

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

**Breakfast**

**Keto Cinnamon Rolls**

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

**Keto Blueberry/Krispy Kreme Donuts**

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

**Keto Waffles**

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

Robbin Wilson, Keto Consultant

**Keto Pancakes**

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

**Keto French Toast**

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

**Keto McGriddle Breakfast Sandwich**

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

**Regular Omelet w/ Bacon**

<b>Nutrition Facts</b>
Omelet
<b>Amount Per Serving (1)</b>

Robbin Wilson, Keto Consultant

<b>Calories</b> 153
<b>Net Carbs</b> 2g

**Egg White Omelet w/ Sausage**

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

**Keto Breakfast Tacos w/ Bacon**

Keto Breakfast Tacos
<b>Amount Per Serving</b> (3 tacos)
<b>Calories</b> 552
<b>Net Carbs</b> 3g

**Keto Breakfast Quesadillas**

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

**Keto Breakfast Burrito**

<b>Nutrition Facts</b>
------------------------

Robbin Wilson, Keto Consultant

Keto Breakfast Burrito
Amount Per Serving (1)
<b>Calories</b> 405
<b>Net Carbs</b> 6g

**Cauliflower Hash Browns**

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

*Menu for the Week*

**Keto/ Low Carb Meatball Casserole w/ Green Beans**

<b>Nutrition Facts</b>
<b>Keto/Low Carb Meatball Casserole w/ Green Beans</b>
Amount Per Serving (1 32 oz container and 1 12 oz. container)
<b>Calories</b> 471
<b>Net</b> 11g

**Creamy Crack Chicken w/ Green Beans**

<b>Nutrition Facts</b>
------------------------

Ashlin Wilson, Keto Consultant

<b>Creamy Crack Chicken w/ Green Beans</b>
Amount Per Serving (1 32 oz container and 1 12 oz)
<b>Calories 436</b>
<b>Net Carbs 6g</b>

**Keto BBQ/Lemon Pepper Wings w/ Bacon Stuffed Jalapenos**

<b>Nutrition Facts</b>
Keto BBQ/Lemon Pepper Wings w/ Bacon Stuffed Jalapenos
Amount Per Serving (5 wings and 4 pieces)
<b>Calories 379</b>
<b>Net Carbs 4g</b>

**Keto Chicken Bacon Spinach Alfredo Pizza**

<b>Nutrition Facts</b>
Keto Chicken Bacon Spinach Alfredo Pizza
Amount Per Serving (4 pieces)
<b>Calories 713</b>
<b>Net Carbs 15g</b>

**Keto Beef Empanadas**

<b>Nutrition Facts</b>
Keto Beef Empanadas
Amount Per Serving (2 pieces)

Robbin Wilson, Keto Consultant

<b>Calories 406</b>
<b>Net Carbs 4g</b>

**Salad w/ Grilled Chicken**

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

**Salad w/ Fried Chicken**

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

**Taco Salad**

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

Robbin Wilson, Keto Consultant

**Cheeseburger Salad**

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

**Dessert**

**Keto Milk/White Chocolate Covered Strawberries**

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

**Keto Milk/White Chocolate Almond Bark**

Amount Per Serving (1)
<b>Calories</b> 107
<b>Net Carbs</b> 3g

**DKeto Rice Crispy Treats**

Robbin Wilson, Keto Consultant

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

**Keto Peach Cobbler/Nachos**

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

**Keto "Banana" Cookie Pudding**

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

**Keto "Banana" Pudding Cookies**

<b>Nutrition Facts</b>
Keto Banana Pudding Cookies
<b>Amount Per Serving (1)</b>
<b>Calories</b> 111

