

KETO DIET QUICK GUIDE Nuts & Seeds & Snacks

Food	Serving Size	Calories	Protein/g	Fat/g	NetCarb/g
Almonds	2.5 oz (70g)	720	6	14	2.8
Almond meal/flour	1/4 cup (50g)	330	6	11	2
Almond milk	1 cup (240g)	140	1.6	11	1
Macadamia	1/2 cup (75g)	350	2.2	14	1.9
Macadamia nut	4 macadamia nuts	110	1	11	0.8
Pistachio	1/2 cup (70g)	300	1.4	10	0.9
Peanut	1/2 cup (70g)	300	1	14	1.2
Peanut butter	1/4 cup (50g)	210	1	24	0
Pumpkin seeds	1/2 cup (100g)	280	8.7	14	0.7
Sunflower	1/2 cup (70g)	280	2	14	1
Walnut	1/2 cup (70g)	280	2	14	1
Walnut meal/flour	1/4 cup (50g)	140	0	14	1
Coconut seeds	1/2 cup (70g)	240	3.2	10	0
Coconut meal/flour	1/4 cup (50g)	120	0	10	0
Coconut oil	1/4 cup (50g)	450	0	10	0
Coconut milk	1 cup (240g)	130	0	10	0
Pork Rinds	10 pieces (10g)	60	1	1	0
Total	1.5 cup (300g)	660	13	13	2.2

KETO DIET QUICK GUIDE Meats

Food	Serving Size	Calories	Protein/g	Fat/g	NetCarb/g
Beef	1/4 lb (50g)	150	10	10	0
Chicken	1/4 lb (50g)	120	10	10	0
Pork	1/4 lb (50g)	150	10	10	0
Salmon	1/4 lb (50g)	150	10	10	0
Shrimp	1/4 lb (50g)	120	10	10	0
Turkey	1/4 lb (50g)	120	10	10	0
Total	1.5 cup (300g)	660	13	13	2.2

KETO DIET QUICK GUIDE Dairy

Food	Serving Size	Calories	Protein/g	Fat/g	NetCarb/g
Butter	1/4 cup (50g)	100	0	10	0
Heavy cream	1/4 cup (50g)	100	0	10	0
Whipped cream	1/4 cup (50g)	100	0	10	0
Cheddar	1/4 cup (50g)	100	0	10	0
Swiss	1/4 cup (50g)	100	0	10	0
Blue cheese	1/4 cup (50g)	100	0	10	0
Goat cheese	1/4 cup (50g)	100	0	10	0
Prosciutto	1/4 cup (50g)	100	0	10	0
Total	1.5 cup (300g)	660	13	13	2.2

KETO DIET QUICK GUIDE Fruits

Food	Serving Size	Calories	Protein/g	Fat/g	NetCarb/g
Avocado	1/2 (100g)	200	0.5	15	1.5
Blackberry	1/2 cup (75g)	100	0.5	1	1.5
Blueberry	1/2 cup (75g)	100	0.5	1	1.5
Raspberries	1/2 cup (75g)	100	0.5	1	1.5
Strawberries	1/2 cup (75g)	100	0.5	1	1.5
Total	1.5 cup (300g)	660	13	13	2.2

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	1/4 cup (50g)	150	0.4	0.2	4.4
Coconut flour	1/4 cup (50g)	150	0.4	0.2	5.5
Flaxseed meal	1/4 cup (50g)	150	0.4	0.2	3
Psyllium husk	1/4 cup (50g)	150	0.1	0.1	1.9
Total	1.5 cup (300g)	660	13	13	2.2

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 (300g)	660	13	13	2.2

KETO DIET QUICK GUIDE Condiments & Sauces & Dressings

Food	Serving Size	Calories	Protein/g	Fat/g	NetCarb/g
Mayo	1/4 cup (50g)	100	0	10	0
Mustard	1/4 cup (50g)	100	0	10	0
Hot sauce	1/4 cup (50g)	100	0	10	0
BBQ sauce	1/4 cup (50g)	100	0	10	0
Total	1.5 cup (300g)	660	13	13	2.2

KETO DIET QUICK GUIDE Fats & Oils & Dressings

Food	Serving Size	Calories	Protein/g	Fat/g	NetCarb/g
Butter	1/4 cup (50g)	100	0	10	0
Coconut oil	1/4 cup (50g)	100	0	10	0
Avocado oil	1/4 cup (50g)	100	0	10	0
Almond oil	1/4 cup (50g)	100	0	10	0
Flaxseed oil	1/4 cup (50g)	100	0	10	0
Walnut oil	1/4 cup (50g)	100	0	10	0
Vegetable oil	1/4 cup (50g)	100	0	10	0
Canola oil	1/4 cup (50g)	100	0	10	0
Soybean oil	1/4 cup (50g)	100	0	10	0
Mustard oil	1/4 cup (50g)	100	0	10	0
Mustard dressing	1/4 cup (50g)	100	0	10	0
Salmon dressing	1/4 cup (50g)	100	0	10	0
Mustard dressing	1/4 cup (50g)	100	0	10	0
Total	1.5 cup (300g)	660	13	13	2.2

KETO DIET QUICK GUIDE Sweeteners

Food	Serving Size	Calories	Protein/g	Fat/g	NetCarb/g
Stevia	1/4 cup (50g)	100	0	10	0
Erythritol	1/4 cup (50g)	100	0	10	0
Xylitol	1/4 cup (50g)	100	0	10	0
Monk fruit	1/4 cup (50g)	100	0	10	0
Total	1.5 cup (300g)	660	13	13	2.2

A Days Portion

Ian Pickup



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