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Food Name	Food Group	Carbohydrate (g)	Fiber (g)	Net-Carbs (g)	Fat	Protein	Calories	Serving Description
505 Green Chili Sauce	Sauce	2	0	2	0	0	10	2 tablespoons
Almond Flour	Bread/Pasta	5	3	2	15	6	180	1/4 cup
Almonds: Blue Diamond	Nuts and Seeds	5	3	2	16	6	170	24 nuts
Apple Cidar Vineger	Sauce	0	0	0	0	0	0	1 tablespoon
Asparagus	Vegetables	7.5	3.5	4	4.1	4.3	72	1 cup
Avocado	Fruits	12.8	10	2.8	22	3	240	1 cup, cubes
Avocado - Single use - Costco	Fruits	5	3	2	11	1	130	1 mini cup
Avocado Salsa	Sauce	2	1	1	1.5	0	20	2 Tbsp
Bacon, Hickory Smoked, thick sliced from Costco	Meats	0	0	0	15	15	210	3 slices
Bacon, Hickory Smoked, thick sliced from Sams Club	Meats	0	0	0	21	15	270	3 slices
Bacon, Wright Applewood Smoked, thick sliced from Sams Club	Meats	0	0	0	21	15	270	3 slices
Baking Powder	Misc.	0	0	0	0	0	0	1/8 tsp
BBQ Sauce - G Hughes Sugar Free	Sauce	2	0	2	0	0	10	2 Tablespoons
Beef Brisket Cooked Lean And Fat Eaten	Meats	0	0	0			289	1 thin slice
Beef Patties, Grass Fed, Costco	Meats	0	0	0	30	26	380	1 patty
Beef Sirloin	Meats	1	0	1	6	22	160	4 oz
Beef Smoked Sausage, Costco	Meats	2	0	2	26	18	300	1 each
Beef stick - Archers from Costco	Meats	0	0	0	3.5	4	50	1 stick
Beef stick - Greenridge Farm	M	0	0	0	8	8	110	1/2 stick
Bell Pepper: Sweet Red Raw	Vegetables	8	2	6	0	1	30	1 medium pepper
Bell Pepper: Sweet Yellow	Vegetables	4.5	1.5	3	0.2	0.7	19	1 small
Bell Peppers: Green	Vegetables	4	1	3	0	1	25	3/4 cup
Bison: Ground 85% from Costco	Meats	0	0	0	11	23	190	4 oz
Blue Cheese	Dairy	2	0	2	9	7	110	3 tablespoons
Blue Cheese Dressing, Walden Farms	Dairy	<1	0	<1	0	0	0	2 Tablespoons
Blueberries	Fruits	21	3.5	1.1	0.5	1.1	83	1 cup
Bombs, Costco Nature's Intent, Erythritol	Sweets	11	3	8	11	2	120	2 ea
Brawtwurst, Boulder Sausage	Meats	<1	0	<1	13	13		1 ea
Bread, Artisans Keto Bread	Bread/Pasta	11	10	1	2	3	35	1 slice
Broccoli (Cooked)	Vegetables	13.1	6.1	7	0.8	4.4	64	1 cup
Brownie, Fudge - Miss Jones: Erythritol, Monk Fruit	Sweets	12	2	10	13	4	150	1 each
Brussel Sprouts	Vegetables	11.1	4	7.1	4.4	4	88	1 cup
Buffalo Sauce, Jalapeno, Primal Kitchen	Sauce	1	0	1	3.5	1	40	1 Tbsp
Butter - Unsalted-Tillimook	Dairy	0	0	0	12	0	100	1 tablespoon
Cabbage	Vegetables	5	2	3	0.1	1.3	21	1 cup
CarbQuik	Bread/Pasta	16	14	2	6	6	90	1/3 cup (1 biscuit)
Cauliflower and Cheese, Nature's Intendt	Vegetables	6	1	5	10	7	140	1/2 cup
Cauliflower: cooked	Vegetables	7.1	4.9	2.2	0.7	3.2	40	1 cup
Cheese - Mexican Blend - Costco	Dairy	1	0	1	9	7	110	1 ounce
Cheese - Provolone	Dairy	2.8	0	2.8	35.1	33.8	463	1 cup, diced
