

KETO RESOURCES AND RECIPES

****Note, some recipes from Diet Doctor (and others on the internet) relate to NET carbs. Ultimately, our approach is to count true carbs whenever possible; however, we use these recipes as is because they work.**

Individual Foods with Values

FOOD	PORTION	PROTEIN	CARBS	FAT	CALORIES
MEATS & SEAFOOD					
<i>Column1</i>	<i>Column</i>	<i>Column</i>	<i>Column</i>	<i>Column</i>	<i>Column</i>
Beef (Ground Beef, Steak, etc.)	3 oz	22g	0g	17g	247
Chicken	3 oz	20g	0g	11g	187
Crab	1 cup	35g	0g	2g	98
Crawfish	3 oz	14g	0g	1g	65
Duck	1 cup	27g	0g	40g	472
Fish	6 oz	44g	0g	5g	218
Goose	3 oz	21g	0g	19g	259
Lamb	3 oz	21g	0g	18g	250
Lobster	3 oz	22g	3g	2g	122
Mussels	3 oz	20g	6g	4g	146
Octopus	3 oz	25g	4g	2g	139
Pork (includes bacon)	3 oz	22g	0g	12g	202
Quail	3 oz	21g	0g	12g	193
Sausage (without fillers)	2 links	9g	1g	13g	150
Scallops	Qty 1	3g	1g	0g	14
Shrimp	3 oz	19g	1g	2g	101
Veal	3 oz	26g	0g	10g	196
Venison	3 oz	26g	0g	2g	128

FOOD	PORTION	PROTEIN	CARBS	FAT	CALORIES
DAIRY					
<i>Column1</i>	<i>Column</i>	<i>Column</i>	<i>Column</i>	<i>Column</i>	<i>Column</i>
<i>Blue Cheese Dressing</i>	1 tbs	0g	1g	8g	73
<i>Burrata Cheese</i>	1 oz	6g	1g	6g	85
<i>Cottage Cheese</i>	.5 cup	12g	4g	5g	107
<i>Eggs</i>	1 large	6.9g	.4g	4.8g	72
<i>Colby Cheese</i>	.5 cup	5.5g	1.7g	21g	260
<i>Greek Yogurt (full fat)</i>	6 oz	6g	8g	5.5g	104
<i>Grilling Cheese Branded</i>	1 oz	6g	0g	8g	90
<i>Halloumi Cheese</i>	1 oz	6g	1g	6g	85
<i>Heavy (whipping) Cream</i>	1 fl. oz	1g	1g	11g	101
<i>Homemade Whipped Cream</i>	2 tbs	.2g	1g	1.3g	15
<i>Mozzarella Cheese</i>	1 oz	6.3g	.6g	6.3g	85
<i>Provolone Cheese</i>	1 oz	7.3g	.6g	7.5g	100
<i>Queso Blanco</i>	1 cup	24g	3g	29g	366
<i>Ranch Dressing</i>	2 tbs	.4g	1.8g	13g	129
<i>Unsweetened Almond Milk</i>	1 cup	1.1g	1.1g	2.6g	30
<i>Unsweetened Coconut Milk</i>	1 cup	.5g	.6g	4.8g	45

FOOD	PORTION	PROTEIN	CARBS	FAT	Calories
NUTS & SEEDS					
<i>Column1</i>	<i>Column</i>	<i>Column</i>	<i>Column</i>	<i>Column</i>	<i>Column</i>
Almonds	1 nut	.3g	.3g	.7g	7.7
Brazil Nuts	1 nut	.7g	.6g	3.4g	33
Chia Seeds	1 tbs	2g	5.1g	3.7g	58
Flax Seeds	1 tbs	1.9g	3g	4.3g	55
Hazlenuts	1 oz	4.3g	5g	18g	183
Macadamia Nuts	1 oz	2.2g	3.9g	21g	204
Peanuts (in moderation)	10 nuts	2.4g	2.1g	5g	59
Pecans	10 nuts	1.4g	2.1g	11g	100
Pine Nuts	1 oz	3.9g	3.7g	19g	191
Pumpkin Seeds	1/2 cup	6g	17g	6g	142.5
Sacha Inchi Seeds	3.5 oz	33g	10g	49g	560
Sesamie Seeds	1 oz	4.8g	7.3g	14g	160
Walnuts	2 nuts	1.2g	1.1g	5.2g	52

