

### KETO DIET QUICK GUIDE Nuts & Seeds & Snacks

Food	Serving Size	Calories	Protein/g	Fat/g	NetCarb/g
Almonds	2.5 ounces (71g)	724	6	114	2.9
Almond meal/flour	1/4 cup (57g)	724	6	114	2.9
Almond milk	1 ounce (29g)	144	4.4	11	0
Macadamia	1/2 pound (113g)	1554	2.3	143	1.9
Macadamia nut	4 macadamia (4g)	110	1	11	0.4
Peanut	1/2 pound (113g)	158	1.9	100	0.9
Peanut butter	1/4 cup (57g)	497	7	74	1.3
Pistachio	1/4 cup (57g)	278	7	24	0
Pumpkin seeds	1 ounce (28g)	144	4.1	14	0.1
Sunflower	1 ounce (28g)	165	5	14	0
Walnut	1 ounce (28g)	185	4	18	1
Walnut meal/flour	1/4 cup (57g)	740	8	114	3
Coconut seeds	1 ounce (28g)	140	3.3	10	0
Coconut meal/flour	1/4 cup (57g)	740	8	114	3
Coconut oil	1/4 cup (57g)	450	0	100	0
Coconut milk	1/4 cup (57g)	130	4	12	0
Pork Rinds	10 pieces (14g)	60	7	0	0
<b>Total</b>	<b>1.5 cups (426g)</b>	<b>664</b>	<b>13</b>	<b>63</b>	<b>3.2</b>

### KETO DIET QUICK GUIDE Meats

Food	Serving Size	Calories	Protein/g	Fat/g	NetCarb/g
Beef	1 ounce (28g)	100	10	10	0
Chicken	1 ounce (28g)	100	10	10	0
Pork	1 ounce (28g)	100	10	10	0
Salmon	1 ounce (28g)	100	10	10	0
Shrimp	1 ounce (28g)	100	10	10	0
Turkey	1 ounce (28g)	100	10	10	0
<b>Total</b>	<b>6 ounces (168g)</b>	<b>600</b>	<b>60</b>	<b>60</b>	<b>0</b>

### KETO DIET QUICK GUIDE Dairy

Food	Serving Size	Calories	Protein/g	Fat/g	NetCarb/g
Butter	1 ounce (28g)	100	0	10	0
Heavy cream	1 ounce (28g)	100	0	10	0
Cheddar	1 ounce (28g)	100	0	10	0
Swiss	1 ounce (28g)	100	0	10	0
Blue cheese	1 ounce (28g)	100	0	10	0
Prosciutto	1 ounce (28g)	100	0	10	0
<b>Total</b>	<b>6 ounces (168g)</b>	<b>600</b>	<b>0</b>	<b>60</b>	<b>0</b>

### KETO DIET QUICK GUIDE Eggs

Food	Serving Size	Calories	Protein/g	Fat/g	NetCarb/g
Egg	1 egg (50g)	70	6	5	0
Whisked egg	1 egg (50g)	70	6	5	0
Hard-boiled egg	1 egg (50g)	70	6	5	0
Soft-boiled egg	1 egg (50g)	70	6	5	0
Scrambled egg	1 egg (50g)	70	6	5	0
<b>Total</b>	<b>6 eggs (300g)</b>	<b>420</b>	<b>36</b>	<b>30</b>	<b>0</b>

### KETO DIET QUICK GUIDE Oils

Food	Serving Size	Calories	Protein/g	Fat/g	NetCarb/g
Avocado	1 ounce (28g)	100	0	10	0
Coconut oil	1 ounce (28g)	100	0	10	0
Flaxseed oil	1 ounce (28g)	100	0	10	0
Walnut oil	1 ounce (28g)	100	0	10	0
<b>Total</b>	<b>4 ounces (112g)</b>	<b>400</b>	<b>0</b>	<b>40</b>	<b>0</b>

### KETO DIET QUICK GUIDE Beverages

Food	Serving Size	Calories	Protein/g	Fat/g	NetCarb/g
Water	1 cup (240g)	0	0	0	0
Black coffee	1 cup (240g)	0	0	0	0
Tea	1 cup (240g)	0	0	0	0
<b>Total</b>	<b>3 cups (720g)</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>

### KETO DIET QUICK GUIDE Condiments & Sauces & Dressings

Food	Serving Size	Calories	Protein/g	Fat/g	NetCarb/g
Mayo	1 ounce (28g)	100	0	10	0
Hot sauce	1 ounce (28g)	100	0	10	0
Mustard	1 ounce (28g)	100	0	10	0
<b>Total</b>	<b>3 ounces (84g)</b>	<b>300</b>	<b>0</b>	<b>30</b>	<b>0</b>

### KETO DIET QUICK GUIDE Meats

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Beef	1 ounce (28g)	100	10	10	0
Chicken	1 ounce (28g)	100	10	10	0
Pork	1 ounce (28g)	100	10	10	0
Salmon	1 ounce (28g)	100	10	10	0
Shrimp	1 ounce (28g)	100	10	10	0
Turkey	1 ounce (28g)	100	10	10	0
<b>Total</b>	<b>6 ounces (168g)</b>	<b>600</b>	<b>60</b>	<b>60</b>	<b>0</b>