Cheese Crisps-Asiago & Pepper Jack, Costco	Dairy	1	0	0	11		150	19 ea
Cheese Wraps, Folios from Costco	Dairy	1	0	1	13	13	180	1 each
Cheese: Mozzarella, Sargento	Dairy	1	1	1	7	6	90	1/4 cup
Cheese: Mozzarella, Walmart, Part Skim	Dairy	2	0	2	5	6	80	1/3 cup
Cheese: Cheddar from Costco	Dairy	1.7	0	1.7	44	33	532	1 cup
Cheese: Costco Tillimok single serving	Dairy	1	0	1	7	5	90	1 piece
Cheese-Manchego sheeps milk	Dairy	0	0	0	11	7	130	1 ounce
Chicken Breast, Chunk, Canned, Kirkland	Meats	0	0	0	1	13	60	2 oz
Chicken Breast: Baked Broiled Or Roasted Skin not Eaten From Raw	Meats	0	0	0	2.7	23.1	123	1 small breast
Chili Powder	Spices and Herbs	0	0	0	0	0	0	1/4 tsp
Chip Monk Chocolate Chip Cookies (14 gm Allulose)	dessert	19	3	2	18	5	200	1 cookie
Chip Monk Chocolate Chip Pecan Bites (7 gm Allulose)	Dessert	9	1	1	7	2	90	1 bite
Chorizo, Boulder	Meats	0	0	2	14	8	170	2 oz

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Cinnamon	Spices and Herbs	5.4	3.7	1.7	0.2	0.3	18	18	1 tablespoon
Cinnamon Roll, Veggies Made Great, Target, Allulose	Bread/Pasta	16	5	11	4.5	5	90	90	1 ea
Cod: Wild Caught Atlantic - Costco	Fish	0	0	0	0	33	140	140	1 piece
Crab Cakes, mini - Costco	Fish	2.58	0.2	2.38			205	205	
Cream Cheese - Kroger	Dairy	2	0	2	9	2	90	90	1 oz
Cream Cheese - Philadelphia	Dairy	<1	0	<1	10	2			2 oz
Cream: Half And Half	Dairy	10.4	0	10.4	27.8	7.2	315	315	1 cup
Cream: Heavy Whipping	Dairy	<1	0	<1	5	0	50	50	1 tablespoon
Egg Wrap - Crepini	Egg	0	0	0	1.5	3	30	30	1 wrap
Egg: fried	Egg	0.4	0	0.4	7	6.3	92	92	1 large
Egg: Hard Boiled Eggs	Egg	0	0	0	4	6	70	70	1 egg
Eggs - Scrambled	Eggs	2	0	2	15.2	13	199	199	2 eggs
Fajita Kit	Meats	10	4	6	6	26	200	200	1 cup
Fritata-Spinach and mozzarella	Egg	5	1	4					
Green Beans	Beans and Lentils	3	1	2	0	1	20	20	1/2 cup
Green Chili Hatch Cheddar Dip	Sauce	1	0	1	6	2	70	70	2 tbsp
Green Chilis - Ortega and Hatch	Sauce	2	0	2	0	0	10	10	2 Tablespoons
Halibut: Wild Alaskan - Costco	Fish	0	0	0	4	35	190	190	1 piece
Ham, Roasted	Meats	0	0	0	7.7	35.1	220	220	1 cup, diced
Hamburger Beef: Ground 75%	Meats	0	0	0	28	17.6	328	328	4 oz
Hamburger Beef: Ground 85%	Meats	0	0	0	17	21	240	240	4 oz
Hamburger Beef: Ground 93% Lean	Meats	0	0	0	8	23	170	170	4 oz
Hazelnuts	Nuts and Seeds	5	3	2	18	4	190	190	22 each
Hot Dog, Hebrew National	Meats	2	0	2	13	6	150	150	1 each
Ice Cream, Rebel, Butter Pecan, 12 g Erythritol	dairy	14	3	11	22	3	240	240	2/3 cup
Ice Cream, Rebel, Salted Caramel, 12 g Erythritol	Dairy	18	5	13	15	2	180	180	2/3 cup
Jalapeno perpper, diced, Mt. Olive	Spices and Herbs	<1	0	<1	0	0	0	0	1 tablespoon