FOOD	PORTION	PROTEIN	CARBS	FAT	Calories
FRUITS & VEGETABLES					
Column1	Column	Column	Column	Column	Column
<i>Alfalfa Sprouts</i>	1 cup	1.3g	.7g	.2g	7.6
<i>Asparagus</i>	5 spears	1.8g	3.1g	.2g	17
<i>Avocados</i>	1 fruit	2.7g	12g	21g	227
<i>Bell Peppers</i>	1 fruit	1 g	7.6g	.2g	32
<i>Blackberries</i>	5 fruit	.4g	3.1g	.1g	14
<i>Blueberries</i>	5 fruit	.1g	1g	0g	3.9
<i>Broccoli</i>	1-5" spear	.9g	2.7g	.1g	13
<i>Cabbage</i>	1/2 cup	.9g	4.1g	.1g	17
<i>Carrots (in moderation)</i>	1 carrot	.3g	3.1g	.1g	16
<i>Cauliflower</i>	1 med head	11g	24g	2.6g	132
<i>Celery</i>	1 stalk	.3g	1.5g	.1g	6.8
<i>Chicory</i>	1 head	.5g	2.1g	.1g	9
<i>Coconut</i>	1 cup	2.7g	44g	24g	388
<i>Cranberries</i>	1 cup chopped	.5g	15g	.1g	51
<i>Cucumbers</i>	1 medium	1.3g	7.3g	.2g	30
<i>Garlic (in moderation)</i>	1 clove	.2g	1g	0g	4.5
<i>Green Beans</i>	10 beans	1.2g	5g	.2g	22
<i>Herbs</i>	1 bunch	1.3g	1.1g	.3g	91
<i>Jicama</i>	1 cup slices	.9g	11g	.1g	46
<i>Lemons</i>	1 fruit	.9g	7.8g	.3g	24
<i>Limes</i>	1 fruit	.5g	7.1g	.1g	20
<i>Mushrooms</i>	10 total	2.6g	6.3g	.6g	34
<i>Okra</i>	1/2 cup shreaded	1.5g	3.6g	.2g	18
<i>Olives</i>	10 large	.3g	2.4g	4.1g	44
<i>Onions (in moderation)</i>	1/2 medium	.7g	4.8g	.1g	20.5
<i>Pickles</i>	1 spear	.2g	.8g	.1g	4.2
<i>Pumpkin</i>	1 cup mash	1.8g	12g	.2g	49
<i>Radishes</i>	10 regular	.3g	1.5g	0	7.2
<i>Raspberries</i>	5 fruit	.1g	1.2g	.1g	5
<i>Salad Greens</i>	3 oz	1.9g	4.4g	.4g	24
<i>Scallions</i>	1 medium	.3g	1.1g	0g	4.8
<i>Spaghetti Squash (in moderation)</i>	1/3 squash	1.6g	15.5g	.6g	64.8
<i>Strawberries</i>	5 large	.6g	6.9g	.3g	29
<i>Cherry Tomatos</i>	5 fruit	.8g	3.3g	.1g	15.5
<i>Tomatoes (in moderation)</i>	1 med	1.1g	4.8g	.3g	22
<i>Zucchini</i>	1/2 medium	1.3g	2.9g	.4g	16.5

Baked Chicken and Broccoli – 1 serving each

	Protein	Carbs	Fat	Calories
Chicken Leg and Thigh – Baked (or breast meat)	62	0	23	475
Broccoli 2/3 c	1	4	0	30
Cheddar 3 slices	15	3	21	240
Totals per serving	78	7	44	745

- Bake Chicken
- Nuke Broccoli
- Put on Plate with cheese
- Nuke Again
- Voila!

Bell Pepper Chicken – 1 serving each

	Protein	Carbs	Fat	Calories
½ Pepper	.5	3.8	.1	16
Chicken Breast 3 oz	20	0	11	187
Mozzarella Cheese 1 oz	6.3	.6	6.3	85
Bacon 1 oz	7.3	0	4	68
Butter 1 tbs	0	0	11	100
Green Beans (10)	1.2	5	.2	22
Totals per serving	34.3	9.4	32.6	478

- Half peppers
- Cube and cook chicken in butter and pepper
- Put chicken in halved peppers (save butter in pan)
- Put bacon on top of chicken
 - Bake at 350 until peppers are tender
- Cook beans in microwave for 6 minutes (one frozen pack)
 - Add beans to the butter and saute'
- Add cheese to peppers after they become tender and cook until melted
- Serve ½ prepared pepper with green beans

