



NUTRITIONAL INFORMATION FOR ISSUE RECIPES [PAGES 88-115]

NOTE: the macros provided here were calculated using general ingredients in the Cronometer nutrition tracking app. These values are sure to change depending on the brands/ingredients you use when preparing these recipes.

BREAKFAST

KETO MESQUITE MAGIC SMOOTHIE (P 88)

per serving
Calories: 411
Total Fat: 24g
Total Carbs: 35g
Total Fiber: 20g
Net Carbs: 15g
Total Protein: 19g

EASY COCONUT YOGURT (P 89)

per serving
Calories: 609
Total Fat: 61g
Total Carbs: 10g
Total Fiber: 0g
Net Carbs: 10g
Total Protein: 0g

TOASTED VANILLA COCONUT CHIPS (P 89)

per serving
Calories: 833
Total Fat: 75g
Total Carbs: 32g
Total Fiber: 8g
Net Carbs: 24g
Total Protein: 8g

LEMON BREAKFAST BARS (P 90)

per serving
Calories: 368
Total Fat: 34g
Total Carbs: 15g
Total Fiber: 9g
Net Carbs: 6g
Total Protein: 4g

KETO BISCUITS (P 91)

per serving
Calories: 241
Total Fat: 21g
Total Carbs: 8g
Total Fiber: 4g
Net Carbs: 4g
Total Protein: 9g

CHIA PUDDING (P 92)

per serving
Calories: 126
Total Fat: 8g
Total Carbs: 6g
Total Fiber: 5g
Net Carbs: 1g
Total Protein: 5g

KETO GRANOLA (P 92)

per serving (***NOTE - the recipe in this issue states 2 servings. These values are for 4 servings of the granola.**)

Calories: 654
Total Fat: 64g
Total Carbs: 13g
Total Fiber: 9g
Net Carbs: 4g
Total Protein: 14g

ENTREES

CILANTRO-AVOCADO SHRIMP SALAD (P 93)

per serving
Calories: 341
Total Fat: 19g
Total Carbs: 32g
Total Fiber: 4g
Net Carbs: 28g
Total Protein: 18g

LAMB KEBABS (P 94)

per serving
Calories: 611
Total Fat: 44g
Total Carbs: 5g
Total Fiber: 3g
Net Carbs: 2g
Total Protein: 48g

JAMBALAYA (P 95)

per serving
Calories: 408
Total Fat: 20g
Total Carbs: 19g
Total Fiber: 6g
Net Carbs: 13g
Total Protein: 43g

CURRIED BRUSSELS SPROUT CHIPS (P 96)

per serving
Calories: 227
Total Fat: 19g
Total Carbs: 14g
Total Fiber: 6g
Net Carbs: 8g
Total Protein: 5g

ASIAN SEAWEED SALAD (P 97)

per serving
Calories: 354
Total Fat: 33g
Total Carbs: 14g
Total Fiber: 4g
Net Carbs: 10g
Total Protein: 3g

CAULIFLOWER MUSHROOM SOUP (P 98)

per serving
Calories: 525
Total Fat: 44g
Total Carbs: 24g
Total Fiber: 8g
Net Carbs: 16g
Total Protein: 7g

ZOODLES WITH SUNFLOWER CREAM SAUCE (P 99)

per serving
Calories: 256
Total Fat: 20g
Total Carbs: 6g
Total Fiber: 2g
Net Carbs: 4g
Total Protein: 14g

SMOKED SALMON SALAD (P 100)

per serving
Calories: 184
Total Fat: 7g
Total Carbs: 10g
Total Fiber: 5g
Net Carbs: 5g
Total Protein: 22g

BACON-WRAPPED CHICKEN WITH SMOKY DIPPING SAUCE (P 101)

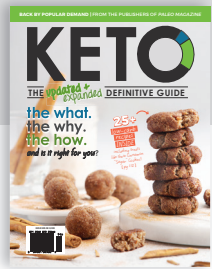
per serving
Calories: 578
Total Fat: 59g
Total Carbs: 1g
Total Fiber: 1g
Net Carbs: 0g
Total Protein: 21g

KETO CEVICHE (P 102)

per serving
Calories: 206
Total Fat: 10g
Total Carbs: 13g
Total Fiber: 4g
Net Carbs: 9g
Total Protein: 25g

ASIAN SLAW WITH CHICKEN (P 103)

per serving
Calories: 729
Total Fat: 61g
Total Carbs: 18g
Total Fiber: 5g
Net Carbs: 13g
Total Protein: 25g



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ENTREES *CONTINUED*

NO-TATO SALAD (P 104)

per serving
Calories: 254
Total Fat: 17g
Total Carbs: 21g
Total Fiber: 8g
Net Carbs: 13g
Total Protein: 9g

CABBAGE ROLLS (P 105)

per serving
Calories: 466
Total Fat: 29g
Total Carbs: 23g
Total Fiber: 11g
Net Carbs: 12g
Total Protein: 25g

KALAMATA OLIVE CHICKEN MEATZA (P 106)

per serving
Calories: 197
Total Fat: 8g
Total Carbs: 9g
Total Fiber: 2g
Net Carbs: 7g
Total Protein: 24g

CHICKEN NUGGETS (P 107)

per serving
Calories: 309
Total Fat: 18g
Total Carbs: 3g
Total Fiber: 2g
Net Carbs: 1g
Total Protein: 32g

CREAMY CHICKEN PALEO ENCHILADAS (P 109)

per serving
Calories: 487
Total Fat: 32g
Total Carbs: 12g
Total Fiber: 4g
Net Carbs: 8g
Total Protein: 28g

ENTREE ADDITION

FRESH HERB DIPPING SAUCE (P 108)

per serving (divided into 4 servings)
Calories: 281
Total Fat: 29g
Total Carbs: 6g
Total Fiber: 2g
Net Carbs: 4g
Total Protein: 2g

DESSERT

CRANBERRY MACADAMIA SCONES (P 110)

per serving
Calories: 295
Total Fat: 29g
Total Carbs: 10g
Total Fiber: 6g
Net Carbs: 4g
Total Protein: 8g

COCONUT- AND DAIRY-FREE KETO BARS (P 111)

per serving
Calories: 109
Total Fat: 10g
Total Carbs: 2g
Total Fiber: 2g
Net Carbs: 0g
Total Protein: 3g

CINNAMON "SUGAR" COOKIES (P 112)

per serving
Calories: 167
Total Fat: 14g
Total Carbs: 5g
Total Fiber: 4g
Net Carbs: 1g
Total Protein: 5g

CHOCOLATE MOUSSE (P 113)

per serving
Calories: 192
Total Fat: 15g
Total Carbs: 7g
Total Fiber: 3g
Net Carbs: 4g
Total Protein: 5g

MEXICAN HOT CHOCOLATE CBD COOKIES (P 114)

per serving
Calories: 179
Total Fat: 16g
Total Carbs: 8g
Total Fiber: 4g
Net Carbs: 4g
Total Protein: 5g

TURMERIC CHIA PUDDING (P 115)

per serving
Calories: 505
Total Fat: 39g
Total Carbs: 32g
Total Fiber: 10g
Net Carbs: 22g
Total Protein: 8g