### KETO DIET QUICK GUIDE Fats & Oils & Dressings

Food	Serving Size	Calories	Protein/g	Fat/g	NetCarb/g
Butter	1 ounce (28g)	100	0	10	0
Heavy cream	1 ounce (28g)	100	0	10	0
Cheddar	1 ounce (28g)	100	0	10	0
Swiss	1 ounce (28g)	100	0	10	0
Blue cheese	1 ounce (28g)	100	0	10	0
Prosciutto	1 ounce (28g)	100	0	10	0
<b>Total</b>	<b>6 ounces (168g)</b>	<b>600</b>	<b>0</b>	<b>60</b>	<b>0</b>

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Hard-boiled egg	1 egg (50g)	70	6	5	0
Soft-boiled egg	1 egg (50g)	70	6	5	0
Scrambled egg	1 egg (50g)	70	6	5	0
<b>Total</b>	<b>6 eggs (300g)</b>	<b>420</b>	<b>36</b>	<b>30</b>	<b>0</b>

### 21 DAY KETO DIET CONTROL

DAY	Month						Total	Average (CAL./DAY)
	Jan	Feb	Mar	Apr	May	Jun		
WEEK 1								
WEEK 2								
WEEK 3								
<b>21 DAY Total (CAL.):</b>								

## Days Portion

**Michael Levi Rodkinson, Isaac Mayer  
Wise, Godfrey Taubehaus**

## Days Portion:

**The Book of Prayer and Order of Service** Jews,1901      **School Days at Saxonhurst** Percy Fitzgerald,1907

**Exodus (ESV Edition)** Philip Graham Ryken,2016-02-26 In this expository commentary on the book of Exodus Philip Graham Ryken mines the story of Israel s escape from Egypt for knowledge of God s character and instruction for his followers Theologically instructive and decidedly pastoral this commentary leads readers to rejoice at God s work in the life of every person who follows him on the path to spiritual freedom Ryken skillfully relates how the Israelites deliverance from slavery anticipated the salvation accomplished in Jesus Christ proving that God remembers his covenant and always delivers on his promises For those who preach teach and study God s Word this book is more than just a commentary it is a celebration of God s faithfulness The book of Daniel abounds with powerful imagery showcasing God s unmatched glory and wise plan for the future In this accessible commentary pastor Rodney Stortz highlights the coming triumph of God s kingdom offering pastors and Bible teachers a resource to help them explain and apply Daniel s message to Christians today Stortz s careful exegesis and perceptive applications focus on personal holiness the wisdom and power of God and the importance of Daniel s prophecies concerning the Messiah and the Antichrist In addition this commentary looks to the New Testament to shed light on Daniel s prophecies about the future Part of the Preaching the Word series      **Tracts Shekalim and Rosh**

**Hashana, Hebrew and English** Michael Levi Rodkinson,Isaac Mayer Wise,Godfrey Taubehaus,1918      **Internal Revenue Bulletin** United States. Internal Revenue Service,2009      **Experiment Station Record** United States. Office of Experiment Stations,1914

**Illuminating in Micrography** Dalia-Ruth Halperin,2013-06-17 In Illuminating in Micrography Dalia Ruth Halperin analyzes the Catalan Micrography Ma zor a fourteenth century Barcelonan manuscript in Israel s National Library Decorated with micrography the Jewish scribal art typical of Bible manuscripts this ma zor which includes a rich full page panel micrography cycle is unique Along with the codicological and paleographical analysis essential for understanding the scribe s thought and working processes the author s meticulous reading of the micrography text reveals the scribe s textual editing and manipulations Decoding his writing flow and sequences revealed a close association between the penned text and the images formed which reflect a Jewish theosophical theurgical cycle Evidence of the scribe s association with the renowned Bassa atelier enhances our knowledge of the cultural economic and ethnic realities of the time

**GAishúlos@. Æschylus, recens. J. Scholefield. [With] Appendix** Æschylus,1828      **Annual Statistics of Manufactures** Massachusetts. Bureau of Statistics of Labor,1908      **Publications** Washington (State) University. Puget Sound Biological Station,1928      **The Thirty-ninth Regiment Massachusetts Volunteers, 1862-1865** Alfred Seelye Roe,1914      **Works, ed. by D.S. Meldrum** John Galt,1895      **Preservation Or Assimilation?** Judah Leo Landau,1917

**Portion Sizes and Day's Intakes of Selected Foods** Eleanor M. Pao,Marguerite C. Burk,1975      **The Greater Men and Women of the Bible** James Hastings,1914      **Littell's Living Age** Eliakim Littell,Robert S. Littell,1889      **Diligently**

**Compared** Millar Burrows, 1964      **The Japan Daily Mail**, 1893      Annual Report of the Board of Managers of the New  
York Produce Exchange ... New York Produce Exchange, 1893      **Journal of Industrial and Engineering Chemistry**, 1922

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