

KETO BREAKFAST REFERENCE

PROTEINS

- Whole Eggs **0.6g**
 - Bacon Strips **0g**
 - Sausage Patties **1g**
 - Smoked Salmon **0g**
 - Ground Turkey **0g**
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HEALTHY FATS

- Avocado (Half) **2g**
 - Grass-fed Butter **0g**
 - Coconut Oil **0g**
 - MCT Oil **0g**
 - Olive Oil **0g**
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DAIRY & ALTERNATIVES

- Greek Yogurt (Full Fat) **4g**
 - Cottage Cheese **3g**
 - Heavy Cream **0.4g**
 - Almond Milk (Unsweet) **1g**
 - Hard Cheeses **0.5g**
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QUICK ADD-INS

- Chia Seeds (1 tbsp) **1g**
 - Walnuts **2g**
 - Spinach (1 cup) **1g**
 - Raspberries (1/4 cup) **1.5g**
 - Hemp Hearts **1g**
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* Net carbs listed per standard serving size. Always check specific labels.