

LONO'S KETO MEALS

ENTRÉES \$9

#1. Keto Zucchini Lasagna calories 395, fat 24.5g, net carbs 6.5g, and protein 29g

#3. Keto Jambalaya with Cauliflower Rice 422 calories, fat 24.9g, net carbs 5.7g, and protein 31g

#5. Keto Chicken Broccoli Casserole 493 calories, fat 34.7g, net carbs 4.8g, and protein 27g

#7. Keto Queso Smothered Chicken 571 calories, fat 33g, net carbs 3.7g, and protein 34g

#9. Caramelized Onion & Bacon-smothered Pork Chop 353 calories, fat 18g, net carbs 5.1g, and protein 37g

#2. Keto Garlic Pork Tenderloin 225 calories, fat 12g, net carbs 1.5g, and protein 33g

#4. Mexican Cauliflower Rice Skillet 352 calories, fat 21.7g, net carbs 5g, and protein 30g

#6. Keto Jalapeno Cheddar Meatloaf 410 calories, fat 29g, net carbs 1.7g, and protein 32g

#8. Keto Chili Mac and Cheese 305 calories, fat 20.2g, net carbs 3.4g, and protein 23g

#10. Brown Butter Old Bay Wings 488 calories, fat 35.2g, net carbs 1.65g, and protein 40g

SIDES \$3.50 WITH MAIN ENTRÉE OR \$5.00 INDIVIDUALLY

#1. Harissa Cauliflower (Spicy) 68 calories, fat 4.7g, net carbs 3.2g, and protein 2.1g

#3. Green beans with Bacon 122 calories, fat 7g, net carbs 6g, and protein 4g

#5. Roasted Asparagus 86 calories, fat 7g, net carbs 2g, and protein 2g

#7. Keto Israeli Salad 175 calories, fat 14g, net carbs 8.3g, and protein 2.4g

#9. Creamed Spinach 274 calories, fat 27g, net carbs 4g, and protein 4g

#2. Crispy Brussels Topped with Parmesan 103 calories, fat 8g, net carbs 4.4g, and protein 4.5g

#4. Mushrooms with Bacon 120 calories, fat 9g, net carbs 5g, and protein 6g

#6. Cilantro Lime Slaw 167 calories, fat 16g, net carbs 2.6g, and protein 1g

#8. Ratatouille 78 calories, fat 3g, net carbs 7g, and protein 1g

#10. Roasted Broccoli & Cauliflower 99 calories, fat 8g, net carbs 3g, and protein 4g