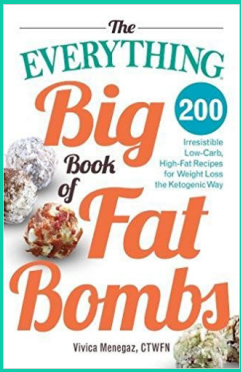


**SUPPLEMENTAL PDF**  
*with*

**MACRO  
CORRECTIONS**

**by Vivica Menegaz**

**THENOURISHEDCAVEMAN.COM**



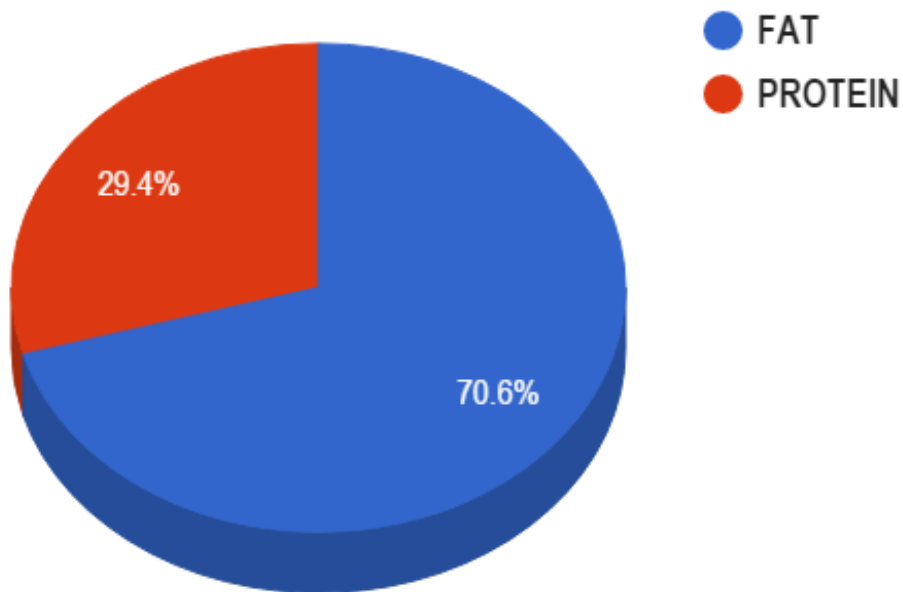
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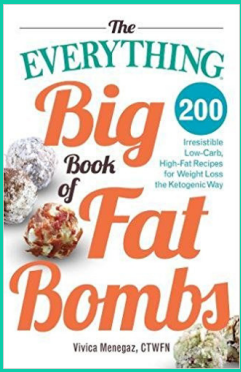
# Smoked Salmon and Creme Fraiche Roll-Ups

CALORIES 145

MACROS	FAT	PROTEIN	FIBER	NET CARBS	CARBS
(GRAMS)	12	5	0	0	0

MACRO BREAKDOWN





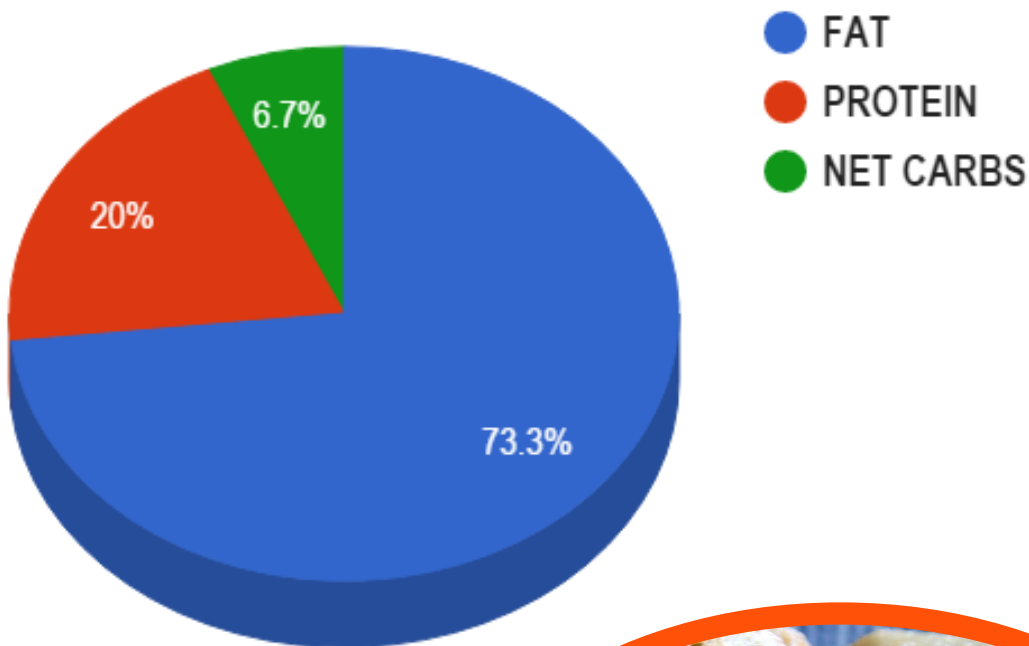
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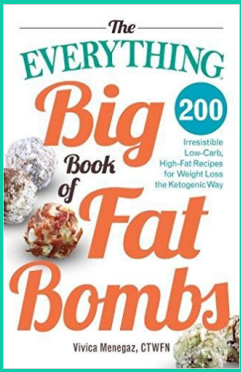
# Mediterranean Roll-Ups

CALORIES 120

MACROS	FAT	PROTEIN	FIBER	NET CARBS	CARBS
(GRAMS)	11	3	0	1	1

MACRO BREAKDOWN





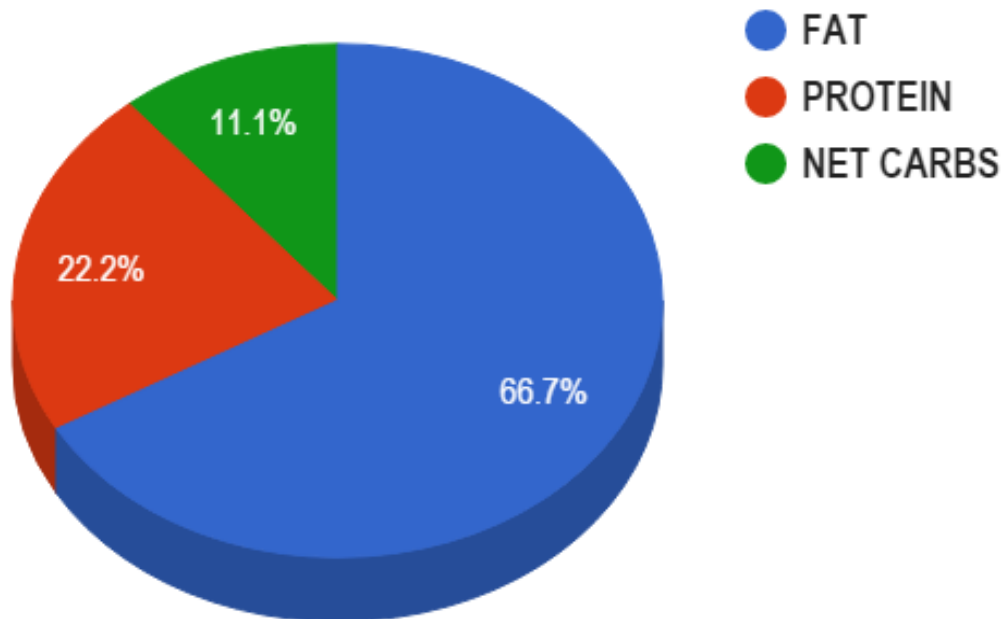
PAGE  
72A

# Salami and Olive Roll-Ups

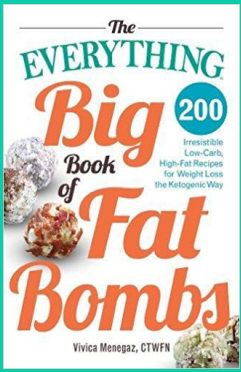
CALORIES 204

MACROS	FAT	PROTEIN	FIBER	NET CARBS	CARBS
(GRAMS)	18	6	0	3	3

MACRO BREAKDOWN







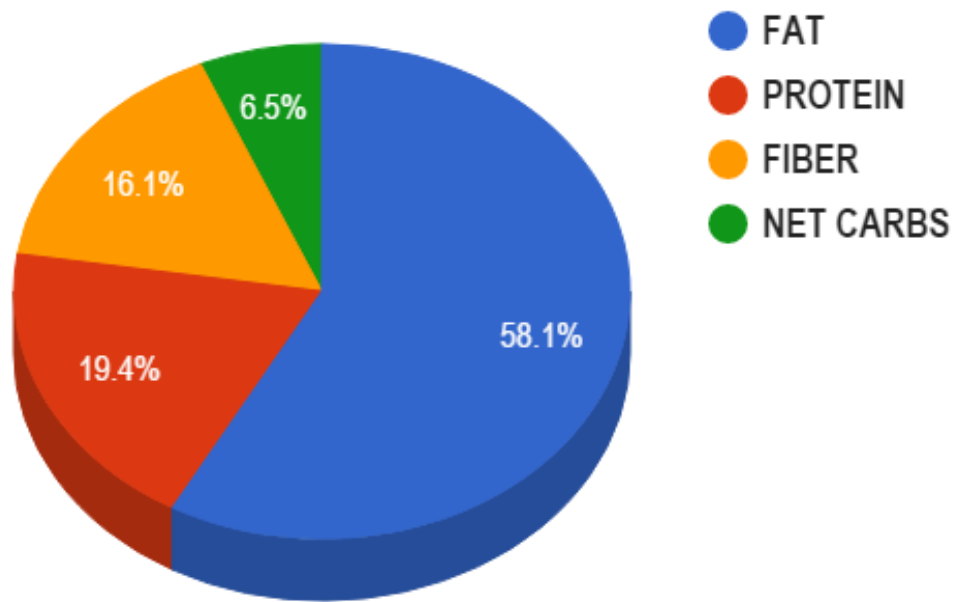
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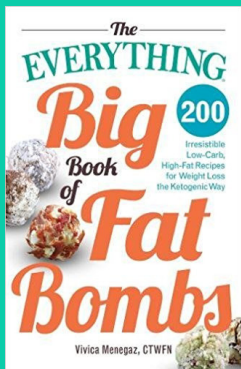
# Creamy Rosemary and Prosciutto Baked Avocado