Jalapenos with bacon and cream cheese-Costco	snacks	5	1	4	28	20	360	360	2 ea
Keto Chow - Gingerbread w/heavy cream	dessert	11	6	4.71	44	29	535	535	1 pouch
Keto Snack Mix - Costco	Nuts and Seeds	3	1	2	19	5	190	190	1/4 cup
KetoCups, No Sugar Company, Erythritol, Stevia	Sweets	9	4	5	4	1	70	70	1 ea
Macadamia Nuts: Dry Roasted	Nuts and Seeds	4	2	2	21	2	210	210	12 nuts
Mahi mahi: Wild Pacific - Costco	Fish	0	0	0	1	21	100	100	1 piece
Mayonaise - Chosen Foods	Dairy	0	0	0	11	0	100	100	1 tablespoon
Melba Toast - Carbolicious	Bread/Pasta	3	2	1	3.5	7	70	70	4 pieces
Mushrooms Cooked From Fresh	Vegetables	4	2	2	0	3	30	30	1/2 cup
Mustard Yellow	Sauce	0	0	0	0	0	5	5	1 teaspoon
Oil: Avocado	Fats and Oils	0	0	0	14	0	124	124	1 tablespoon
Oil: Coconut	Fats and Oils	0	0	0	13.6	0	117	117	1 tablespoon
Oil: Olive Oil	Fats and Oils	0	0	0	13.5	0	119	119	1 tablespoon
Olives: Green Jalapeno and Garlic Stuffed	Fruits	0	0	0	2	0	128	128	2 olives
On the Border Salsa	Sauce								2 tablespoons
Onion, Dry chooped	Spices and Herbs	8.1	1.1	7	0.05	0.75	34	34	2 Tablespoons=1/2 cup
Onions	Vegetables	8.1	1.1	7	0.05	0.75	34	34	1/2 cup
Palmini-Hearts of Palm Linguine	Vegetables	4	2	2	0	1	20	20	1/3 package
Parmesan - Grated (Hard)	Dairy	4.1	0	4.1	28.6	38.5	431	431	1 cup
Parmesan - Shredded	Dairy	0.2	0	0.2	1.4	1.9	21	21	1 tablespoon
Peaches, Kroger, No Sugar added	Fruits	7	1	6	0	0	30	30	1 ea
Pecans Raw	Nuts and Seeds	4	3	1	22	3	210	210	30 ea
Pickled Okra from King Soopers	Vegetables	1	0	1	0	0	5	5	2 each
Pickles: Dill	Vegetables	2.41	1	1.41			12	12	1 spear, small
Pizza Crust, Great Low Carb Co	Bread/Pasta	8	6	2	3	7	60	60	1/2 pizza
Pizza Sauce - Kroger	Sauce	5	1	4	1	1	30	30	1/4 cup
Pork Carnitas-DelReal	Meats	0	0	0	21	30	300	300	4.5 oz

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Pork Chop: Broiled Or Baked Lean And Fat Eaten	Meats	0	0	0	13.6	26.6	236	6 oz
Pork Tenderloin wrapped in applewood bacon (Garlic Peppercorn)	Meats	1	0	1	12	31	240	4 oz
Pork: Babyback ribs	Meats	0	0	0	26	18	320	4 oz
Premier Protien Drink: Café	Dairy	5	2	3	3	30	160	1 ea
Protein Chips - Quest	Bread/Pasta	4	1	3	4.5	20	140	1 bag
Qdoba Chorizo	Z-Restaurant	2	0	2	5	8	90	1.5 oz
Qdoba Fajita Veggies	Z-Restaurant	3	1	2	3	1	40	2 oz
Qdoba Grilled Adobo Chicken	Z-Restaurant	1	1	0	9	23	170	3.5 oz
Qdoba Guacamole	Z-Restaurant	5	4	1	8	1	80	2 oz
Qdoba Jalapeno Verde	Z-Restaurant	2	0	2	2.5	1	30	1 oz
Qdoba Pickeled Jalapenos	Z-Restaurant	3	0	3	0	0	15	1 oz
Qdoba Queso Diablo	Z-Restaurant	3	0	3	7	3	90	2 oz
Queso-On the Border (Monterey Jack, etc.)	Sauce	3	0	3	3	<1	45	2 tablespoons
