

Nutritional Facts for Robbin Wilson, Keto Consultant Meal Preps and Desserts

Breakfast

Keto Cinnamon Rolls

Nutrition Facts
Keto Cinnamon Rolls
Amount Per Serving (1 cinnamon roll)
Calories 302
Net Carbs 5g

Keto Blueberry/Krispy Kreme Donuts

Nutrition Facts
Keto Blueberry or Krispy Kreme Donuts
Amount Per Serving (1 donut)
Calories 285
Net Carbs 5g

Keto Waffles

Nutrition Facts
Keto Waffles
Amount Per Serving (1 waffle or 2 Chaffles)
Calories 434 Calories from Fat 373
Net Carbs 4g

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Keto Pancakes

Nutrition Facts
Keto Pancakes
Amount Per Serving (1 pancake)
Calories 192
Net Carbs 4g

Keto French Toast

Nutrition Facts
Keto French Toast
Amount Per Serving (1 slice)
Calories 237
Net Carbs 3g

Keto McGriddle Breakfast Sandwich

Nutrition Facts
Keto McGriddle
Amount Per Serving (1)
Calories 133
Net Carbs 6g

Regular Omelet w/ Bacon

Nutrition Facts
Omelet
Amount Per Serving (1)

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Calories 153
Net Carbs 2g

Egg White Omelet w/ Sausage

Nutrition Facts
Egg White Omelet
Amount Per Serving (1)
Calories 288
Net Carbs 3g

Keto Breakfast Tacos w/ Bacon

Keto Breakfast Tacos
Amount Per Serving (3 tacos)
Calories 552
Net Carbs 3g

Keto Breakfast Quesadillas

Nutrition Facts
Keto Breakfast Quesadillas
Amount Per Serving (1)
Calories 375
Net Carbs 5g

Keto Breakfast Burrito

Nutrition Facts

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Keto Breakfast Burrito
Amount Per Serving (1)
Calories 405
Net Carbs 6g

Cauliflower Hash Browns

Nutrition Facts
Cauliflower Hash Browns
Amount Per Serving (7)
Calories 140
Net Carbs 4g

Menu for the Week

Keto Chicken Fajita Quesadillas w/ Spanish Cauliflower Rice

Nutrition Facts
Keto Chicken Fajita Quesadilla w/ Spanish Cauliflower Rice
Amount Per Serving (4 pieces and 1 12 oz. container)
Calories 372
Net 8g

Cabbage Casserole

Nutrition Facts

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Cabbage Casserole
Amount Per Serving (1 32 oz container)
Calories 436
Net Carbs 4g

Keto Chicken Salad w/ Keto Crackers

Nutrition Facts
Keto Chicken Salad w/ Keto Crackers
Amount Per Serving (1 16 oz container and 1 package)
Calories 461
Net Carbs 5g

Bell Pepper Nachos

Nutrition Facts
Bell Pepper Nachos
Amount Per Serving (1 32 oz. container)
Calories 228
Net Carbs 4g

Sausage Dip Stuffed Bell Peppers

Nutrition Facts
Sausage Dip Stuffed Bell Peppers
Amount Per Serving (1 32 oz container)
Calories 356

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Net Carbs 10g

Salad w/ Grilled Chicken

Nutrition Facts
Grilled Chicken Salad
Amount Per Serving (1)
Calories 342
Net Carbs 13g

Salad w/ Fried Chicken

Nutrition Facts
Fried Chicken Salad
Amount Per Serving (1)
Calories 302
Net Carbs 6g

Taco Salad

Nutrition Facts
Taco Salad
Amount Per Serving (1)
Calories 487
Net Carbs 7g

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Cheeseburger Salad

Nutrition Facts
Cheeseburger Salad
Amount Per Serving (1)
Calories 415
Net Carbs 7g

Dessert

Keto Milk/White Chocolate Covered Strawberries

Nutrition Facts
Keto Milk/White Chocolate Covered Strawberries
Amount Per Serving (1)
Calories 75
Net Carbs 1g

Keto Milk/White Chocolate Almond Bark

Amount Per Serving (1)
Calories 107
Net Carbs 3g

DKeto Rice Crispy Treats

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Nutrition Facts
Keto Rice Crispy Treats
Amount Per Serving (1)
Calories 41
Net Carbs 4g

Keto Peach Cobbler/Nachos

Nutrition Facts
Keto Peach Cobbler
Amount Per Serving (1)
Calories 169
Net Carbs 10g

Keto "Banana" Cookie Pudding

Nutrition Facts
Keto Cookie Pudding
Amount Per Serving (1)
Calories 273
Net Carbs 2g

Keto "Banana" Pudding Cookies

Nutrition Facts
Keto Banana Pudding Cookies
Amount Per Serving (1)
Calories 111

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Net Carbs 6g

Keto Copycat Crumbl Chocolate Chip Cookie

Nutrition Facts
Keto Copycat Chocolate Chip Crumbl Cookie
Amount Per Serving (1)
Calories 164
Net Carbs 2g

Keto Copycat Pink Velvet Crumbl Cookie

Nutrition Facts
Keto Copycat Pink Velvet Crumbl Cookie
Amount Per Serving (1)
Calories 299
Net Carbs 4g

Keto Copycat Cornbread Crumbl Cookie

Nutrition Facts
Keto Copycat Cornbread Crumbl Cookie
Amount Per Serving (1)
Calories 350
Net Carbs 10.5 g

