

The image features a solid teal background. A thick black frame is positioned on the left side, consisting of a vertical line and a horizontal line that intersects it. A horizontal black bar is placed over the teal background, overlapping the top part of the vertical line of the frame. The text "PERFECT KETO" is written in white, bold, uppercase letters on this black bar. The word "KETO" has a small white circle above the letter 'O'.

PERFECT KETO

Keto Snacks	Calories	Fat	Carbs	Net Carbs	Protein
Quest BBQ Flavored Protein Chips	130	4 grams	4 grams	2 grams	21 grams
Quest Ranch Flavored Protein Chips	140	4.5 grams	5 grams	4 grams	19 grams
Quest Nacho Flavored Protein Chips	140	6 grams	5 grams	4 grams	18 grams
Orchard Fresh Brazil Nuts	200	20 grams	4 grams	2 grams	4 grams
Great Value Macadamia Nuts	200	21 grams	4 grams	2 grams	2 grams
Slim Fast Peanut Butter Fat Bomb Snacks	90	9 grams	7 grams	1 gram	2 grams
Oscar Mayer P3 Snack Pack (Almonds, Turkey, Cheese)	180	13 grams	4 grams	3 grams	13 grams
Great Value Deluxe Mixed Nuts	170	15 grams	6 grams	4 grams	5 grams
Wonderful Pistachios	160	14 grams	8 grams	5 grams	6 grams
Blue Diamond Lightly Salted Almonds	170	16 grams	5 grams	2 grams	6 grams
Great Value Pecans	200	20 grams	4 grams	1 gram	3grams
Great Value Turkey Sausage Sticks	80	5 grams	2 grams	2 grams	7 grams
Lorissa's Steak Strips	80	2 grams	6 grams	6 grams	10 grams
Mac's Salt and Pepper Pork Rinds	80	5 grams	0 grams	0 grams	8 grams

Baking	Calories	Fat	Carbs	Net Carbs	Protein
Whole Earth Sweetener	0	0 grams	0 grams	0 grams	0 grams
Bob's Red Mill Almond Flour	18	5 grams	5 grams	4 grams	4 grams

Baking	Calories	Fat	Carbs	Net Carbs	Protein
Great Value Organic Coconut Flour	120	4 grams	18 grams	8 grams	3 grams
Great Value Stevia	0	0 grams	0 grams	0 grams	0 grams
Swerve Granulated Sugar Replacement	0	0 grams	0 grams	0 grams	0 grams
Swerve Sweetener Confectioner Replacement	0	0 grams	0 grams	0 grams	0 grams
Bake Believe Keto-Friendly White Chocolate Baking Chips	50	4.5 grams	10 grams	7 grams	0 grams
Bake Believe Keto-Friendly Semi-Sweet Chocolate Chips	60	4.5 grams	9 grams	1 gram	1 gram
Bake Believe Keto-Friendly Dark Chocolate Chips	60	4.5 grams	9 grams	1 gram	1 gram

Dairy	Calories	Fat	Carbs	Net Carbs	Protein
2% Fage Greek Yogurt	160	4.5 grams	7 grams	7 grams	23 grams
Cheeseheads String Cheese	80	6 grams	0 grams	0 grams	6 grams
Great Value Cheddar Cheese	80	6 grams	0 grams	0 grams	4 grams
Philadelphia Cream Cheese	100	10 grams	1 gram	1 gram	2 grams
Deli Style Swiss Cheese	70	6 grams	0 grams	0 grams	5 grams
Sargento Sliced Colby-Jack Natural Cheese	80	6 grams	0 grams	0 grams	5 grams
Frigo Parmesan Cheese	100	7 grams	1 gram	1 gram	9 grams
Great Value Sour Cream	90	9 grams	2 grams	2 grams	1 gram
Carrington Farms Organic Ghee	45	5 grams	0 grams	0 grams	0 grams

Vegetables

Bell peppers	Iceberg Lettuce	Asparagus	Cauliflower
Cucumber	Carrots	Spinach	Brussels Sprouts
Tomatoes	Celery	Jalapeno Peppers	Kale
Onions	Zucchini	Yellow Squash	Red Cabbage
Mushrooms	Broccoli	Sugar Snap Peas	Avocado