CALORIES 200

MACROS	FAT	PROTEIN	FIBER	NET CARBS	CARBS
(GRAMS)	18	6	5	2	7

MACRO BREAKDOWN





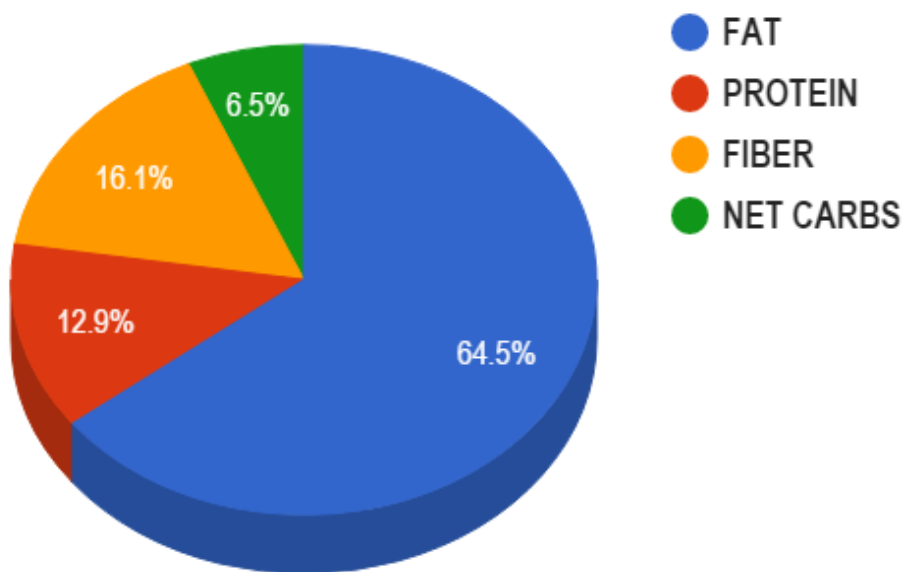
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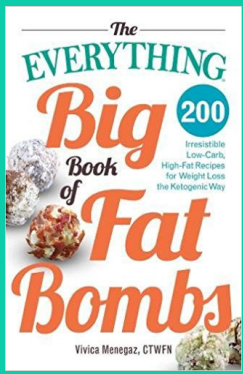
# Baked Avocado With Blue Cheese

CALORIES 214

MACROS	FAT	PROTEIN	FIBER	NET CARBS	CARBS
(GRAMS)	20	4	5	2	7

MACRO BREAKDOWN





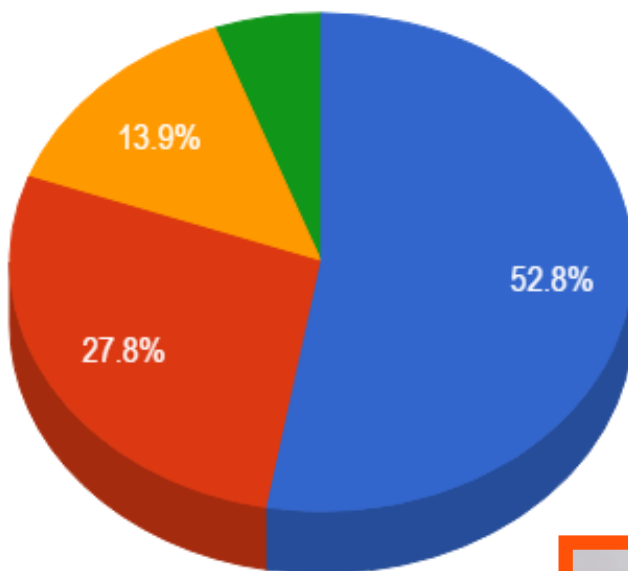
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# Baked Avocado With Egg and Brie

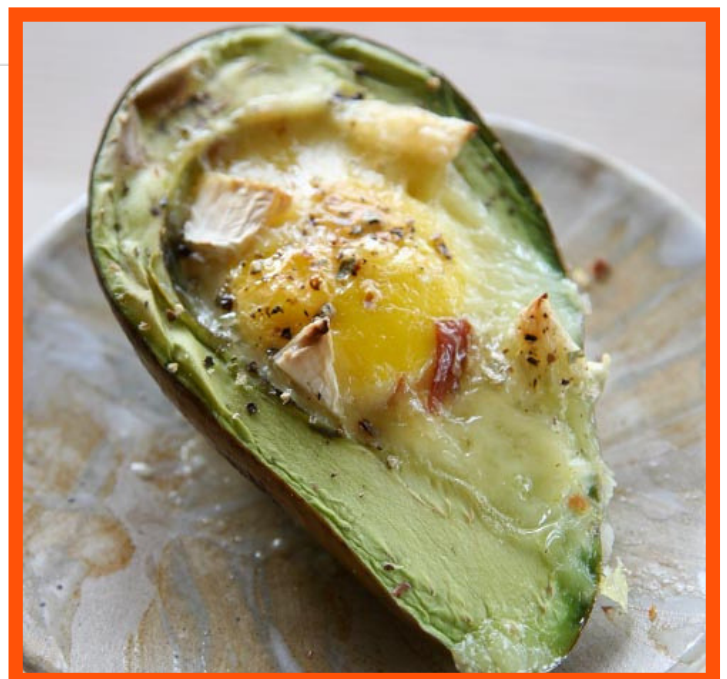
CALORIES 229

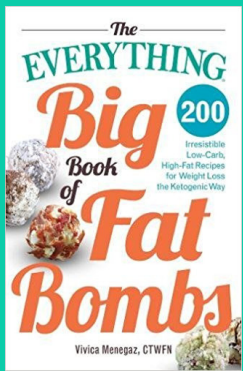
MACROS	FAT	PROTEIN	FIBER	NET CARBS	CARBS
(GRAMS)	19	10	5	2	7

## MACRO BREAKDOWN



- FAT
- PROTEIN
- FIBER
- NET CARBS





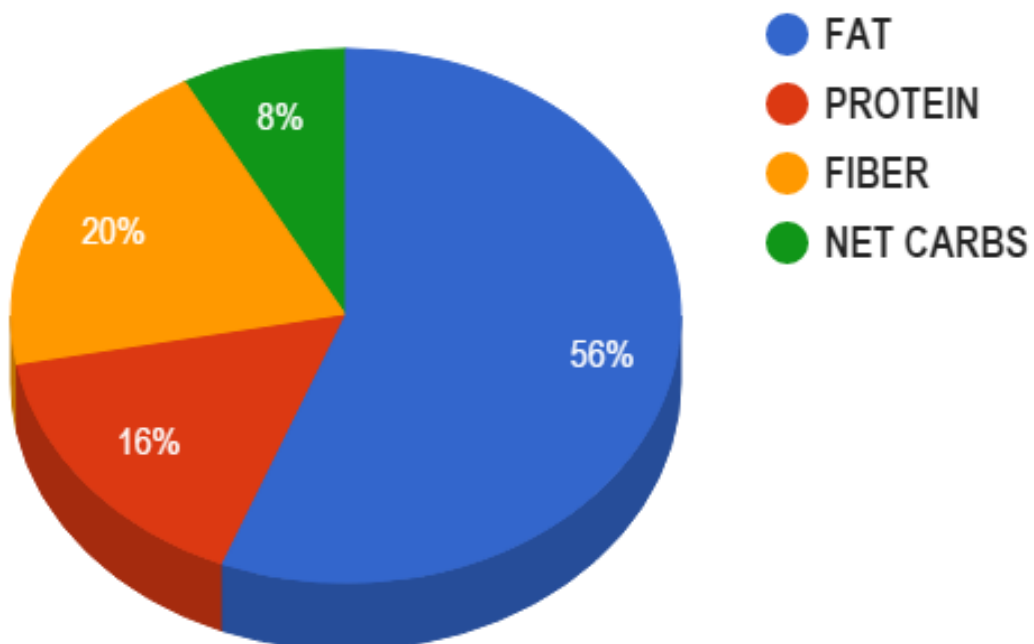
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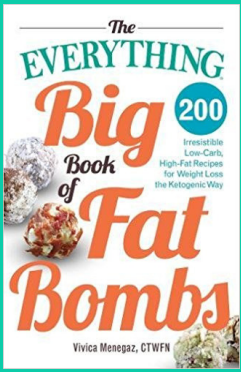
# Baked Avocado With Sriracha and Brie

**CALORIES 164**

MACROS	FAT	PROTEIN	FIBER	NET CARBS	CARBS
(GRAMS)	14	4	5	2	7

MACRO BREAKDOWN





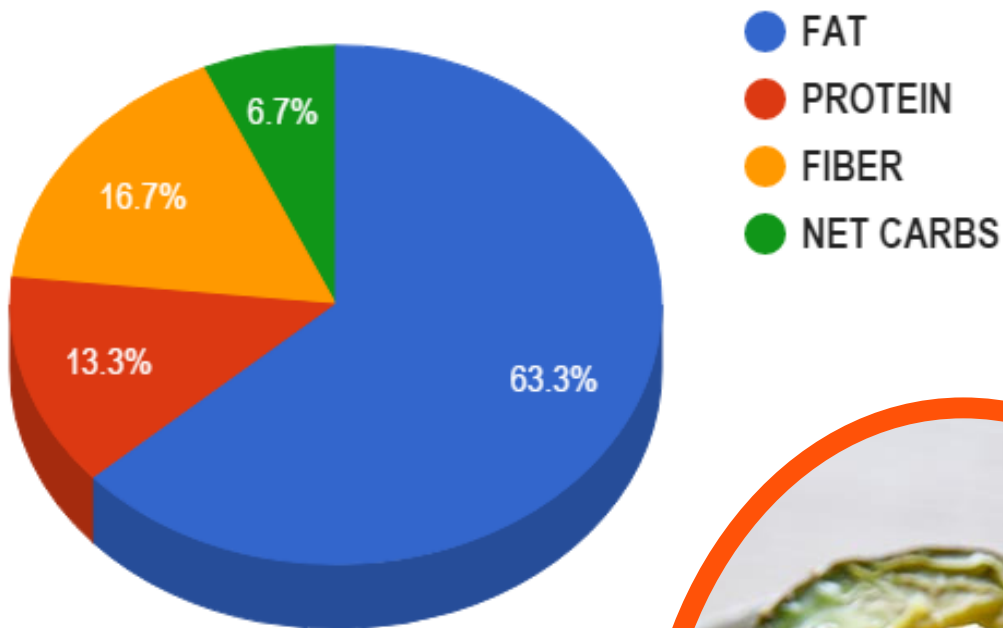
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# Baked Egg Avocado

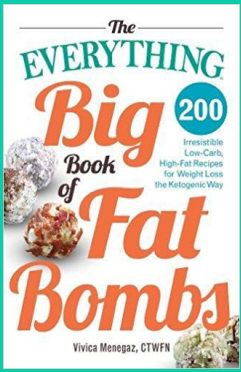
CALORIES 202

MACROS	FAT	PROTEIN	FIBER	NET CARBS	CARBS
(GRAMS)	19	4	5	2	7

MACRO BREAKDOWN







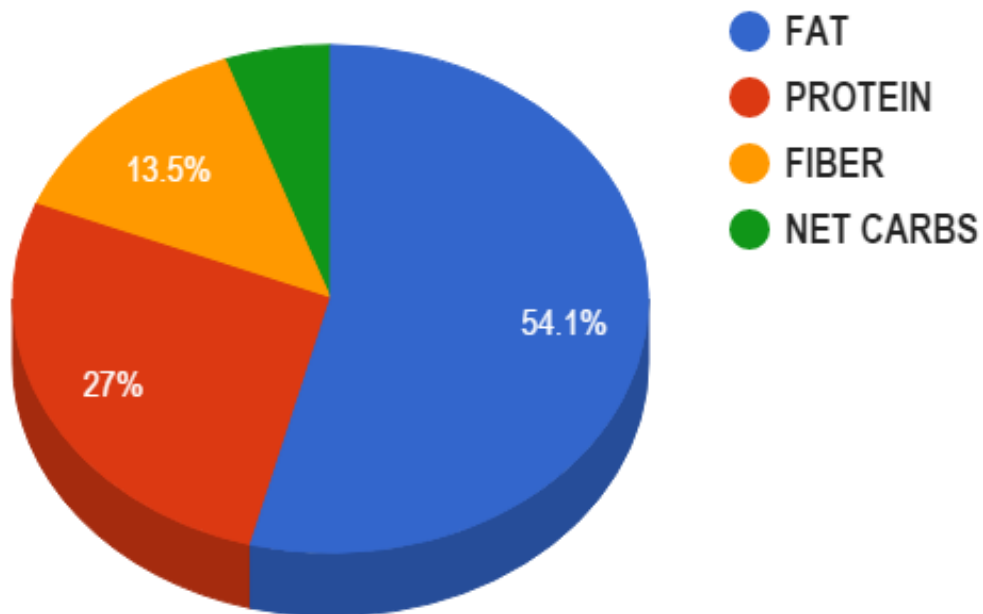
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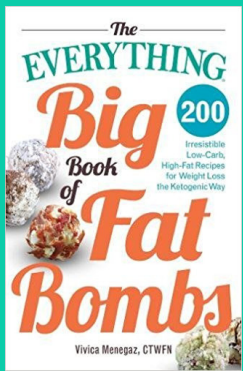
# Smoked Salmon and Brie Baked Avocado

