

THE KETO 90 *lifestyle*

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TRACKING MACROS

PROTEIN

	CALS (G)	FAT (G)	CARBS (G)	FIBER (G)	NET CARBS (G)	PROTEIN (G)
Bacon, cooked, 2 medium slices	86	7	0	0	0	6
Lamb, boneless, cooked, 1oz	83	6	0	0	0	7
Duck, roasted, skin on, 1 oz	95	8	0	0	0	5
Pork roast, loin, cooked, 1 oz	70	4	0	0	0	8
Pork sausage, cooked, no sugar, 1 oz	76	6	0	0	0	6
Pork chops, lean, cooked, 1 oz	57	3	0	0	0	7
Pork ribs, roasted, plain, 1 oz	104	8	0	0	0	8
Pork shoulder, roasted, 1 oz	82	6	0	0	0	6
Beef, ground, 92% lean, cooked, 1oz	45	2	0	0	0	7
Beef steak, broiled or baked, 1 oz	71	4	0	0	0	8
Beef, chuck roast, cooked, 1 oz	74	4	0	0	0	9
Chicken breast, roasted/bkd, no skin, 1 oz	47	3	0	0	0	5
Chicken thigh, roasted, no skin, 1 oz	55	3	0	0	0	7
Clams, fresh, baked, 1 oz	39	2	1	0	1	4
Lobster, baked/steamed, 1 small	114	0	1.5	0	1.5	24
Crab, king, fresh, steamed, 1.5 oz	41	0	0	0	0	7.5
Egg whites, raw, large egg, 2 each	34	0	.5	0	.5	7
Egg, whole, large, plain, 1	72	5	0	0	0	6
Flounder/halibut/cod/sole, cooked, 1 oz	49	1	0	0	0	8.5
Salmon, cooked or fresh, 1 oz	39	1	0	0	0	7
Tuna, canned in water, 1 oz	33	0	0	0	0	7
Scallops, baked/broiled, 1 oz	38	1	1	0	0	6
Shrimps, steamed/boiled, 1 oz	39	1	0	0	0	8
Herring, pickled in wine, 1 piece (1"x1/2")	39	3	1.5	0	1.5	2
Ham, deli, lean, nitrate free best	35	1	1	0	1	5
Ham, spiral, 1 oz	53	3	1	0	1	5
Turkey, ground, cooked, 1 oz	66	3.5	0	0	0	7.5
Turkey breast, roasted, no skin, 1 oz	38	0	0	0	0	9
Turkey thigh, roasted, no skin, 1 oz	52	2	0	0	0	8
Turkey bacon, cooked, 2 medium slices	84	6	.5	0	.5	6.5
Turkey sausage, cooked, 1 link	41	2	0	0	0	5.5
Chicken sausage, cooked, 1 link	49	3	.5	0	.5	5

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.