



KETO CHEAT SHEET

Breakfast

Breakfast One - Veggie Scrambled Eggs

Food	Preparation Method	Serving Size	Calories	Carbohydrates
One whole egg, one egg white	Scrambled in non-stick pan	Large eggs	94	.8
Chopped red pepper	Sauteed in cooking spray	1/2 cup	23	4.5
Chopped mushrooms	Sauteed in cooking spray	1 cup, raw	15	2
Grated Swiss cheese	Grated	1 ounce	108	1.5
Total			240 calories	8.8 grams
Instructions	Spray a non-stick pan with a small amount of vegetable non-stick spray. Sautee red pepper and mushrooms. When vegetables are soft, add eggs and scramble, cooking until done. Top with cheddar cheese.			

Breakfast Two - Open Face Canadian Bacon Sandwich

Food	Preparation Method	Serving Size	Calories	Carbohydrates
Ezekiel 4:9 bread (or similar sprouted grain bread)	Toasted	1 slice	80	14 grams
Canadian bacon	Pre-cooked	4 ounces	55	1 gram
Avocado	Smashed	1/4 small	72	3.5 grams
Tomato	Sliced	3 1/4 " thick slices	12	2.4 grams
Cheddar cheese	Grated	1 ounce	108	1.5 grams
Totals			327 calories	22.4 grams
Instructions	Toast bread. Smash avocado and spread on bread. Layer with Canadian bacon and tomato. Top with cheddar and broil until cheese melts.			

Breakfast Three - Hard boiled Egg and Blueberries

Food	Preparation Method	Serving Size	Calories	Carbohydrates
Eggs	Hard boiled	2	156	1.2 grams
Blueberries	Raw	1/2 cup	40	10 grams
Walnuts	Halved	1/2 cup halves	90	2 grams

Food	Preparation Method	Serving Size	Calories	Carbohydrates
Total			286 calories	13.2 grams
Instructions	Boil and peel eggs. Season to taste with salt and pepper. Sprinkle blueberries with walnuts.			

Breakfast Four - Berry Chia Smoothie

Food	Preparation Method	Serving Size	Calories	Carbohydrates
Light coconut milk	Blended	1 cup	136	9 grams
Frozen Blackberries	Blended	1/2 cup	31	6.5 grams
Chia seeds	Soaked	2 tablespoons	107	9.3 grams
Stevia	Blended	To taste	0	0 grams
Total			274 calories	24.8 grams
Instructions:	Put chia seeds in coconut milk and allow to soak for 10 minutes. Pour mixture in blender. Add a small amount of Stevia to taste and frozen blackberries. Blend until smooth.			

Breakfast Five - Breakfast Burrito

Food	Preparation Method	Serving Size	Calories	Carbohydrates
Low-carb tortilla	As-is from package	1 tortilla	140	13
Egg whites	Scrambled	3 egg whites	48	.6
Turkey sausage	Cooked and crumbled	1 patty	60	.5
Salsa	As instructed below	1/4 cup	17	4
Totals			265 calories	18.1 grams
Instructions	Scramble eggs in a non-stick cooking pan. Cook sausage and crumble. Mix with cooked eggs. Toss with salsa, and wrap in a low-carbohydrate tortilla.			

Lunch

Lunch One - Tuna Melt

Food	Preparation Method	Serving Size	Calories	Carbohydrates
Water packed canned tuna	Mixed with chopped veggies, yogurt, and mustard	3 ounces	99	0 grams
Celery	Chopped	1 stalk	6	1 gram
Scallions	Chopped	2 scallions	5	1 gram

Food	Preparation Method	Serving Size	Calories	Carbohydrates
Nonfat plain yogurt	As instructed	2 tablespoons	13	2 grams
Dijon mustard	As instructed	1 teaspoon	5	0 grams
Ezekiel 4:9 bread	Toasted	1 slice	80	14 grams
Swiss cheese	Grated	1 ounce	108	1.5 grams
Totals			316 calories	19.5 grams
Instructions	Whisk together yogurt and mustard. Set aside. Toast bread. In a small bowl, mix tuna, celery, and scallions. Spread on toasted bread. Top with grated cheddar. Broil until cheese melts.			

