

A KETO DRINKS LIST

NET CARBS PER 100G



0.8 g

ALMOND MILK



0 g

BLACK COFFEE



0 g

BLACK TEA



1 g

CASHEW MILK



3 g

CHAMPAGNE



6 g

COCOA



5.5 g

COCONUT MILK



0 g

DIET SODA



0 g

GREEN TEA



0.5 g

HEMP MILK



0 g

HERBAL TEA



4.7 g

HOMEMADE SMOOTHIES



2.1 g

LEMON TEA



1.6-7 g

LIGHT BEER



0.8 g

PROTEIN SHAKES



2.6 g

RED WINE



0 g

SPARKLING WATER



0 g

SPIRITS



2.6 g

WHITE WINE



0 g

WATER

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JS Bruner



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