CALORIES 251

MACROS	FAT	PROTEIN	FIBER	NET CARBS	CARBS
(GRAMS)	20	10	5	2	7

MACRO BREAKDOWN





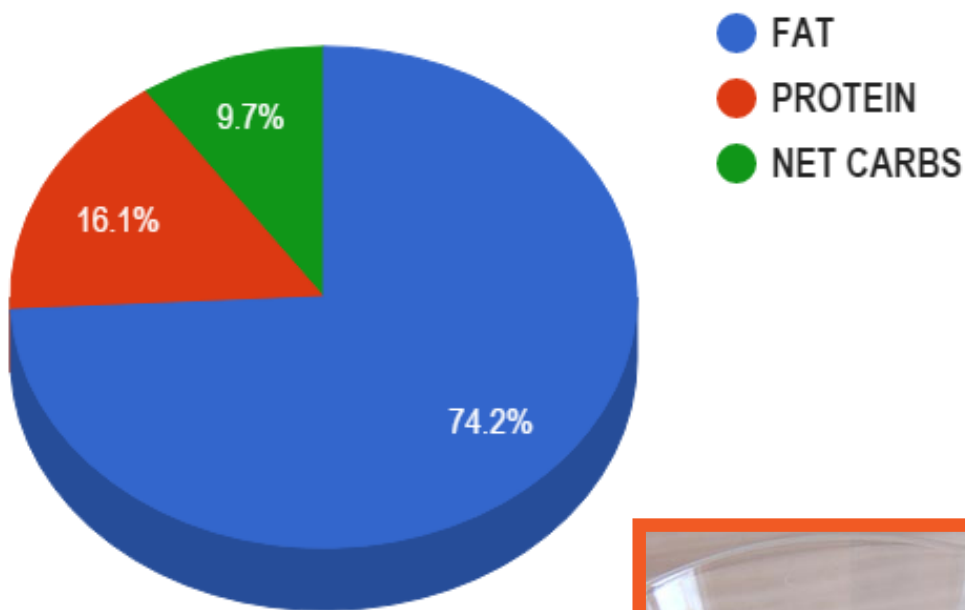
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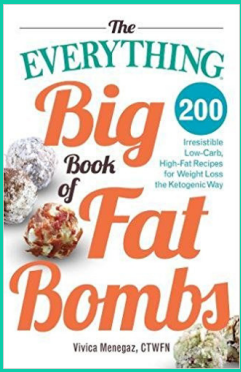
# Sour Cream and Rosemary Panna Cotta

CALORIES 237

MACROS	FAT	PROTEIN	FIBER	NET CARBS	CARBS
(GRAMS)	23	5	0	3	3

MACRO BREAKDOWN





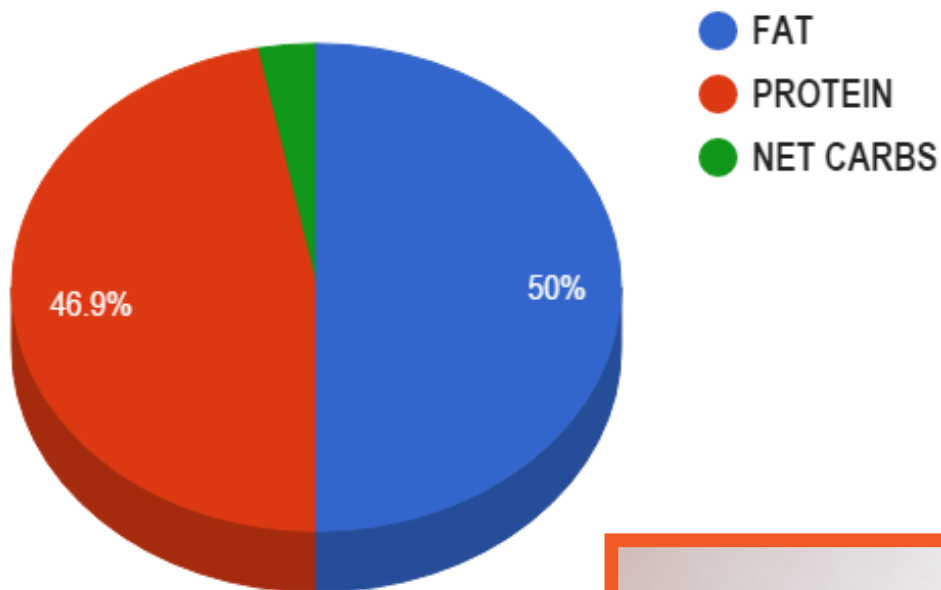
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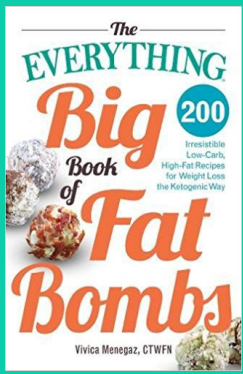
# Kalamata Olive and Brie Prosciutto Cup

CALORIES 215

MACROS	FAT	PROTEIN	FIBER	NET CARBS	CARBS
(GRAMS)	16	15	0	1	1

MACRO BREAKDOWN





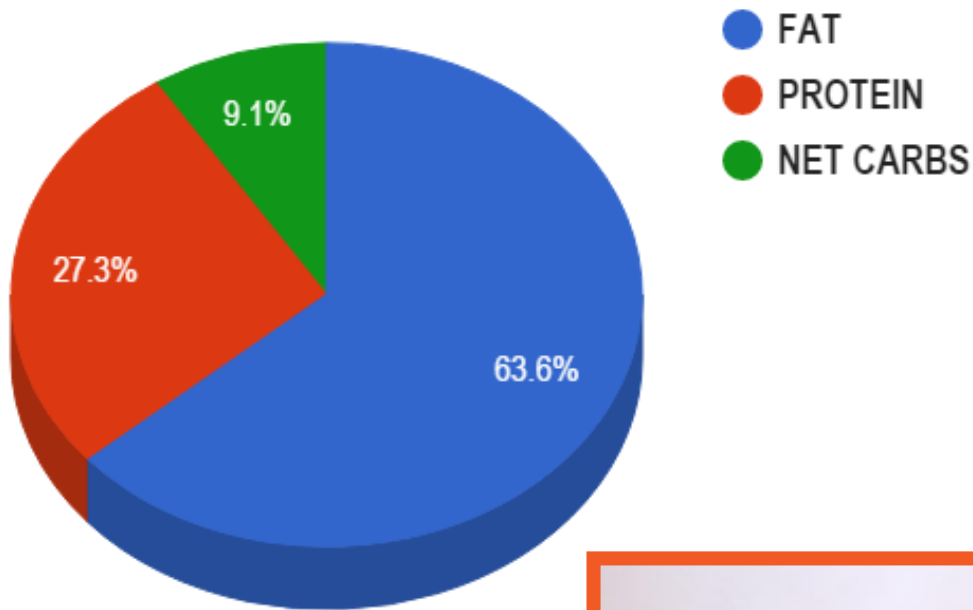
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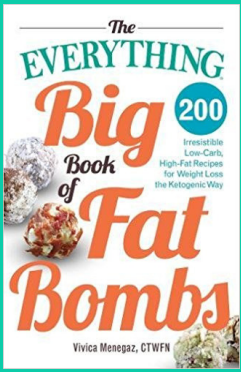
# Olive Dynamite Prosciutto Cup

CALORIES 175

MACROS	FAT	PROTEIN	FIBER	NET CARBS	CARBS
(GRAMS)	14	6	0	2	2

MACRO BREAKDOWN





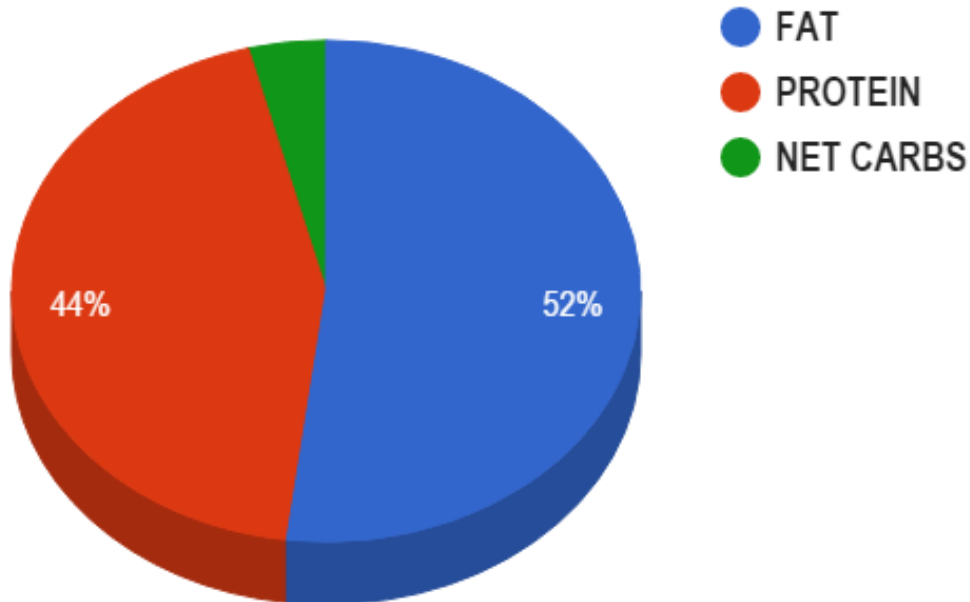
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105

