

LOW CARB BREAKFAST SELECTION

Net Carbs Per Serving (Estimated)

PROTEINS & EGGS

- Two Large Eggs (Any Style) **0.8g**
- Smoked Salmon (3 oz) **0g**
- Crispy Bacon (3 strips) **0.1g**
- Turkey Sausage **1g**
- Tofu Scramble **2g**

DAIRY & ALTERNATIVES

- Greek Yogurt (Full Fat, Plain) **4g**
- Cottage Cheese (1/2 cup) **3.5g**
- Almond Milk (Unsweetened) **1g**
- Hard Cheeses (1 oz) **0.5g**

VEGETABLES & FATS

- Half Avocado **2g**
- Sauteed Spinach (1 cup) **1g**
- Sliced Mushrooms **1.5g**
- Handful of Walnuts **2g**

QUICK PICK OPTIONS

- Chia Seed Pudding **3g**
- Flaxseed Porridge **2g**
- Hard Boiled Egg Box **1g**
- Keto Coffee (Fats only) **0g**

Note: All values are approximate net carbs. Check specific brand labels for accuracy.