



THE KETO 90 lifestyle

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TRACKING MACROS

LOW GLYCEMIC FRUITS

NET CARBS (G)

Watermelon, 1/4 cup	4.2*
Cantaloupe, 1/4 cup	2.8*
Avocado, hass, 1/2 avocado, 1/3 cup	2
Apple, 1/3 small, 1/4 cup	6.6*
Raspberries, 1/4 cup	1.6
Blackberries, 1/4 cup	1.5
Blueberries, 1/4 cup	4.3*
Strawberries, 1/4 cup	2.3

NOTES: For vegan and vegetarian Keto participants, use preferred options for your alternative choices, tracking macros accordingly. (IE: Meat alternatives, dairy alternatives, higher protein vegetables, nut options, etc.)

* Indicates a higher level of carbs in a smaller serving size. Be mindful as you use these.