

KETO DIET QUICK GUIDE Nuts & Seeds & Snacks

Food	Serving Size	Calories	Protein/g	Fat/g	NetCarb/g
Almonds	2.5 oz (71g)	724	6	14	2.8
Almond meal/flour	1/4 cup (57g)	724	6	14	2.8
Almond milk	1 cup (240g)	140	6.4	11	1
Macadamia	1/2 cup (117g)	724	2.3	14	1.9
Macadamia nut	4 macadamia nuts	110	1	11	0.4
Pistachio	1/2 cup (140g)	490	1.4	10	0.7
Peanut	1/2 cup (140g)	490	7	14	2.3
Peanut butter	1/4 cup (57g)	210	7	24	0
Pumpkin seeds	1/2 cup (130g)	440	8.7	14	0.7
Sunflower	1/2 cup (140g)	490	7	14	2.3
Walnut	1/2 cup (140g)	490	4	14	1
Walnut meal/flour	1/4 cup (57g)	245	4	14	1
Coconut seeds	1/2 cup (140g)	440	3.3	10	0
Coconut meal/flour	1/4 cup (57g)	220	3.3	10	0
Coconut oil	1/4 cup (57g)	490	0	10	0
Coconut milk	1 cup (240g)	140	4	10	1
Pork Rinds	10 pieces (14g)	60	7	0	0
Total	1.5 cup (420g)	440	3.3	10	0.2

KETO DIET QUICK GUIDE Meat

Food	Serving Size	Calories	Protein/g	Fat/g	NetCarb/g
Beef	1/2 lb (113g)	490	26	31	0
Chicken	1/2 lb (113g)	490	26	31	0
Pork	1/2 lb (113g)	490	26	31	0
Salmon	1/2 lb (113g)	490	26	31	0
Shrimp	1/2 lb (113g)	490	26	31	0
Turkey	1/2 lb (113g)	490	26	31	0
Total	1.5 cup (420g)	440	3.3	10	0.2

KETO DIET QUICK GUIDE Dairy

Food	Serving Size	Calories	Protein/g	Fat/g	NetCarb/g
Butter	1/2 cup (113g)	490	0	10	0
Heavy cream	1/2 cup (113g)	490	0	10	0
Whipped cream	1/2 cup (113g)	490	0	10	0
Cheddar	1/2 cup (113g)	490	0	10	0
Swiss	1/2 cup (113g)	490	0	10	0
Blue cheese	1/2 cup (113g)	490	0	10	0
Goat cheese	1/2 cup (113g)	490	0	10	0
Prosciutto	1/2 cup (113g)	490	0	10	0
Total	1.5 cup (420g)	440	3.3	10	0.2

KETO DIET QUICK GUIDE Fruits

Food	Serving Size	Calories	Protein/g	Fat/g	NetCarb/g
Avocado	1/2 cup (113g)	490	0	10	0
Berry	1/2 cup (113g)	490	0	10	0
Apple	1/2 cup (113g)	490	0	10	0
Orange	1/2 cup (113g)	490	0	10	0
Lemon	1/2 cup (113g)	490	0	10	0
Lime	1/2 cup (113g)	490	0	10	0
Total	1.5 cup (420g)	440	3.3	10	0.2

21 DAY KETO DIET CONTROL

DAY	Month						
	Jan	Feb	Mar	Apr	May	Jun	Jul
WEEK 1							
WEEK 2							
WEEK 3							
21 DAY Total (CAL.):							

KETO DIET QUICK GUIDE Breads

Food	Serving Size	Calories	Protein/g	Fat/g	NetCarb/g
Almond flour	1/2 cup (113g)	490	6.4	11	0.4
Coconut flour	1/2 cup (113g)	490	6.4	11	0.4
Flax meal	1/2 cup (113g)	490	6.4	11	0.4
Psyllium husk	1/2 cup (113g)	490	6.4	11	0.4
Total	1.5 cup (420g)	440	3.3	10	0.2

KETO DIET QUICK GUIDE Beverages

Food	Serving Size	Calories	Protein/g	Fat/g	NetCarb/g
Water	1 cup (240g)	0	0	0	0
Tea	1 cup (240g)	0	0	0	0
Coffee	1 cup (240g)	0	0	0	0
Total	1.5 cup (420g)	440	3.3	10	0.2

KETO DIET QUICK GUIDE Condiments & Sauces & Dressings

Food	Serving Size	Calories	Protein/g	Fat/g	NetCarb/g
Mayo	1/2 cup (113g)	490	0	10	0
Mustard	1/2 cup (113g)	490	0	10	0
Sriracha	1/2 cup (113g)	490	0	10	0
Total	1.5 cup (420g)	440	3.3	10	0.2

KETO DIET QUICK GUIDE Eggs

Food	Serving Size	Calories	Protein/g	Fat/g	NetCarb/g
Egg	1/2 cup (113g)	490	6.4	11	0.4
Total	1.5 cup (420g)	440	3.3	10	0.2

KETO DIET QUICK GUIDE Fats & Oils & Dressings

Food	Serving Size	Calories	Protein/g	Fat/g	NetCarb/g
Butter	1/2 cup (113g)	490	0	10	0
Coconut oil	1/2 cup (113g)	490	0	10	0
Flaxseed oil	1/2 cup (113g)	490	0	10	0
Avocado oil	1/2 cup (113g)	490	0	10	0
Walnut oil	1/2 cup (113g)	490	0	10	0
Total	1.5 cup (420g)	440	3.3	10	0.2

KETO DIET QUICK GUIDE Vegetables

Food	Serving Size	Calories	Protein/g	Fat/g	NetCarb/g
Spinach	1/2 cup (113g)	490	0	10	0
Broccoli	1/2 cup (113g)	490	0	10	0
Cauliflower	1/2 cup (113g)	490	0	10	0
Total	1.5 cup (420g)	440	3.3	10	0.2

Days Portion

Terry C. Jones



Days Portion:

This book delves into Days Portion. Days Portion is a crucial topic that needs to be grasped by everyone, ranging from students and scholars to the general public. This book will furnish comprehensive and in-depth insights into Days Portion, encompassing both the fundamentals and more intricate discussions.

1. This book is structured into several chapters, namely:

- Chapter 1: Introduction to Days Portion
- Chapter 2: Essential Elements of Days Portion
- Chapter 3: Days Portion in Everyday Life
- Chapter 4: Days Portion in Specific Contexts
- Chapter 5: Conclusion

2. In chapter 1, the author will provide an overview of Days Portion. This chapter will explore what Days Portion is, why Days Portion is vital, and how to effectively learn about Days Portion.

3. In chapter 2, the author will delve into the foundational concepts of Days Portion. The second chapter will elucidate the essential principles that must be understood to grasp Days Portion in its entirety.

4. In chapter 3, this book will examine the practical applications of Days Portion in daily life. This chapter will showcase real-world examples of how Days Portion can be effectively utilized in everyday scenarios.

5. In chapter 4, the author will scrutinize the relevance of Days Portion in specific contexts. The fourth chapter will explore how Days Portion is applied in specialized fields, such as education, business, and technology.

6. In chapter 5, this book will draw a conclusion about Days Portion. The final chapter will summarize the key points that have been discussed throughout the book.

The book is crafted in an easy-to-understand language and is complemented by engaging illustrations. This book is highly recommended for anyone seeking to gain a comprehensive understanding of Days Portion.

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