

# BEYOND SIMPLY KETO MACROS CORRECTIONS

## PUMPKIN PECAN PANCAKES (pg 100)

PER SERVING (WITHOUT BUTTER OR SYRUP):

CALORIES 293 · FAT 25g · PROTEIN 11g · TOTAL CARBS 15g · FIBER 4g · ERYTHRITOL 6g · NET CARBS 5g

## BAKED SCOTCH EGGS (pg 104)

PER SERVING:

CALORIES 388 · FAT 32g · PROTEIN 24g · TOTAL CARBS 2g · FIBER 1g · NET CARBS 1g

## EVERYTHING BAGELS (pg 106)

PER SERVING:

CALORIES 426 · FAT 33g · PROTEIN 23g · TOTAL CARBS 10g · FIBER 5g · NET CARBS 5g

## LEMON BLUEBERRY SCONES (pg 114)

PER SERVING:

CALORIES 179 · FAT 15g · PROTEIN 7g · TOTAL CARBS 12g · FIBER 3g · ERYTHRITOL 6g · NET CARBS 3g

## JESS'S KETO COFFEE CAKE (pg 120)

PER SERVING:

CALORIES 360 · FAT 34g · PROTEIN 9g · TOTAL CARBS 21g · FIBER 3g · ERYTHRITOL 14g · NET CARBS 4g

## ITALIAN WEDDING SOUP (pg 144)

PER SERVING:

CALORIES 369 · FAT 24g · PROTEIN 33g · TOTAL CARBS 5g · FIBER 1g · NET CARBS 4g

## LAMB FETA MEATBALLS WITH MINT YOGURT SAUCE (pg 154)

PER SERVING:

CALORIES 227 · FAT 16g · PROTEIN 17g · TOTAL CARBS 3g · FIBER 1g · NET CARBS 2g

## MINI SPINACH SOUFFLÉS (pg 166)

PER SERVING:

CALORIES 170 · FAT 14g · PROTEIN 8g · TOTAL CARBS 3g · FIBER 1g · NET CARBS 2g

## MEATLOAF MUFFINS (pg 206)

PER SERVING:

CALORIES 247 · FAT 16g · PROTEIN 22g · TOTAL CARBS 5g · FIBER 2g · NET CARBS 3g

## CHOCOLATE-COATED COOKIE DOUGH BITES (pg 274)

PER SERVING:

CALORIES 245 · FAT 24g · PROTEIN 4g · TOTAL CARBS 24g · FIBER 8g · ERYTHRITOL 10g · NET CARBS 6g

## MINI PUMPKIN PIES (pg 282)

PER SERVING:

CALORIES 98 · FAT 8g · PROTEIN 3g · TOTAL CARBS 14g · FIBER 2g · ERYTHRITOL 9g · NET CARBS 3g

## OLIVIA'S SNICKERDOODLES (pg 286)

PER SERVING:

CALORIES 141 · FAT 13g · PROTEIN 3g · TOTAL CARBS 8g · FIBER 2g · ERYTHRITOL 4.5g · NET CARBS 1.5g

## LEMON BARS (pg 288)

PER SERVING:

CALORIES 146 · FAT 13g · PROTEIN 5g · TOTAL CARBS 19g · FIBER 2g · ERYTHRITOL 15g · NET CARBS 2g