

*Almond  
flour*

1/4 CUP  
3 NET CARBS

*Coconut  
flour*

1/4 CUP  
3 NET CARBS

*Chia  
Seeds*

1 TBSP  
1 NET CARB

*Splenda  
sugar*

2 TBSP  
3 NET CARBS

*Erythritol  
sugar*

1 TBSP  
0 NET CARBS

*Sweetie  
sugar*

1 TSP  
0 NET CARBS

*Flax  
seeds*

1 TBSP  
0.2 NET CARBS

*Cacao  
powder*

1 TBSP  
1.3 NET CARBS

*Cacao  
nibs*

1 TBSP  
1 NET CARBS

*Ketogenic  
daily macros*

CARBS: 5-10%  
FATS: 70-75%  
PROTEIN: 15-20%

*Xanthum  
gum*

1 TBSP  
0 NET CARBS

*Carbquick  
mix*

1/3 CUP  
2 NET CARBS