

KETO NUTRITIONAL COMPARISON

Daily Caloric & Macro-Nutrient Intake Tracking

DAILY GOAL **2,000 kcal**
NET CARB LIMIT **25g**
FAT TARGET **70-75%**

FOOD CATEGORY	STANDARD (AVG)	KETO CHOICE	CALORIE DIFF.	NET CARBS
Grains & Bases				
White Rice (1 cup)	205 kcal	Cauliflower Rice	-180 kcal	3g
Pasta (1 cup)	220 kcal	Zucchini Noodles	-200 kcal	4g
Proteins				
Breaded Chicken	320 kcal	Grilled Thighs	-80 kcal	0g
Lean Turkey	135 kcal	Ribeye Steak	+150 kcal	0g

FOOD CATEGORY	STANDARD (AVG)	KETO CHOICE	CALORIE DIFF.	NET CARBS
Snacks & Sides				
Potato Chips	150 kcal	Pork Rinds	-70 kcal	0g
Fruit Yogurt	170 kcal	Greek Yogurt/Nut	-20 kcal	5g

Template ID: KETO-2024-MIN *Values based on standard serving sizes Date: _____