

# Keto Take and Bake Meals

## Keto Bacon Cheeseburger Casserole

**Ingredients:** Beef, bacon, onion, garlic, pickles, cream cheese, worcestershire sauce, eggs, mustard, heavy whipping cream, cheddar cheese, mozzarella cheese, burger seasoning, salt, pepper.

**Nutritional Information (per serving):** 531.36 calories, Total Fat 44.3 g, Protein 26.31g, Carbs 6.78, Fiber .59g, Net Carbs 6.19

# Sides

## Keto Bread Rolls

**Ingredients:** Baking Powder, keto buttermilk, almond flour, cream cheese, mozzarella cheese eggs, coconut flour, baking soda, salt

**Nutritional Information per roll:** Calories 216, Total Fat 19.77 Carbs 5.89, Protein 12.14g, Fiber 3.28 Net Carbs 2.61

## Keto Garlic Biscuits

**Ingredients:** almond flour, sour cream, butter, cheddar cheese, salt, baking powder, garlic powder, onion powder, eggs

**Nutritional Information per biscuit:** Calories 216, Protein 7g, Fat 19g, Carbs 5g, Fiber 2g, Net carbs: 3g

## Salad bowl

**Ingredients:** Mixed greens, cherry tomatoes, feta cheese

**Nutritional Information per serving:** Calories 52.9, Total fat 3.18g, Protein 3g, Carbs 3.8g, Fiber 1.14 g Net carbs 2.66

# Desserts

## Keto Chocolate Chip Cookies

**Ingredients:** almond flour, lupin flour, sugar free chocolate chips, salt, golden monk fruit butter, eggs, baking powder, baking soda, vanilla,

**Nutritional Information per cookie:** Calories 162.75, Fat 15.6g, Protein 3.75g, Net Carbs 1.25g

## Keto Snickerdoodle Cookies

**Ingredients:** almond flour, coconut flour, xanthan gum, vanilla, monk fruit, egg, baking soda, cream of tartar, salt, cinnamon

**Nutritional Information per cookie:** Calories 69.9, Total Fat 6.61 g, Carbs 1.5g,  
Protein 1.45g, Fiber .8 g, Net Carbs .7

Keto Chocolate Covered Cheesecake bars:

**Ingredients:** cream cheese, vanilla, strawberry extract, vanilla extract, butter,  
heavy whipping cream, eggs, almond flour, monk fruit

**Nutritional Information per bar:** Calories 397, Total fat 40.4g , Fiber 22.7g, Protein 7.5g,  
Total Net Carbs 2.5