# Stuffed Baby Bella Mushroom Caps

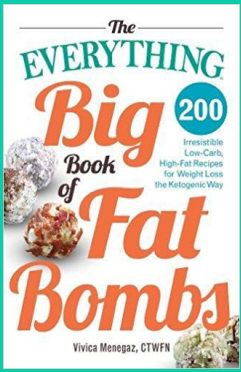
CALORIES 174

MACROS	FAT	PROTEIN	FIBER	NET CARBS	CARBS
(GRAMS)	13	11	0	1	1

MACRO BREAKDOWN







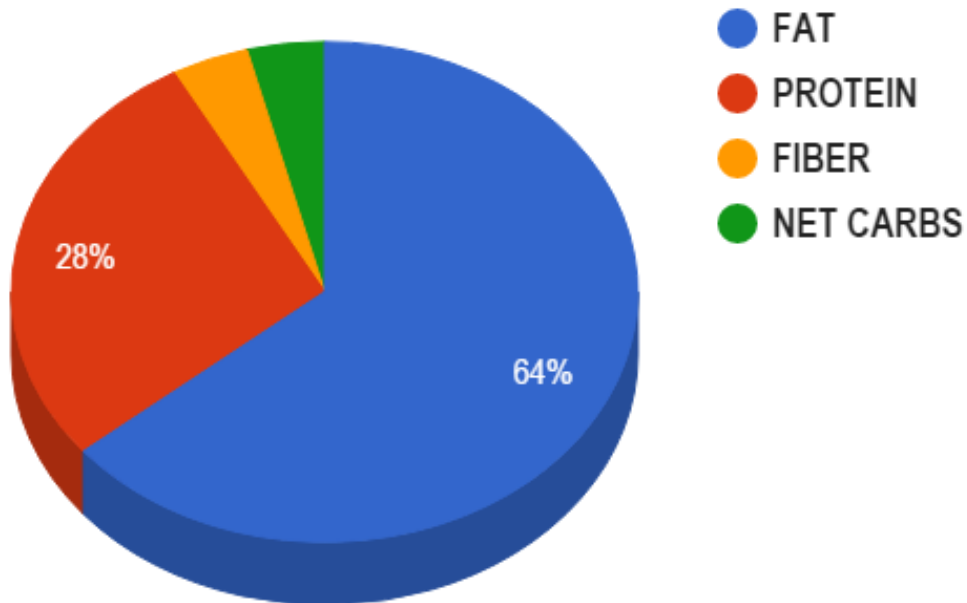
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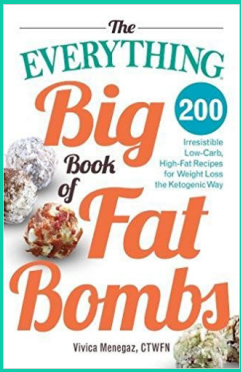
# Bacon Wrapped Asparagus

CALORIES 179

MACROS	FAT	PROTEIN	FIBER	NET CARBS	CARBS
(GRAMS)	16	7	1	1	2

MACRO BREAKDOWN





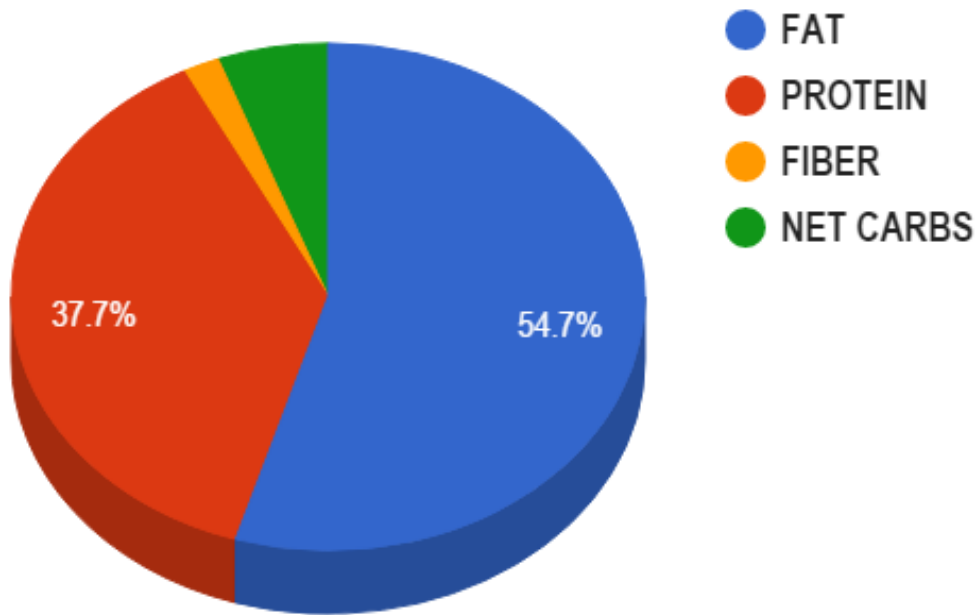
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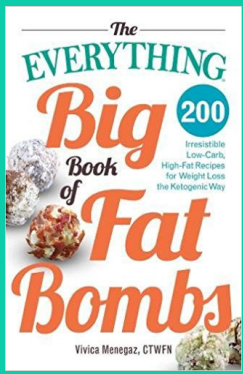
# Bacon Lovin' Onion Bites

CALORIES 342

MACROS	FAT	PROTEIN	FIBER	NET CARBS	CARBS
(GRAMS)	29	20	1	3	4

MACRO BREAKDOWN





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108

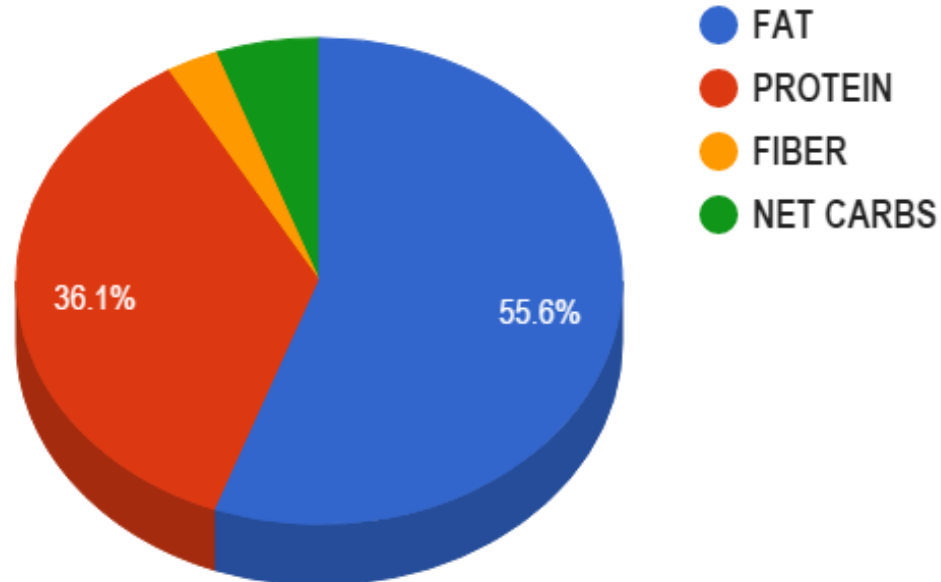
# Meaty Zucchini Balls With Yogurt Sauce

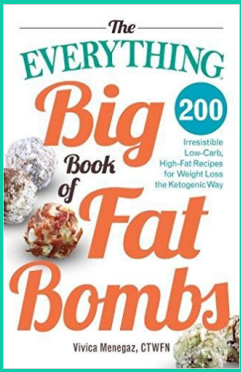
(serves 4 instead of 12 )

**CALORIES 228**

MACROS	FAT	PROTEIN	FIBER	NET CARBS	CARBS
(GRAMS)	20	13	1	2	3

MACRO BREAKDOWN





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119

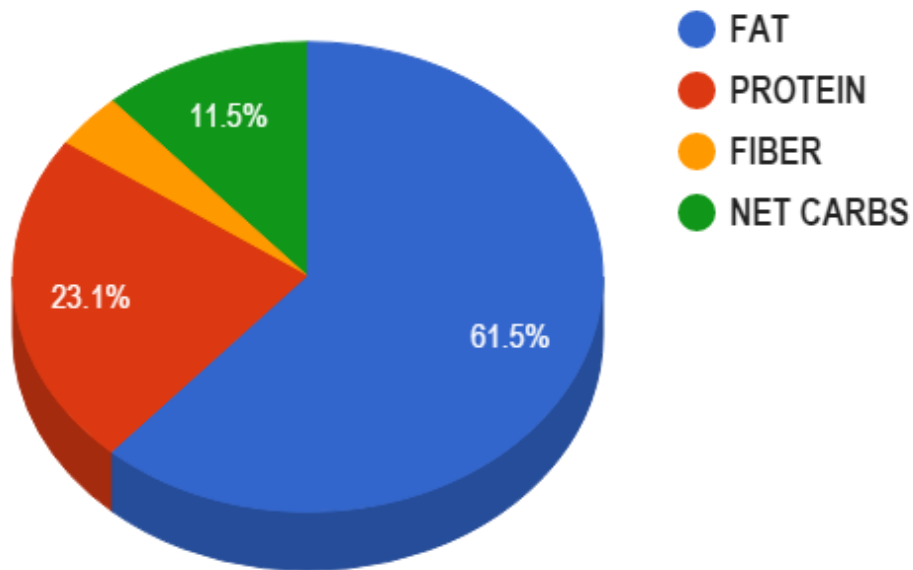
# Salmon Mousse

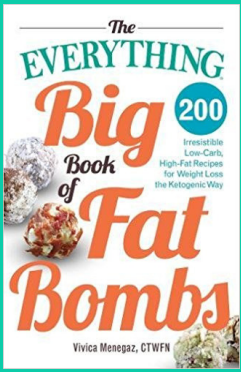
(serves 3 instead of 9)

CALORIES 178

MACROS	FAT	PROTEIN	FIBER	NET CARBS	CARBS
(GRAMS)	16	6	1	3	4

MACRO BREAKDOWN





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120

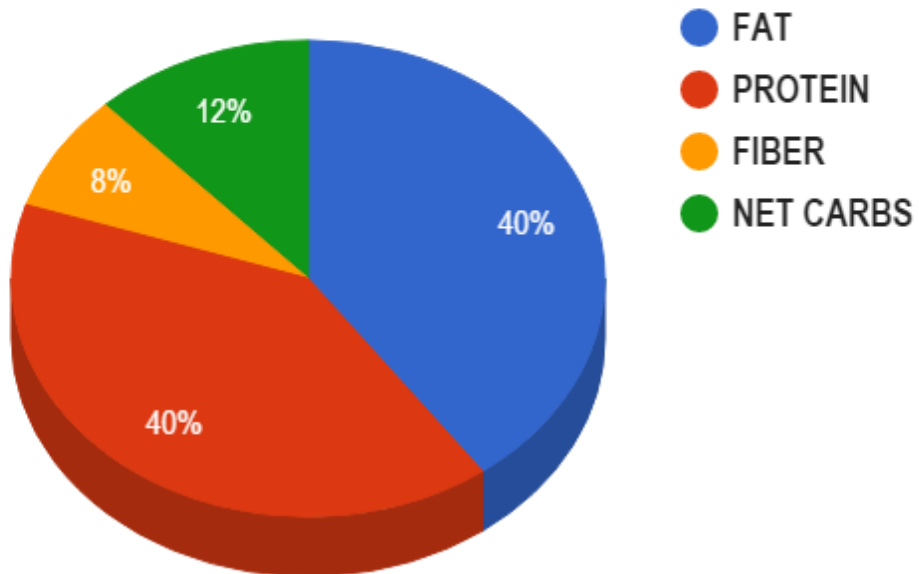
# Salmon Sushi Mousse

(serves 2 instead of 6)