Ranch Dressing, Noble Made	Dairy	2	0	2	11	0	100	2 Tablespoons
Ranch Dressing, Sprouts Farmers Market	Dairy	1	0	1	14	1	130	
Red Enchilada Sauce-Frontera	Sauce	4	1	3	2	<1	35	1/4 cup
Riced Cauliflower - Earthly Choice	Vegetables	4	2	2	0	2	20	1 cup
Roast Beef	Meats	2	0	0	5	38	220	6 oz
Romaine Lettuce Raw	Vegetables	3	2	1	0	1	15	3 oz
Rotel Diced Tomatoes and Green Chilis	Sauce	5	2	3	0	1	25	1/2 cup
Rum	Drink	0	0	0			231	1 fl oz
Salmon - Marinated, Member's Mark	Fish	2	<1	2	21	28	310	1 filet
Salsa verde, Tomatillo & Hatch Chili	Sauce	2	<1	2	0	0	10	2 tbsp
Salsa, Kirkland	Sauce	2	<1	2	0	0	10	2 tbsp
Sausage: Italian	Meats	4.27	0.1	4.17			344	1 patty
Sausage: Jimmy Dean Hot	Meats	2	0	2	19	9	210	2 patties
Shrimp: Steamed Or Boiled	Fish	1.16	0	1.16			91	1 oz, without shell
Siracha Sauce	Sauce	<1	0	<1	0	0	0	1 teaspoon
Sour Cream, pasture raised, Target	Dairy	2	0	2	5	1	60	2 tablespoons
Soybeans - Canned, Eden	Beans and Lentils	8	7	1	4.5	11	120	1/2 cup
Spaghetti Sauce - Blue Parrot	Sauce	8	3	5			42	1/2 cup
Spaghetti Sauce - Rao's Marinara	Sauce	6	1	5			100	1/2 cup
Spinach	Vegetables	1.1	0.7	0.4	0.1	0.9	0.86	1 cup
Spinach & Ricotta Cheese Canneloni	Vegetables	16	8	8	10	30	280	1 package
Spinach Cooked Boiled Drained With Salt	Vegetables	6.8	4.3	2.5	4.2	5.3	74	1 cup
Steak, QuickSteak from Sams Club	Meats	1	0	1	8	23	170	1 piece
Stevia	Sweets	2	0	0			0	Erythritol-1/2 tsp
Sweet Pickel Relish - No Sugar Added, Mt. Olive	Condiment	0	0	0	0	0	0	1 tablespoon
Swerve Brown Sugar Replacement	Sweets	4	0	0			0	Erythritol-1/2 tsp
Syrup, Blueberry - Walden Farms; erythriol, monk fruit	Sweets	3	0	3	0	0	0	2 tablespoons
Syrup: Wholesome Yum Keto Maple Syrup: Allulosa and Monk Fruit	Sauce	28	0	2	0	0	20	2 Tablespoons
Tacos: Chicken Shell with Beef, RealGood at Walmart	Meats	7	1	6	24	49	440	2 tacos
Tacos: Chicken Shell with Chicken, RealGood at Walmart	Meats	6	1	5	36	49	550	2 tacos
Talk o Texas Pickled Okra	Vegetables	1	0	1	0	0	5	2 pieces
Tomatoes Red Ripe Canned Packed In Tomato Juice	Vegetables	3.47	1.9	1.57			16	1 cup
Tortillas - Low Carb - Shack Size	Bread/Pasta	10	7	3	1	3	35	1
Tortillas -Low Carb - Street Taco	Bread/Pasta	5	5	0	0.5	2	20	1
Tuna - Wild Planet	Fish	0	0	0	2.5	21	100	3 oz
Tuna: Canned White (Water Packed)	Fish	0	0	0	1	26	110	4 oz
Turkey: Roasted Breast	Meats	0	0	0	7	41.1	238	1 cup
Vanilla Wafers, Hichkey, Erythritol, Monk Fruit, Sevia, oilgofructose	Sweets	14	4	10	10	4	120	12 ea
Wafel, Keto Sandwich, Chicken and Cheddar	Bread/Pasta	6	3	3	17	16	240	1 each
Zucchini	Vegetables	4.2	1.4	2.8	0.2	1.5	20	1 cup