Cod Meal – Information below are for individual servings

VERSION 1

	Protein	Carbs	Fat	Calories
2 Fillets	50	0	2	240
Normandy Blend Veggies 2/3 cup	1	5	0	30
Cherry Tomatoes – 5	.8	3.3	1	15.5
Drawn Butter – 2 TBS	0	0	22	200
Totals per serving	51.8	8.3	24.1	485.5

VERSION 2

	Protein	Carbs	Fat	Calories
2 Fillets	50	0	2	240
Normandy Blend Veggies 2/3 cup	1	5	0	30
Mozzarella Sticks (2)	12.6	1.2	12.6	170
Drawn Butter – 2 TBS	0	0	22	200
Totals per serving	63.6	6.2	36.6	640

Version 3 - Shrimp

	Protein	Carbs	Fat	Calories
Shrimp (half bag small cooked) 170g	36	0	3	160
Normandy Blend Veggies 2/3 cup	1	5	0	30
Mozzarella Sticks (2)	12.6	1.2	12.6	170
Drawn Butter – 2 TBS	0	0	22	200
Totals per serving	49.60	6.2	37.6	560

Chicken Alfredo with mushrooms, broccoli and cheese (makes 9 servings – stats are 1 serving each)

	Protein	Carbs	Fat	Calories
Chicken Breast – 3oz each	20	0	11	187
Bertolli Sauce – One Jar for all servings	2	2	10	85.6
Canned Mushrooms (4 oz can per serving)	1.4	2	0	13.4
Broccoli – 2/3 cup	1	4	0	30
Shredded cheese (1 cup over all 9 servings of broccoli)	1.2	.4	4.7	60
Totals per serving	25.6	8.4	25.7	376

Mushroom Burger with salad (7.6) – 1 serving each

Burger	Protein	Carbs	Fat	Calories
1 Burger Pattie	28	0	23	320
½ can mushrooms	2	3	0	20
Butter (to cook mushrooms and burger)	0	0	11	100
Provolone Cheese 1 oz	7.3	.6	7.5	100
Broccoli ¾ Cup	1	4	0	30
Cheese (pepper jack or cheddar) 2 slices	10	0	12	160
TOTAL	35.43	7.6	53.5	730

- Cook mushrooms in butter
- Remove mushrooms
- Cook burgers in remaining butter
- When cooked, put mushrooms on burger and top with provolone
- Microwave until hot and melted
- Serve with Veggies and Cheese

Pork (Cutlet) – Information below are for individual servings – ANY pork at 6 OZ will do

VERSION 1

	Protein	Carbs	Fat	Calories
Pork Cutlet 6 oz	66	0	24	404
¼ Cup Broccoli	1	4	0	30
Cheese – 2 slices	10	0	12	160
Totals per serving	77	4	36	594

VERSION 2

	Protein	Carbs	Fat	Calories
Pork Cutlet 6 oz	66	0	24	404
¼ Cup Normand Blend	1	5	0	30
Cheese – 2 slices	10	0	12	160
Totals per serving	63.6	72.2	36.6	640

RNK Bacon/Cheese Omelet – One serving each

VERSION 1

	Protein	Carbs	Fat	Calories
3 eggs	20.7	1.2	14.4	216
1 oz Bacon	7.3	0	4	68
Cheese ½ cup	5.5	1.7	21	260
Tomato ½	.55	2.4	.1	11
Totals per serving	34.05	5.3	39.5	555

VERSION 2

	Protein	Carbs	Fat	Calories
3 eggs	20.7	1.2	14.4	216
1 oz Bacon	7.3	0	4	68
Cheese ½ cup	5.5	1.7	21	260
Tomato ½	.55	2.4	.1	11
Jimmy Dean Patties (2)	8	1	28	290
Totals per serving	42.05	6.3	67.5	845

1g Ⓞ 10 + 15 m Easy **Keto eggs on the go**

Here's an inspiring way to take your eggs on the road! With so many ways to prepare eggs, this one ups the fun factor, with optional, creative filling choices. It's keto and egg-cellent!



6 servings

Ingredients

12 eggs
salt and pepper, to taste
4 oz. cooked bacon

**Instructions**

- 1 Preheat the oven to 400°F (200°C).
- 2 Place cupcake liners in a muffin tin. Eggs easily stick even to non-stick surfaces, except for silicon forms.
- 3 Crack one egg in each form and add filling of your choice. Choose one of our fillings below, or invent your own! We're going for classic crumbled bacon.
- 4 Season to taste.
- 5 Bake in the oven for about 15 minutes or until the eggs are cooked.

