

# THE KETO 90 *lifestyle*

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## TRACKING MACROS

### NUT & SEEDS

	CALS (G)	FAT (G)	CARBS (G)	FIBER (G)	NET CARBS (G)	PROTEIN (G)
Almond meal/flour, 2 oz (¼ cup)	160	14	6	3	3	6
Coconut flour, 2 oz (¼ cup)	150	5	21	13	8*	6
Coconut butter, 2 tbsp	186	18	8	4	4	2
Coconut, dried, unsweetened, 1 oz	100	9.5	4.5	2.5	2	1
Nuts, almonds, raw, unroasted, 1 oz	80	7	3	1.5	1.5	3
Nuts, brazil nut, raw, unroasted, 1 oz	186	19	3.5	2	1.5	4
Nuts, cashew, raw, unroasted, 1oz	80	6	4	0	4*	2.5
Nuts, hazelnut, 1 oz	183	18	5	3	2	4
Nuts, macademia, unroasted, 1 oz	203	21.5	4	2.5	1.5	2
Nuts, pecan, unroasted, 1 oz	196	20	4	3	1	3
Nuts, walnut, 1 oz	185	18	4	2	2	4
Seeds, chia, 1 oz	140	10	12	10	2	4
Seeds, flax, 1 oz	152	12	8	7	1	6
Seeds, hemp hearts, 1 tbsp	170	13	3	3	0	10
Seeds, pumpkin, raw, unroasted, 1 oz	145	11	2	1	1	9
Seeds, sesame, 1 oz	161	14	7	5	2	5
Seeds, sunflower, raw, unroasted, 1 oz	162	14	5	3	2	6
Nuts, pistachio, raw, 1 oz	158	13	8	3	5*	6

**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.