Frozen	Calories	Fat	Carbs	Net Carbs	Protein
Healthy Choice Chicken and Vegetable Stir-Fry Frozen Meal	190	4 grams	15 grams	11 grams	23 grams
Healthy Choice Grilled Chicken and Broccoli Alfredo	190	5 grams	8 grams	4 grams	28 grams
Real Good Spinach & Ricotta Cheese Italian Entree	190	8 grams	11 grams	9 grams	17 grams
Real Good Stuffed Chicken with Creamy Spinach and Artichoke	320	22 grams	6 grams	4 grams	25 grams
Real Good Spicy Italian Sausage and Ricotta Cheese Entree	250	13 grams	10 grams	8 grams	22 grams
Cali'flour Foods Cauliflower Pizza Crusts	90	6 grams	2 grams	1 gram	8 grams
Green Giant Veggie Spirals	15	0 grams	2 grams	1 gram	1 gram
Real Good Chicken Enchilada	190	9 grams	4 grams	2 grams	20 grams
Real Good Cheese & Bacon Pizza Bites	250	14 grams	4 grams	4 grams	23 grams
Real Good Pepperoni & Cheese Chicken Poppers	200	12 grams	3 grams	2 grams	1 gram
Real Good Low-Carb Pepperoni Pizza	260	16 grams	4 grams	4 grams	25 grams

Sauces	Calories	Fat	Carbs	Net Carbs	Protein
Franks Red Hot Sauce	0	0 grams	0 grams	0 grams	0 grams
Newman's Own Roasted Garlic Alfredo	90	8 grams	4 grams	4 grams	1 gram
Barilla Rustic Basil Pesto Sauce	189	18 grams	4 grams	3 grams	3 grams
Sir Kensington's Special Sauce	80	8 grams	1 gram	1 gram	0 grams
Wild Style Jalapeno Lime Twist Sauce	90	9 grams	1 gram	1 gram	0 grams
Huy Fong Foods Chili Garlic Sauce	0	0 grams	0 grams	0 grams	0 grams
Sam's Choice Bone Broth	30	0 grams	1 gram	1 gram	7 grams

Condiments	Calories	Fat	Carbs	Net Carbs	Protein
Great Value Organic Virgin Coconut Oil	120	14 grams	0 grams	0 grams	0 grams
Extra Virgin Olive Oil	130	14 grams	0 grams	0 grams	0 grams
Braggs Liquid Aminos	0	0 grams	0 grams	0 grams	0 grams
Great Value Real Mayonnaise	100	11 grams	0 grams	0 grams	0 grams
Great Value Dijon Mustard	5	0 grams	0 grams	0 grams	0 grams

Canned	Calories	Fat	Carbs	Net Carbs	Protein
Bumble Bee Solid White Albacore Tuna	70	0.5 grams	0 grams	0 grams	16 grams
King Oscar Skinless & Boneless Sardines	210	15 grams	0 grams	0 grams	21 grams
Chicken Of The Sea Pink Salmon	90	5 grams	0 grams	0 grams	12 grams
Great Value Black Olives	25	3 grams	0 grams	0 grams	0 grams

Meat	Calories	Fat	Carbs	Net Carbs	Protein
Marketside Organic Grass-Fed Ground Beef	240	17 grams	0 grams	0 grams	21 grams
Foster Farms Organic Boneless Chicken Breast Fillets	102	2 grams	0 grams	0 grams	19 grams
Foster Farms Organic Chicken Breast Tenders	120	1.5 grams	0 grams	0 grams	25 grams
Foster Farms Organic Drum Sticks	180	10 grams	0 grams	0 grams	20 grams
Beef Choice Angus Ribeye Steak	280	22 grams	0 grams	0 grams	21 grams
Beef Chuck Eye Steak	240	17 grams	0 grams	0 grams	21 grams
New York Strip Steak	190	7 grams	0 grams	0 grams	31 grams
Marketside Butcher Grass-Fed Beef Top Sirloin Steak	140	4 grams	0 grams	0 grams	25 grams
John Soules Foods Beef Steak	110	4 grams	2 grams	2 grams	15 grams
Marketside Superior Farms Ground Lamb	290	23 grams	0 grams	0 grams	19 grams
Marketside Butcher Seasoned Lamb Leg	258	16.5 grams	0 grams	0 grams	25.6 grams

Seafood	Calories	Fat	Carbs	Net Carbs	Protein
Frozen Raw Peeled Shrimp	50	0.5 grams	0 grams	0 grams	13 grams
Frozen Value Wild Caught Pink Skinless Salmon Fillets	100	1 gram	0 grams	0 grams	24 grams
Sea Best Lobster Tails With Butter	140	8 grams	0 grams	0 grams	15 grams
Great Value Tilapia Fillets	100	1.5 grams	0 grams	0 grams	21 grams
Premium Cooked Dungeness Crab	80	0 grams	1 gram	1 gram	19 grams
Great Value Frozen Wild Caught Pink Salmon	100	2.5 grams	0 grams	0 grams	24 grams
Natural Wild Caught Mahi-Mahi Fillets	100	1 gram	0 grams	0 grams	21 grams