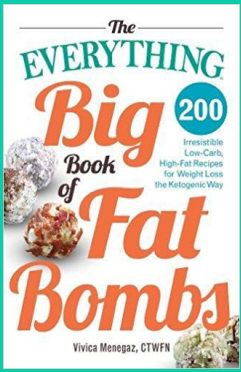
CALORIES 150

MACROS	FAT	PROTEIN	FIBER	NET CARBS	CARBS
(GRAMS)	10	10	2	3	5

MACRO BREAKDOWN







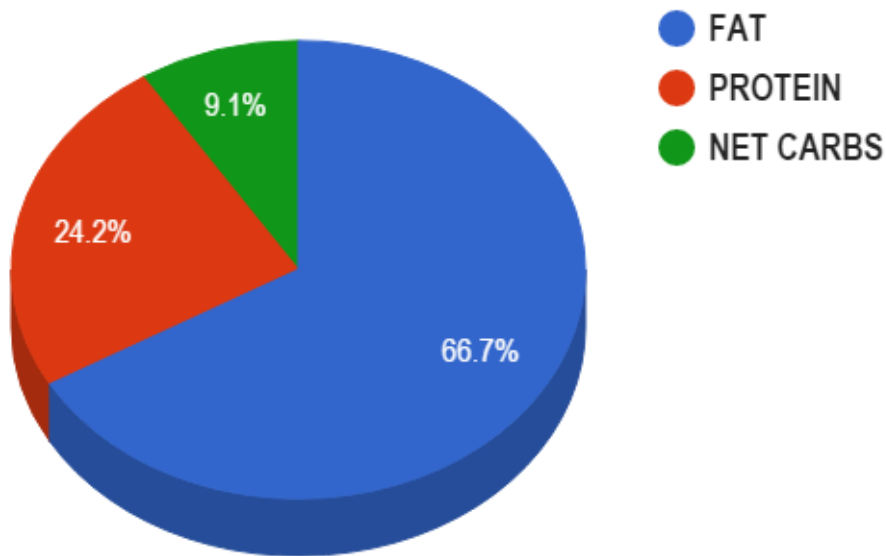
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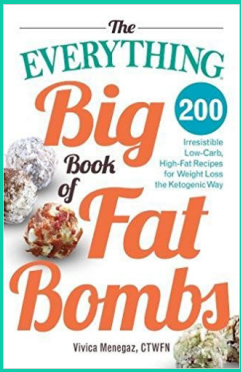
# Shrimp Mousse

CALORIES 259

MACROS	FAT	PROTEIN	FIBER	NET CARBS	CARBS
(GRAMS)	22	8	0	3	3

MACRO BREAKDOWN





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122

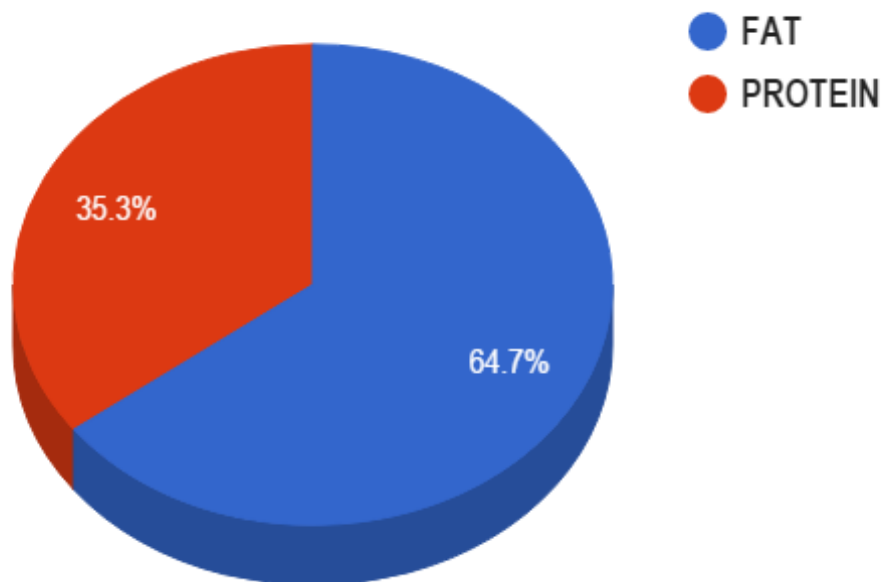
# Smoky Deviled Eggs With Riga Sprats Mousse

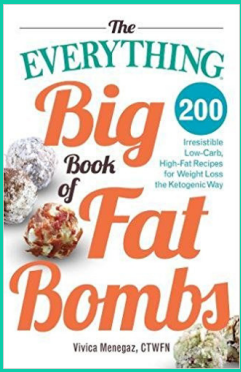
(serves 2 instead of 4)

**CALORIES 240**

MACROS	FAT	PROTEIN	FIBER	NET CARBS	CARBS
(GRAMS)	22	12	0	0	0

MACRO BREAKDOWN





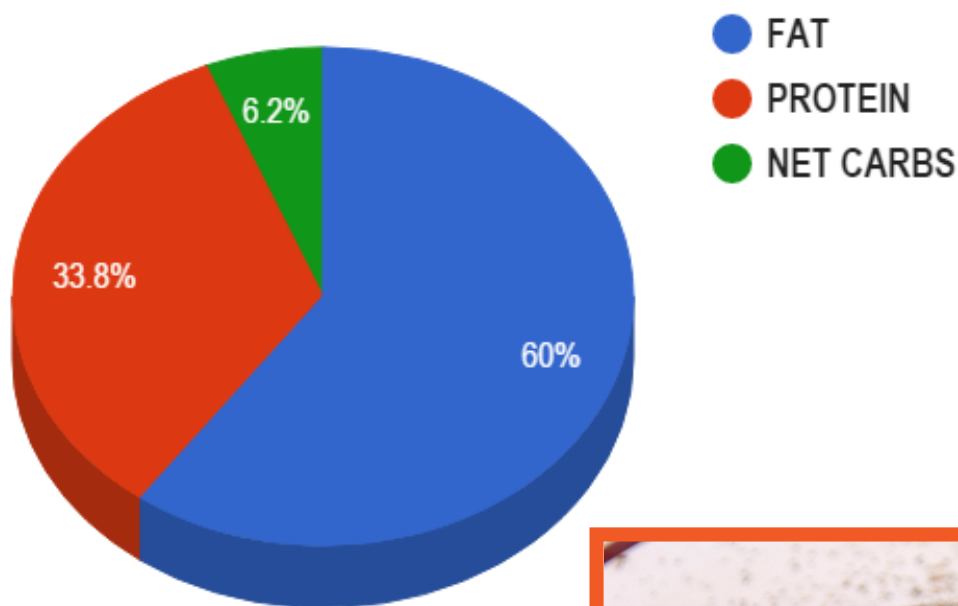
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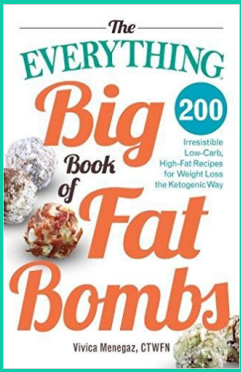
# Spiced Creamy Chicken Liver Mousse

CALORIES 367

MACROS	FAT	PROTEIN	FIBER	NET CARBS	CARBS
(GRAMS)	39	22	0	4	4

MACRO BREAKDOWN





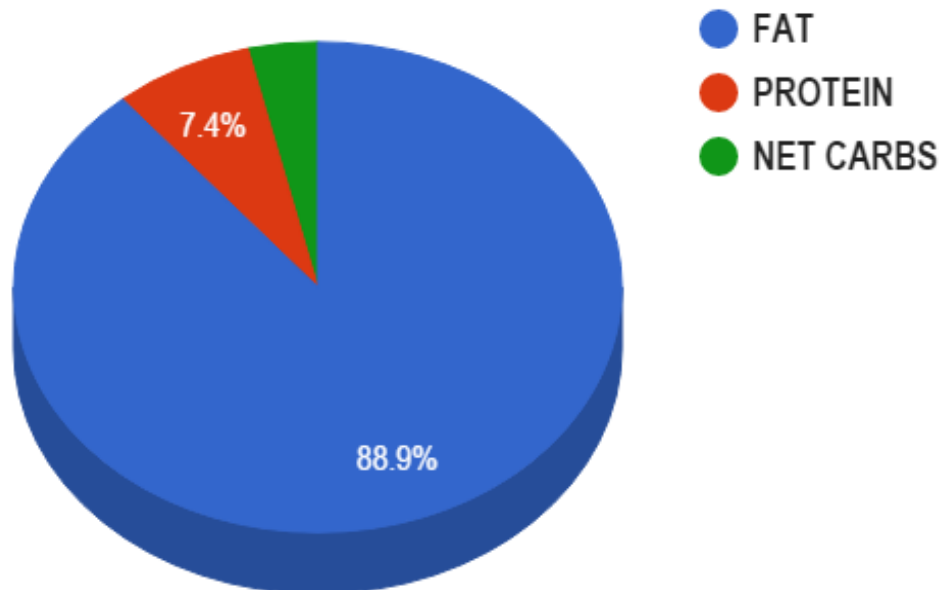
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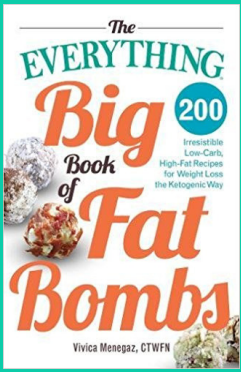
# Chocolate Peanut Butter Fat Bombs

CALORIES 85

MACROS	FAT	PROTEIN	FIBER	NET CARBS	CARBS
(GRAMS)	24	2	0	1	1

MACRO BREAKDOWN





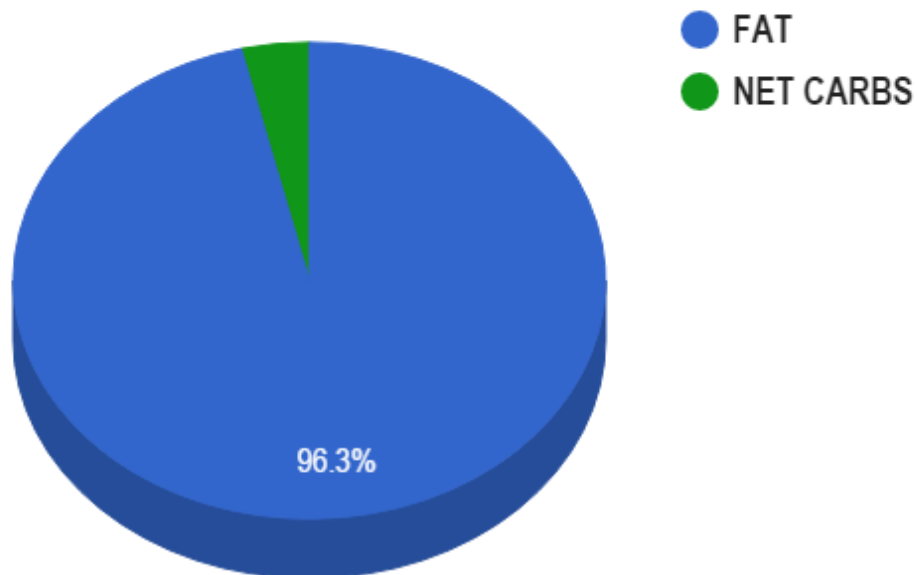
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# Dark Chocolate Peppermint Fat Bombs