Tip!

When it comes to the filling, your imagination is the only limit. Regardless of your choice of filling, you can increase the fat ratio by adding shredded cheese, mayonnaise, or sour cream before baking.

Other suggestions for fillings are ham, turkey, salami, all kinds of cheeses—pepper jack, parmesan, blue cheese etc.—plus avocado, cocktail tomatoes, chopped onion, minced garlic and fresh or pickled jalapenos/chili pepper. Experiment and have a blast!

9g © 10 + 20 m Easy **Keto cheesesteak casserole**

Philly cheesesteak, here we come. But with an upgrade—no Cheez Whiz or bun to drag you down. You'll love this combo of rib-eye, Provolone cheese, peppers and onions, served up as a keto casserole. Brotherly love at first bite.



4 servings

Ingredients

4 oz. butter
10 oz. mushrooms
1 yellow onion
2 green bell peppers
1 lb ribeye steaks, thinly sliced
1 garlic clove, minced
1 tbsp Italian seasoning
1 tsp chili flakes (optional)
7 oz. shredded provolone cheese
salt and pepper
4 tbsp unsweetened marinara sauce

Serving

6 oz. leafy greens
4 tbsp olive oil

Instructions

- 1 Preheat the oven to 450°F (225°C).
- 2 Slice or chop the mushrooms. Chop the onion and bell pepper finely.
- 3 Fry the vegetables in butter until slightly soft. Put aside.
- 4 Slice the meat and fry in the same frying pan. Add the garlic and spices. Season with salt and pepper.
- 5 Return the veggies to the pan and stir.
- 6 Place everything in a greased baking dish and sprinkle the cheese on top.
- 7 Bake in the oven for 15-20 minutes or until the casserole turns golden brown.
- 8 Drizzle marinara sauce on top and serve with leafy greens and olive oil.

Tip!

Feel free to swap out the rib-eye for deli roast beef for an even quicker meal.



6g Ⓞ 10 + 45 m Easy **Keto bacon and mushroom breakfast casserole**

Breakfast made easy. Cook up this keto casserole on Sunday and you're all set for breakfast for the coming week. Easy, protein packed, and durable enough to eat on-the-go. Did we mention bacon (and mushrooms)?



4 servings

Ingredients

6 oz. mushrooms
10 oz. bacon
2 oz. butter
8 eggs
1 cup heavy whipping cream
5 oz. shredded cheddar cheese
1 tsp onion powder
salt and pepper



Instructions

- 1 Preheat the oven to 400°F (200°C).
- 2 Trim the mushrooms and cut them in quarters. Dice the bacon.
- 3 Fry the bacon and mushrooms in butter in a skillet over medium high heat until golden brown. Season with salt and pepper to taste.
- 4 Place contents the of the skillet in a greased baking dish.
- 5 Add remaining ingredients to a medium-sized bowl and whisk to combine. Season with salt and pepper.
- 6 Pour egg mixture over the bacon and mushrooms and bake in the oven for 30-40 minutes or until golden brown on top and set in the middle. Cover with a piece of aluminum foil if the top of the casserole is at risk of burning before it's cooked through.

Tip!

For a little color, feel free to add spinach or other greens to the skillet with the bacon and mushroom mixture in step 3, toward the end when almost finished cooking. Sauté for just a minute or two and proceed with the recipe.

Excel Tracking Example:

NOTE, you can find out what your macros are by going here:

<https://www.ruled.me/keto-calculator/>

This calculator is easy and free.

ROBYN MACRO LOG						
Date: Sunday						
MEAL	FOOD	PORTION	PROTEIN	CARBS	FAT	CALORIES
Breakfast	Fried Eggs	2	13.66	0.8	9.5	143
	Jimmy Dean Turkey	2 sausages	10	1	8	160
Dinner	Shrimp Dinner	1	49.6	6.2	37.6	560
	Olives	10	0	0	4.1	40
	Ranch		0.8	3.6	26	260
	Celery	2 stalks	0.6	3	0.2	13.6
	Radishes	5	0.3	1.5	0	7.2
TOTALS			74.96	16.1	85.4	1183.8

1	RUNNING TOTAL	DAILY ALLOWANCE	AMOUNT LEFT
PROTEIN	74.96	111	36.04
CARBS	16.1	20	3.9
FAT	85.4	130	44.6
CALORIES	1183.8	1689	505.2