Lunch Two - Kale and Turkey Club Wrap

Food	Preparation Method	Serving Size	Calories	Carbohydrates
Kale	Raw, whole leaves	3 large leaves, layered	10	3 grams
Deli turkey	Sliced	3 ounces	108	7 grams
Neufchatel cheese	As instructed	1 ounce	74	.8 grams
Turkey bacon	Crumbled	1 slice	35	.2 grams
Tomato	Chopped	1/2 tomato	11	2.4 grams
Spicy sprouts	Raw	2 ounces	15	1 grams
Total			253 calories	14.4 grams
Instructions	Layer three kale leaves. Spread with Neufchatel cheese. Top with turkey, turkey bacon, and sprouts. Roll kale around filling ingredients.			

Lunch Three - Spicy Egg Salad

Food	Preparation Method	Serving Size	Calories	Carbohydrates
Eggs	Hard boiled, chopped	2 whole	156	1.2 grams
Fat-free plain yogurt	As instructed	2 tablespoons	13	2 grams
Sriracha	As instructed	1/2 teaspoon	13	.1 grams
Red pepper	Chopped	1/2 cup	23	4.5 grams
Scallions	Chopped	2 scallions	5	1 gram
Ezekiel 4:9 bread	Toasted, cut in half	1 slice	80	14 grams
Total			290 calories	22.8 grams
Instructions	Toast bread and cut in half. In a small bowl, whisk together sriracha and yogurt. Combine eggs, red peppers, and scallions. Toss with yogurt and sriracha. Serve as a half sandwich on			

Food	Preparation Method	Serving Size	Calories	Carbohydrates
	toasted bread.			

Lunch Four - Chef's Salad

Food	Preparation Method	Serving Size	Calories	Carbohydrates
Romaine Lettuce	Chopped	2 cups	15	3 grams
Baby spinach	Raw	2 cups	26	2 grams
Boneless, skinless chicken breast	Roasted, cubed	3 ounces	108	0 grams
Turkey bacon	Cooked and crumbled	2 slices	70	.4 grams
Dressing	2 tablespoons of balsamic vinegar whisked with 1/2 tablespoon of extra virgin olive oil, 1 clove of minced garlic, and a dash of red pepper flakes		84	3 grams
Total			303 calories	8.4 grams
Instructions	In a small bowl, whisk vinegar, olive oil, garlic, and red pepper. Set aside. In a large bowl, combine lettuce, spinach, chicken, and bacon. Toss with dressing.			

Lunch Five - Mexican Chopped Salad

Food	Preparation Method	Serving Size	Calories	Carbohydrates
Boneless, skinless roasted chicken	Cubed	3 ounces	108	0
Cheddar cheese	Grated	1 ounce	108	1.5
Scallions	Chopped	2 whole	5	1 gram
Green bell pepper	Chopped	1/2 cup	15	3.5
Avocado	Cubed	1/4 medium	72	3.5
Salsa	As instructed	1/4 cup	13	4
Iceberg lettuce	Chopped	2 cups	20	3
Tomato	Chopped	1/2 small tomato	11	2.4
Nonfat yogurt, plain	As instructed	2 tablespoons	13	2
Total			257 calories	20.9
Instructions	Chop or grate all ingredients into small pieces. Combine yogurt and salsa in a small bowl. Toss with chopped ingredients.			

Dinner

Dinner One - Pork Tenderloin and Apple Slaw

Food	Preparation Method	Serving Size	Calories	Carbohydrates
Pork tenderloin	Brined (recipe follows), rinsed, and grilled or roasted	4 ounces	163	0 grams
Brine	2 cups apple cider vinegar, 1 cup salt, 1 tablespoon whole black peppercorns, 1 tablespoon mustard powder, 1/4 cup natural maple syrup	n/a	50 (adds about this much to pork)	3 grams
Braeburn apple	Peeled and julienned	1 medium	53	14 grams
Non-fat yogurt	As instructed	2 tablespoons	13	2 grams
Gingerroot	Grated	1 tablespoon	8	1 gram
Green cabbage	Julienned and mixed with apple and ginger	1 cup	22	5 grams
Totals			309 calories	25 grams
Instructions	Soak tenderloin in brine for two hours. Remove from brine. Rinse and pat dry with paper towels. Grill tenderloin slices until done. While tenderloin cooks, peel and julienne apple. Mix with grated ginger, non-fat yogurt, and cabbage.			