Keto Copycat Crumbl Birthday Cake Cookie

Nutrition Facts

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Keto Copycat Birthday Cake Crumbl Cookie
Amount Per Serving (1)
Calories 164
Net Carbs 2g

Keto Butter Pecan Chocolate Chip Cookies

Nutrition Facts
Keto Butter Pecan Chocolate Chip Cookies
Amount Per Serving (1 cookie)
Calories 143
Net Carbs 1g

Keto Cookies & Cream Cookies

Nutrition Facts
Keto Cookies & Cream Cookies
Amount Per Serving (1)
Calories 188
Net Carbs 2g

Keto Red Velvet Cake Slice/Bundt

Nutrition Facts
Keto Red Velvet Cake Slice/Bundt
Amount Per Serving (1)

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Calories 374
Net Carbs 4g

Keto Sugar Cookie Cake Slice/Bundt

Keto Sugar Cookie Cake
Amount Per Serving (1)
Calories 257
Net Carbs 4g

Keto Turtle Brownie Slice or Bundt

Nutrition Facts
Keto Turtle Brownie Slice or Bundt
Amount Per Serving (1)
Calories 290
Net Carbs 4g

Keto Vanilla Cake Slice/Bundt

Nutrition Facts
Keto Vanilla Cake
Amount Per Serving (1)
Calories 183
Net Carbs 3g

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Keto Carrot Cake Slice/Bundt

Keto Carrot Cake
Amount Per Serving (1)
Calories 162
Net Carbs 5g

Keto Lemon Icebox Pie

Keto Lemon Icebox Pie
Amount Per Serving (1)
Calories 377
Net Carbs 3g

pie

Keto Pecan

Keto Pecan Pie
Amount Per Serving (1 slice)
Calories 577
Net Carbs 4g

Meat

Baked Chicken Leg

Quarter

Baked Leg Quarter
Amount Per Serving (1)
Calories 12
Net Carbs 0g

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Grilled Chicken Breast

Nutrition Facts
Grilled Chicken Breast
Amount Per Serving (1)
Calories 147
Net Carbs 0g

Keto Fried Chicken Breast/Strips

Nutrition Facts
Keto Fried Chicken Breast
Amount Per Serving (1)
Calories 364
Net Carbs 1g

Blackened Tilapia

Nutrition Facts
Blackened Tilapia
Amount Per Serving (1)
Calories 110
Net Carbs 1g

Salmon

Nutrition Facts
Alaskan Salmon

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Amount Per Serving (1)
Calories 310
Net Carbs 2g

Blackened Catfish

Nutrition Facts
Blackened Catfish
Amount Per Serving (1)
Calories 181
Net Carbs 1g

Grilled Porkchop

Grilled Porkchop
Amount Per Serving (1)
Calories 145
Fat 5g
Carbohydrates 0g
Fiber 0g
Protein 24g

Keto Fried Porkchop

Nutrition Facts
Keto Fried Porkchop

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Amount Per Serving (1)
Calories 340
Net Carbs 3g

Grilled Steak

Nutrition Facts
Grilled Steak
Amount Per Serving (1)
Calories 213
Net Carbs 0g

Sides

Cauliflower Mac and Cheese

Nutrition Facts
Cauliflower Mac and Cheese
Amount Per Serving (1 cup)
Calories 360
Net Carbs 5g

Cauliflower Mashed Potatoes

Cauliflower Mashed Potatoes
Amount Per Serving (1 cup)
Calories 177
Net Carbs 4g

Cabbage

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Nutrition Facts
Cabbage
Amount Per Serving (1 cup)
Calories 35
Net Carbs 4g

Carrots

Nutrition Facts
Carrots
Amount Per Serving (1/2 cup)
Calories 23
Net Carbs 3g

Broccoli

Nutrition Facts
Broccoli
Amount Per Serving (1 cup)
Calories 52
Carbohydrates 4g

Green Beans

Nutrition Facts
Green Beans
Amount Per Serving (1 cup)

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Calories 28
Net Carbs 3g

Vegetable Medley

Nutrition Facts
Vegetable Medley
Amount Per Serving (1 cup)
Calories 33
Net Carbs 4g

Spinach

Spinach
Amount Per Serving (1 cup)
Calories 90
Net Carbs 2g

Creamy Spinach

Nutrition Facts
Creamy Spinach
Amount Per Serving (1 cup)
Calories 80
Net Carbs 4g

Asparagus

Nutrition Facts
Asparagus

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Amount Per Serving (5 spears)
Calories 17
Net Carbs 1g

Zucchini & Squash

Nutrition Facts
Zucchini & Squash
Amount Per Serving (11 pieces)
Calories 15
Net Carbs 2g

Side Salad

Nutrition Facts
Side Salad
Amount Per Serving (1 cup)
Calories 41
Net Carbs 2g

Corn

Nutrition Facts
Corn
Amount Per Serving (1 cup)
Calories 148
Net Carbs 29g

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Black Beans

Nutrition Facts
Black Beans
Amount Per Serving (1 cup)
Calories 227
Net Carbs 26g

Brown Rice

Nutrition Facts
Brown Rice
Amount Per Serving (1 cup)
Calories 248
Net Carbs 48g

Cauliflower Rice

Nutrition Facts
Cauliflower Rice
Amount Per Serving (1 cup)
Calories 43
Net Carbs 3g

Yellow Rice

Nutrition Facts
Yellow Rice
Amount Per Serving (1 cup)

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Calories 576
Net Carbs 129g

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