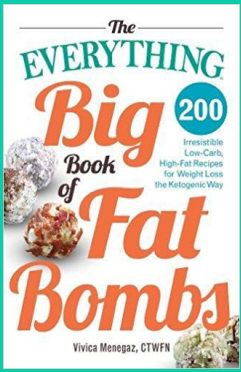
CALORIES 59

MACROS	FAT	PROTEIN	FIBER	NET CARBS	CARBS
(GRAMS)	26	0	0	1	1

MACRO BREAKDOWN







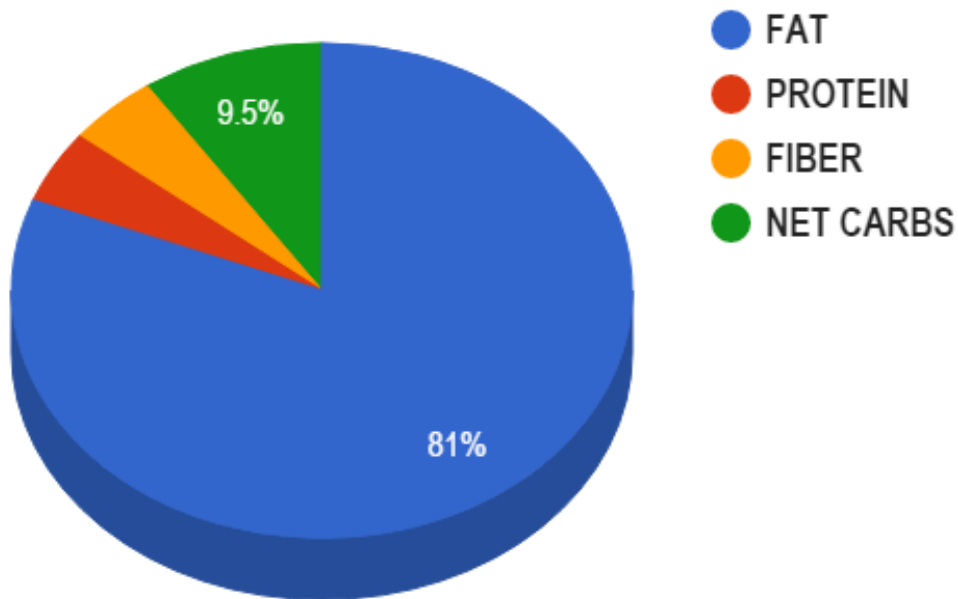
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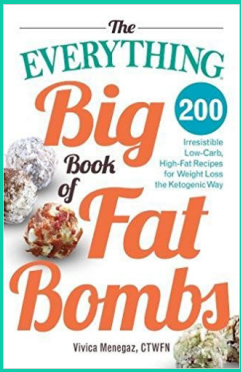
# Cashew Butter Cup Fat Bombs

CALORIES 151

MACROS	FAT	PROTEIN	FIBER	NET CARBS	CARBS
(GRAMS)	17	1	1	2	3

MACRO BREAKDOWN





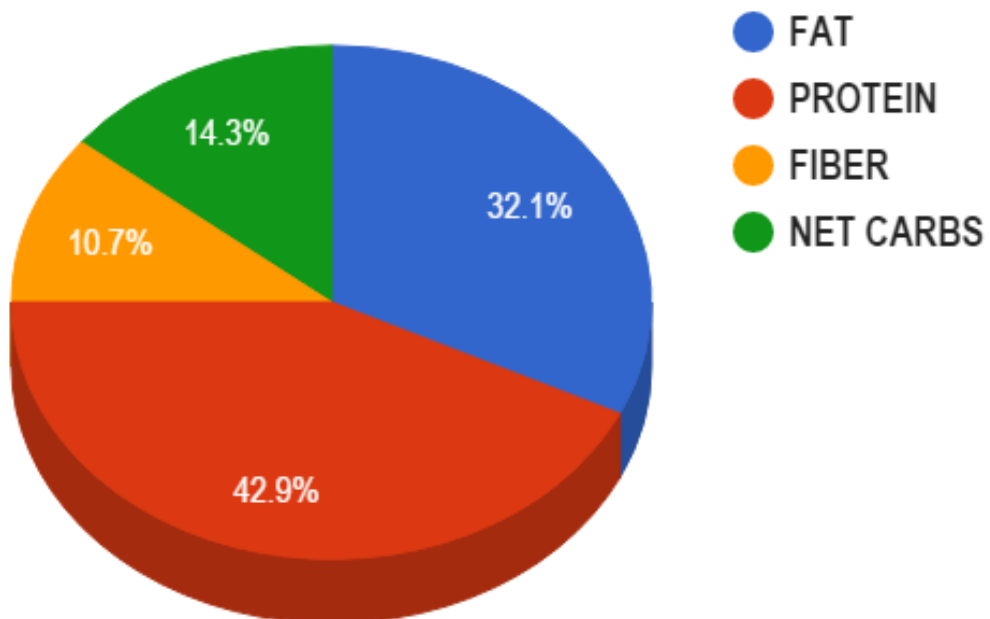
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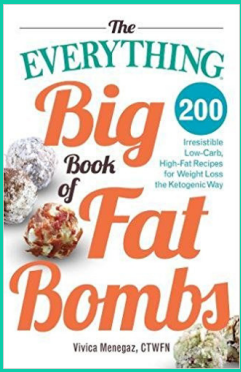
# Mixed Nut Bombs

CALORIES 155

MACROS	FAT	PROTEIN	FIBER	NET CARBS	CARBS
(GRAMS)	9	12	3	4	7

MACRO BREAKDOWN





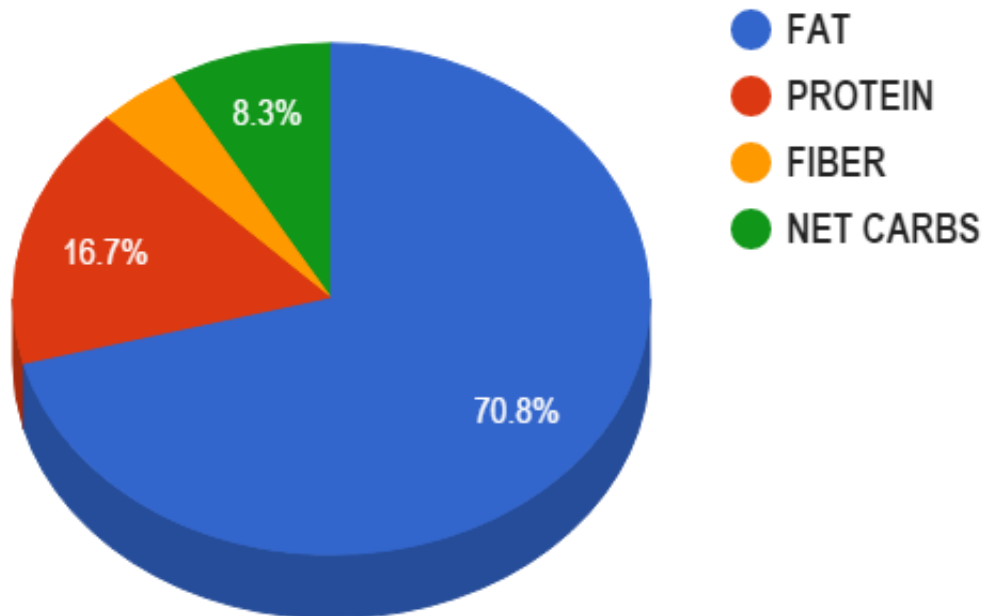
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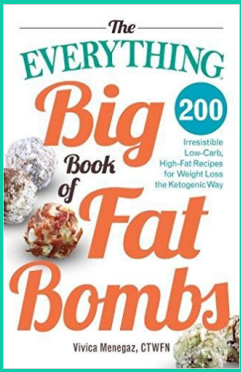
# Peanut Butter Cream Cheese Fat Bombs

CALORIES 178

MACROS	FAT	PROTEIN	FIBER	NET CARBS	CARBS
(GRAMS)	17	4	1	2	3

MACRO BREAKDOWN





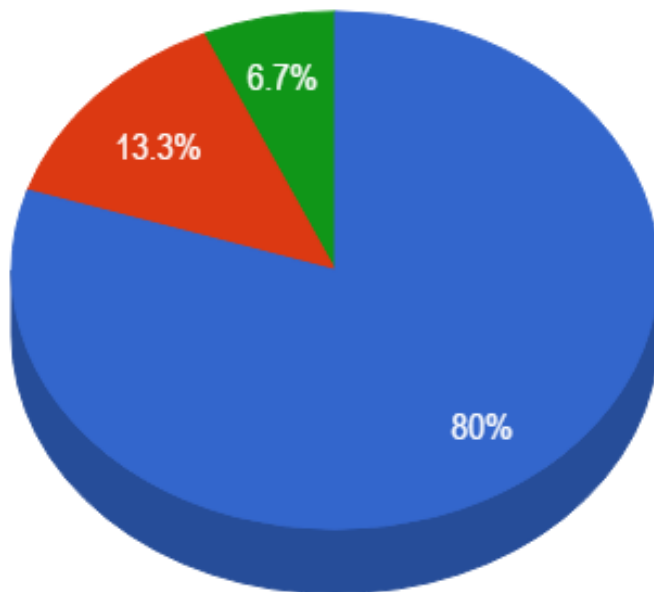
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# Cafe Latte Panna Cotta

CALORIES 216

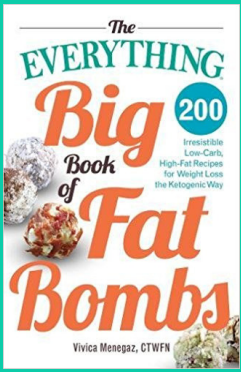
MACROS	FAT	PROTEIN	FIBER	NET CARBS	CARBS
(GRAMS)	24	4	0	2	2

MACRO BREAKDOWN



- FAT
- PROTEIN
- NET CARBS





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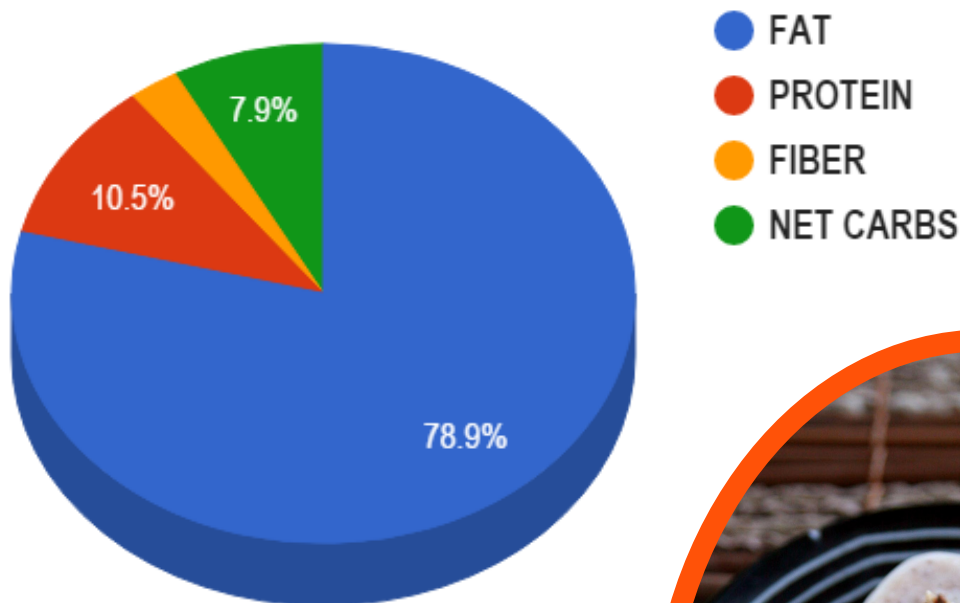
# Indian Basundi Panna Cotta