Robbin Wilson, Keto Consultant



**Net Carbs 6g**

**Keto Copycat Crumbl Chocolate Chip Cookie**

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

**Keto Copycat Pink Velvet Crumbl Cookie**

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

**Keto Copycat Cornbread Crumbl Cookie**

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

**Keto Copycat Crumbl Birthday Cake Cookie**

<b>Nutrition Facts</b>
------------------------

Robbin Wilson, Keto Consultant

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

**Keto Butter Pecan Chocolate Chip Cookies**

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

**Keto Cookies & Cream Cookies**

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

**Keto Red Velvet Cake Slice/Bundt**

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

Robbin Wilson, Keto Consultant

<b>Calories</b> 374
<b>Net Carbs</b> 4g

**Keto Sugar Cookie Cake Slice/Bundt**

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

**Keto Turtle Brownie Slice or Bundt**

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

**Keto Vanilla Cake Slice/Bundt**

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

Robbin Wilson, Keto Consultant

### **Keto Carrot Cake Slice/Bundt**

Keto Carrot Cake
<b>Amount Per Serving (1)</b>
<b>Calories 162</b>
<b>Net Carbs 5g</b>

### **Keto Lemon Icebox Pie**

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

pie

### **Keto Pecan**

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

### **Meat**

#### **Baked Chicken Leg**

#### **Quarter**

Baked Leg Quarter
<b>Amount Per Serving (1)</b>
<b>Calories 12</b>
<b>Net Carbs 0g</b>

**Grilled Chicken Breast**

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

**Keto Fried Chicken Breast/Strips**

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

**Blackened Tilapia**

<b>Nutrition Facts</b>
Blackened Tilapia
Amount Per Serving (1)
<b>Calories</b> 110
<b>Net Carbs</b> 1g

**Salmon**

<b>Nutrition Facts</b>
Alaskan Salmon

Robbin Wilson, Keto Consultant

<b>Amount Per Serving (1)</b>
<b>Calories</b> 310
<b>Net Carbs</b> 2g

**Blackened Catfish**

<b>Nutrition Facts</b>
Blackened Catfish
<b>Amount Per Serving (1)</b>
<b>Calories</b> 181
<b>Net Carbs</b> 1g

**Grilled Porkchop**

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

**Keto Fried Porkchop**

<b>Nutrition Facts</b>
Keto Fried Porkchop

Robbin Wilson, Keto Consultant

<b>Amount Per Serving (1)</b>
<b>Calories</b> 340
<b>Net Carbs</b> 3g

**Grilled Steak**

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

**Sides**

**Cauliflower Mac and Cheese**

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

**Cauliflower Mashed Potatoes**

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

**Cabbage**

Robbin Wilson, Keto Consultant

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

**Carrots**

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

**Broccoli**

<b>Nutrition Facts</b>
Broccoli
<b>Amount Per Serving (1 cup)</b>
<b>Calories 52</b>
<b>Carbohydrates 4g</b>

**Green Beans**

<b>Nutrition Facts</b>
Green Beans
<b>Amount Per Serving (1 cup)</b>

Robbin Wilson, Keto Consultant



<b>Calories</b> 28
<b>Net Carbs</b> 3g

### Vegetable Medley

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

### Spinach

Spinach
<b>Amount Per Serving</b> (1 cup)
<b>Calories</b> 90
<b>Net Carbs</b> 2g

### Creamy Spinach

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

### Asparagus

<b>Nutrition Facts</b>
Asparagus

Robbin Wilson, Keto Consultant

<b>Amount Per Serving (5 spears)</b>
<b>Calories</b> 17
<b>Net Carbs</b> 1g

**Zucchini & Squash**

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

**Side Salad**

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

**Corn**

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

Robbin Wilson, Keto Consultant

**Black Beans**

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

**Brown Rice**

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

**Cauliflower Rice**

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

**Yellow Rice**

<b>Nutrition Facts</b>
Yellow Rice
Amount Per Serving (1 cup)

Robbin Wilson, Keto Consultant

<b>Calories</b> 576
<b>Net Carbs</b> 129g

**Robbin Wilson, Keto Consultant**