oz	53	3	1	0	1	5
Turkey, ground, cooked, 1 oz	66	3.5	0	0	0	7.5
Turkey breast, roasted, no skin, 1 oz	38	0	0	0	0	9
Turkey thigh, roasted, no skin, 1 oz	52	2	0	0	0	8
Turkey bacon, cooked, 2 medium slices	84	6	.5	0	.5	6.5
Turkey sausage, cooked, 1 link	41	2	0	0	0	5.5
Chicken sausage, cooked, 1 link	49	3	.5	0	.5	5

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.

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, provalone, 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.)

TRACKING MACROS

NUT & SEEDS

	CALS (G)	FAT (G)	CARBS (G)	FIBER (G)	NET CARBS (G)	PROTEIN (G)
Almond meal/flour, 2 oz (¼ cup)	160	14	6	3	3	6
Coconut flour, 2 oz (¼ cup)	150	5	21	13	8*	6
Coconut butter, 2 tbsp	186	18	8	4	4	2
Coconut, dried, unsweetened, 1 oz	100	9.5	4.5	2.5	2	1
Nuts, almonds, raw, unroasted, 1oz	80	7	3	1.5	1.5	3
Nuts, brazil nut, raw, unroasted, 1 oz	186	19	3.5	2	1.5	4
Nuts, cashew, raw, unroasted, 1oz	80	6	4	0	4*	2.5
Nuts, hazelnut, 1 oz	183	18	5	3	2	4
Nuts, macademia, unroasted, 1 oz	203	21.5	4	2.5	1.5	2
Nuts, pecan, unroasted, 1 oz	196	20	4	3	1	3
Nuts, walnut, 1 oz	185	18	4	2	2	4
Seeds, chia, 1 oz	140	10	12	10	2	4
Seeds, flax, 1 oz	152	12	8	7	1	6
Seeds, hemp hearts, 1 tbsp	170	13	3	3	0	10
Seeds, pumpkin, raw, unroasted, 1 oz	145	11	2	1	1	9
Seeds, sesame, 1 oz	161	14	7	5	2	5
Seeds, sunflower, raw, unroasted, 1 oz	162	14	5	3	2	6
Nuts, pistachio, raw, 1 oz	158	13	8	3	5*	6

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.

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

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.

TRACKING MACROS

LOW GLYCEMIC FRUITS

	NET CARBS (G)
Watermelon, 1/4 cup	4.2*
Cantaloupe, 1/4 cup	2.8*
Avocado, hass, ½ avocado, 1/3 cup	2
Apple, 1/3 small, 1/4 cup	6.6*
Raspberries, 1/4 cup	1.6
Blackberries, 1/4 cup	1.5
Blueberries, 1/4 cup	4.3*
Strawberries, 1/4 cup	2.3

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.

TRACKING MACROS

HEALTHY FATS

	CALS (G)	FAT (G)	CARBS (G)	FIBER (G)	NET CARBS (G)	PROTEIN (G)
Avocado, hass, 3 oz (1/2 avocado)	150	14	8	6	2	2
Bacon fat, 1 tbsp	116	13	0	0	0	0
Coconut cream, full fat, 2 tbsp	72	7	3	1	2	1
Butter, grass fed, salted, 1 tbsp	102	11.5	0	0	0	0
Coconut butter, 1 tbsp	110	10	4	2	2	1
Ghee, 1 tbsp	112	12	0	0	0	0
Lard, fresh (non-hydrogenated), 1 tbsp	115	13	0	0	0	0
Cream cheese (block), 2 tbsp	101	10	1	0	1	2
Heavy cream, fluid, 2 tbsp	103	11	1	0	1	1
Olives, black, 5 large	24	2	1	1	0	0
Olives, green, 5 large	28	3	1	1	0	0
Sour cream, full fat, no fillers, 2 tbsp	60	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.)

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

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
Lemon juice	2
Lime, 1/2 squeezed	2

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.