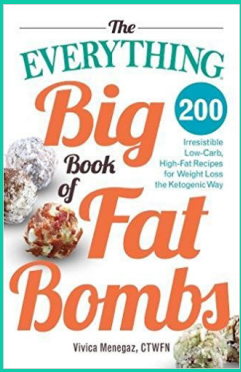
(serves 3 instead of 2)

CALORIES 321

MACROS	FAT	PROTEIN	FIBER	NET CARBS	CARBS
(GRAMS)	30	4	1	3	4

MACRO BREAKDOWN





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151

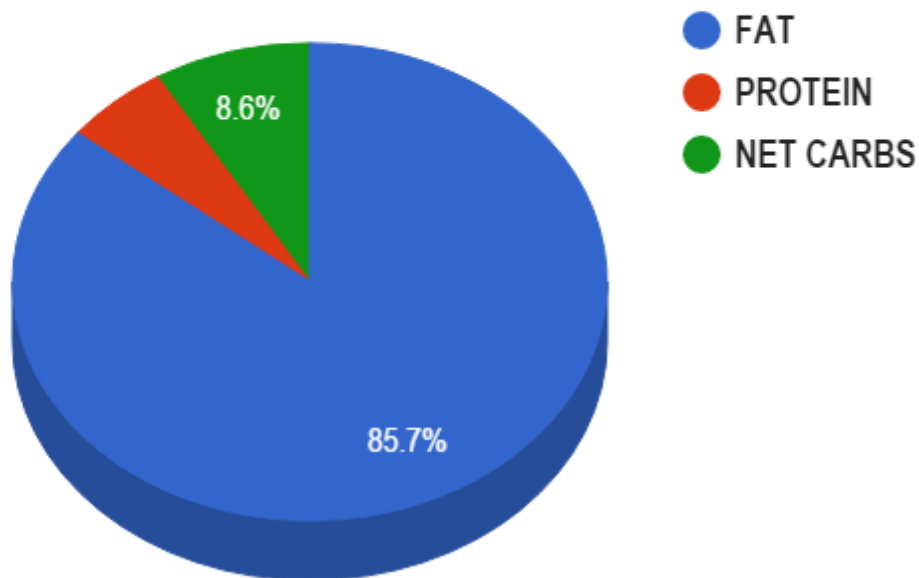
# Lavender Panna Cotta

(serves 3 instead of 2)

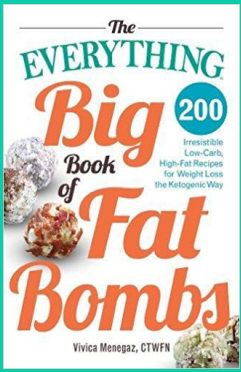
CALORIES 310

MACROS	FAT	PROTEIN	FIBER	NET CARBS	CARBS
(GRAMS)	30	2	0	3	3

MACRO BREAKDOWN







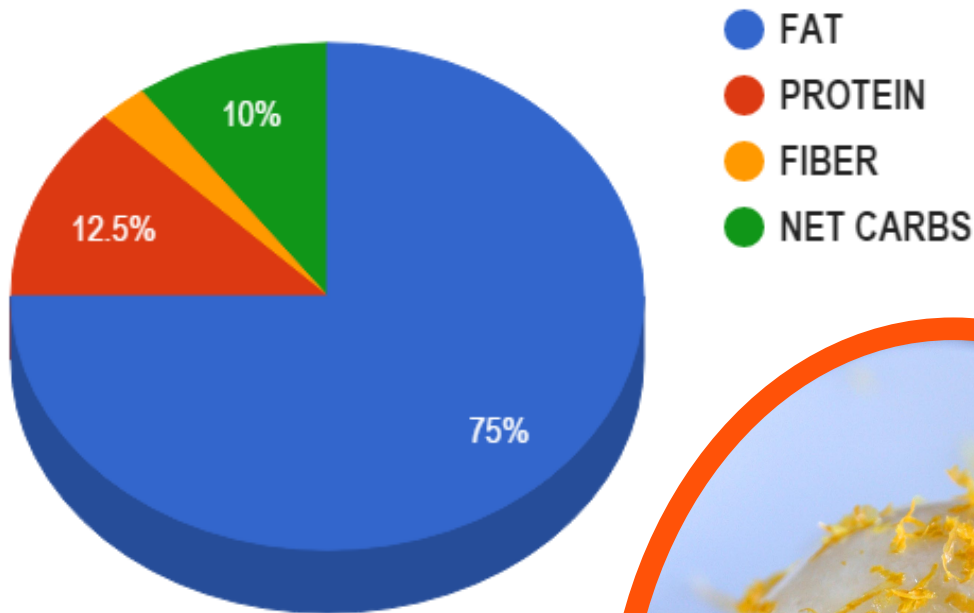
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# Meyer Lemon Panna Cotta

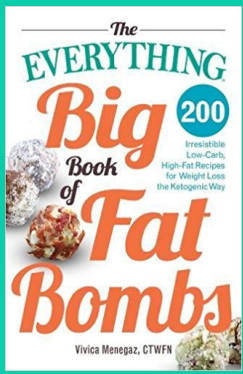
CALORIES 268

MACROS	FAT	PROTEIN	FIBER	NET CARBS	CARBS
(GRAMS)	30	5	1	4	5

MACRO BREAKDOWN







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153

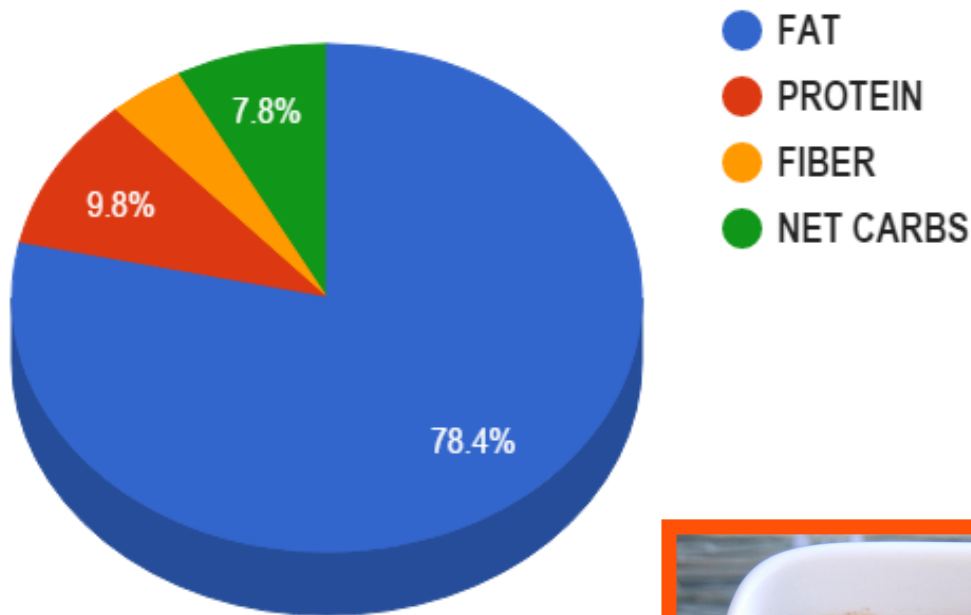
# Chocolate Hazelnut Panna Cotta

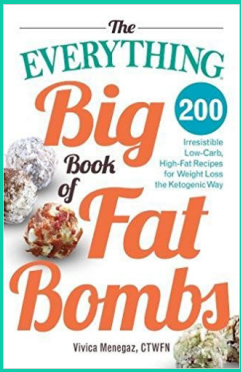
(serves 3 instead of 2)

CALORIES 364

MACROS	FAT	PROTEIN	FIBER	NET CARBS	CARBS
(GRAMS)	40	5	2	4	6

MACRO BREAKDOWN





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154

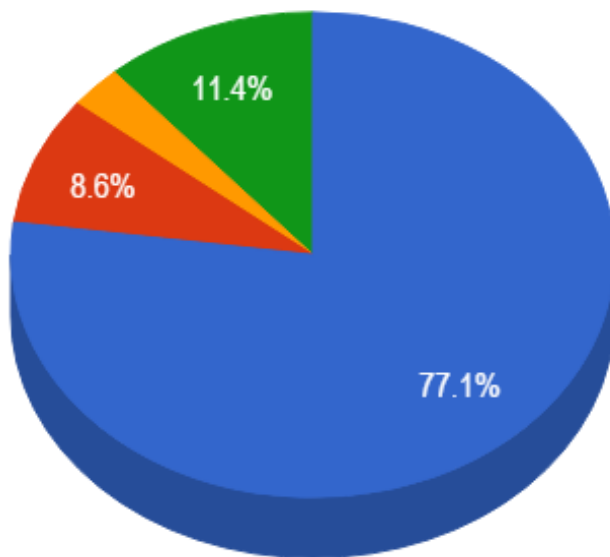
# Raspberries and Cream Panna Cotta

(serves 3 instead of 2)

CALORIES 288

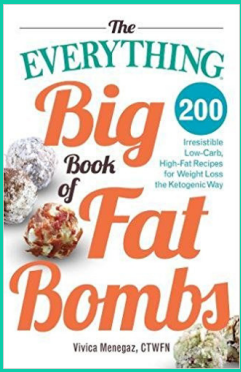
MACROS	FAT	PROTEIN	FIBER	NET CARBS	CARBS
(GRAMS)	27	3	1	4	5

MACRO BREAKDOWN



- FAT
- PROTEIN
- FIBER
- NET CARBS





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155

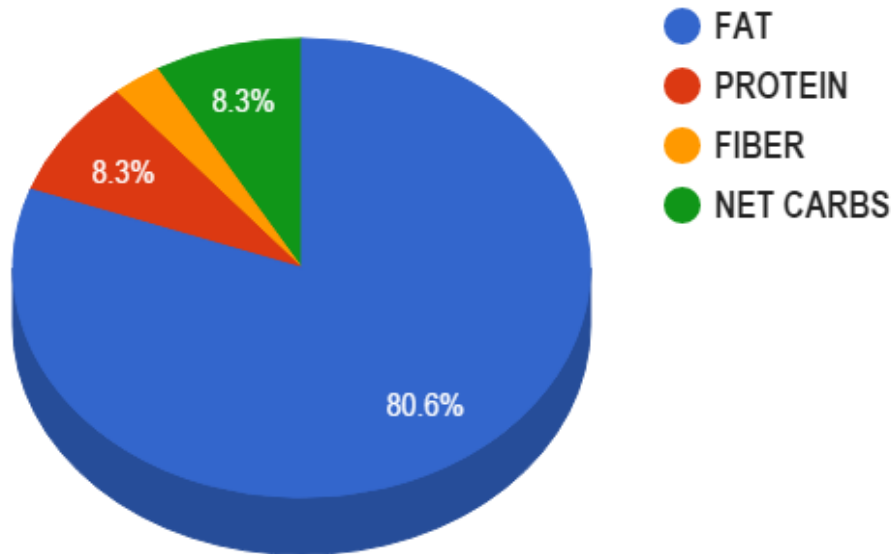
# Turkish Delight Panna Cotta

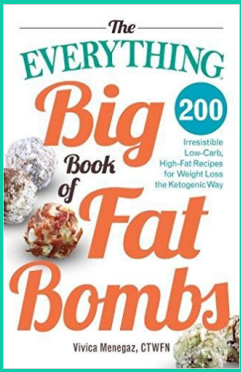
(serves 3 instead of 2)