Dinner Two - Salmon and Artichokes

Food	Preparation Method	Serving Size	Calories	Carbohydrates
Salmon filet (wild)	Grilled or steamed	6 ounces	254	0
Artichoke	Steamed	1 whole	64	14 grams
Total			318 calories	14 grams
Instructions	Season salmon with salt and pepper and steam or grill. Trim stem off artichoke and place in a pan of boiling water. Cover and cook until leaves come away from artichoke easily, about one hour.			

Dinner Three - Chicken and Mashed Cauliflower with Asparagus

Food	Preparation Method	Serving Size	Calories	Carbohydrates
Boneless, skinless chicken breast	Grilled	3 ounces	140	0 grams
Cauliflower	Steamed and mashed	1 cup	28	5 grams
Nonfat yogurt, plain	As instructed	1/4 cup	30	4.1 grams

Food	Preparation Method	Serving Size	Calories	Carbohydrates
Cheddar cheese	Grated	1 ounce	108	1.5 grams
Asparagus	Steamed	6 medium spears	18	3.6 grams
Total			324 calories	14.2 grams
Instructions	Cook chicken breast and set aside, tented with foil. Steam cauliflower until it is very soft. Place in a bowl with cheddar cheese and yogurt and mash with a potato masher. Season to taste with salt and pepper.			

Dinner Four - Bacon Burger, Protein Style

Food	Preparation Method	Serving Size	Calories	Carbohydrates
95 percent lean hamburger patty	Grilled	3 ounces	145	0 grams
Turkey bacon	Cooked	2 slices	70	.4 grams
Head lettuce	Halve, core, and peel away 10 layers of outer leaves from each half	1 head	20	4 grams
Dill pickle	Cut into spears	1 pickle	5	1 gram
Dijon mustard	As instructed	1 teaspoon	5	0 grams
Swiss cheese	Grated	1/2 ounce	44	.75 grams
Total			289 calories	6.15 grams
Instructions	Grill burger and melt cheese on top of it. Cook bacon. On one "slice" of head lettuce, arrange burger, bacon, pickle, and mustard. Top with the other slice of lettuce.			

Dinner Five - Warm Spinach Salad with Shrimp

Food	Preparation Method	Serving Size	Calories	Carbohydrates
Shrimp	Grilled	3 ounces	101	.5 grams
Olive oil	As instructed	1 teaspoon	30	0 grams
Turkey bacon	Sliced and cooked	2 slices	70	.4 grams
Red wine vinegar	As instructed	1/2 cup	24	.3 grams
Shallot	Minced	1 tablespoon	7	1.7 grams
Baby spinach	Raw	4 cups	52	4 grams
Total			284 calories	6.9 grams
Instructions	Grill shrimp and set aside. Place spinach in a large, heatproof bowl. Meanwhile, heat oil and cook turkey bacon until crisp. Remove bacon with a slotted spoon and place in bowl with spinach. Add red wine vinegar and shallots to hot pan. Simmer until vinegar reduces by half. Pour over spinach and bacon and toss. Top with cooked shrimp.			

Snacks

Each of the snacks listed below are about 100 calories and less than 10 grams of carbs each. Choose any three of the following snacks throughout the day.

Food	Serving Size	Calories	Carbohydrates
Almonds	14 almonds	98	3.5 grams
Walnuts	7 walnut halves	98	5 grams
Sunflower seeds	1/2 ounce	99	4 grams
Pumpkin seeds	2 tablespoons	114	1.3 grams
String cheese	1 piece	80	1 gram
Coconut milk and blueberries	2 tablespoons coconut milk plus 1/4 cup blueberries	80	7 grams
Avocado	1/3 fruit	96	5 grams
Natural (unsweetened) peanut butter and celery	1 tablespoon plus 1 stick celery	90	4 grams
Jicama and Salsa	14 slices plus 1/4 cup salsa	50	10 grams
Red pepper and hummus	1/2 cup pepper slices, 2 tablespoons hummus	83	8.5 grams