CALORIES 307

MACROS	FAT	PROTEIN	FIBER	NET CARBS	CARBS
(GRAMS)	29	3	1	3	4

MACRO BREAKDOWN





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156

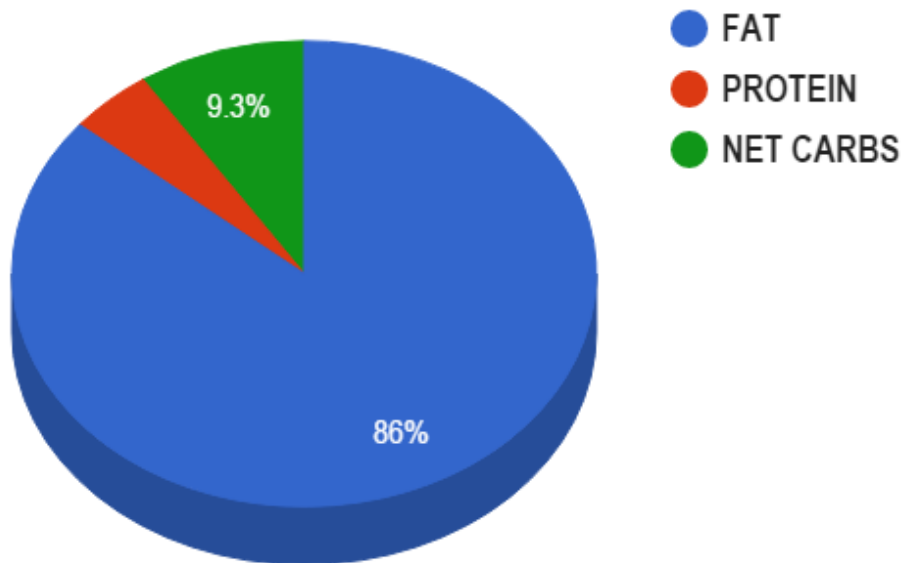
# Butterscotch Custard

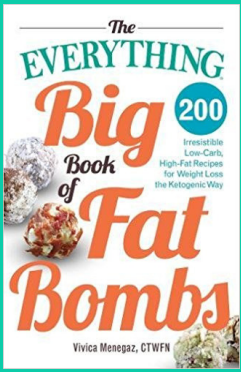
(serves 3 instead of 2)

CALORIES 375

MACROS	FAT	PROTEIN	FIBER	NET CARBS	CARBS
(GRAMS)	37	2	0	4	4

MACRO BREAKDOWN





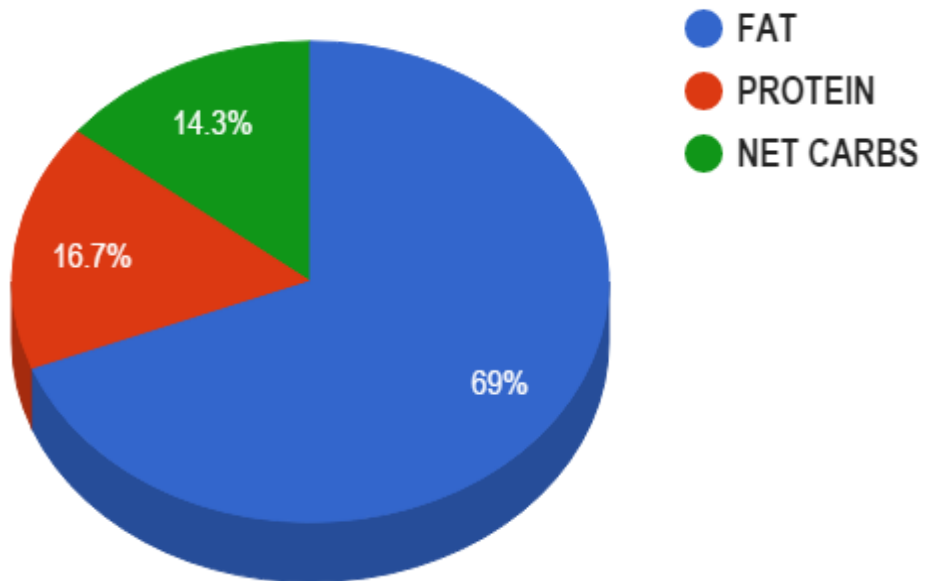
PAGE  
157

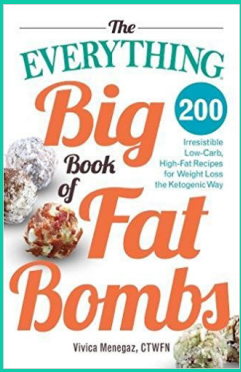
# Coconut Custard

CALORIES 306

MACROS	FAT	PROTEIN	FIBER	NET CARBS	CARBS
(GRAMS)	29	7	0	6	6

MACRO BREAKDOWN





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158

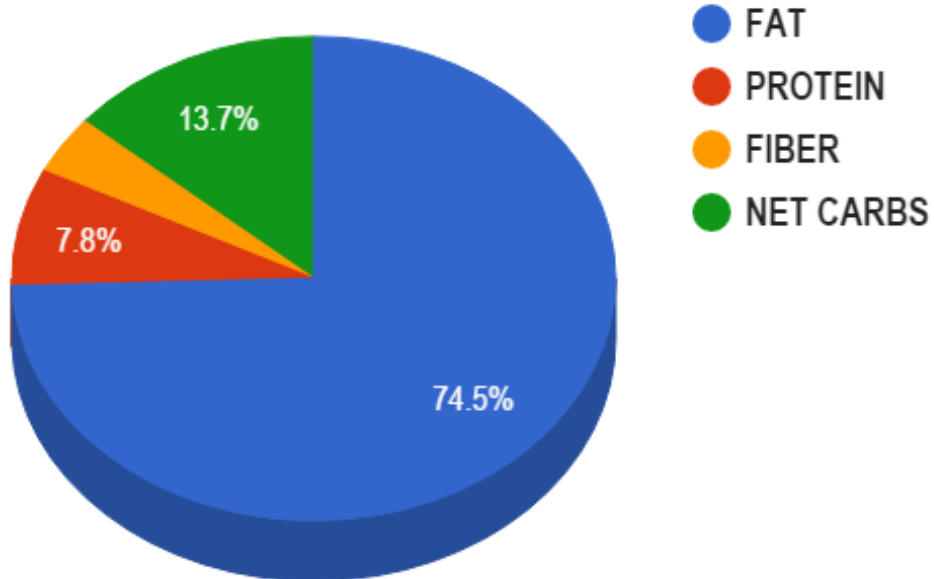
# Creamy Chocolate Custard

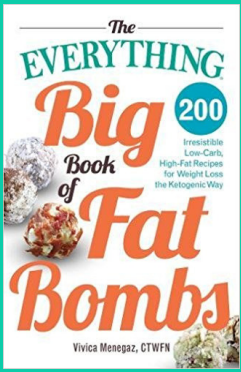
(serves 3 instead of 2)

CALORIES 412

MACROS	FAT	PROTEIN	FIBER	NET CARBS	CARBS
(GRAMS)	38	4	2	7	9

MACRO BREAKDOWN





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159

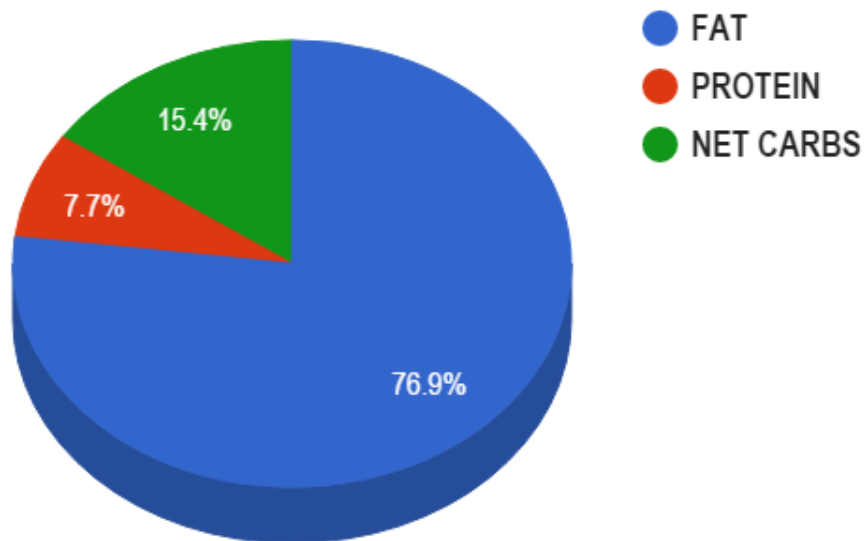
# Espresso Custard

(serves 3 instead of 2)

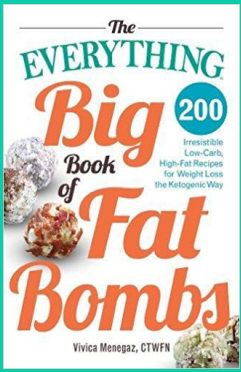
CALORIES 317

MACROS	FAT	PROTEIN	FIBER	NET CARBS	CARBS
(GRAMS)	30	3	0	6	6

MACRO BREAKDOWN







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160

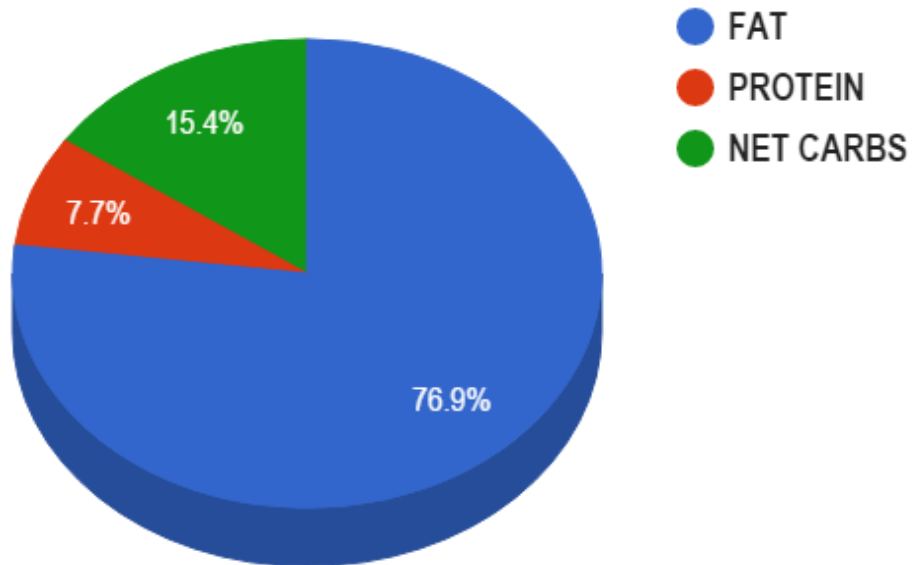
# Simple Custard

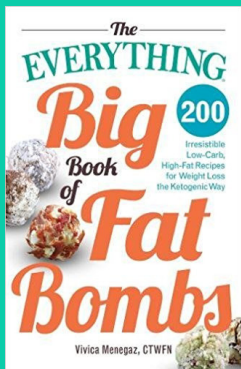
(serves 3 instead of 2)

CALORIES 318

MACROS	FAT	PROTEIN	FIBER	NET CARBS	CARBS
(GRAMS)	30	3	0	6	6

MACRO BREAKDOWN





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162

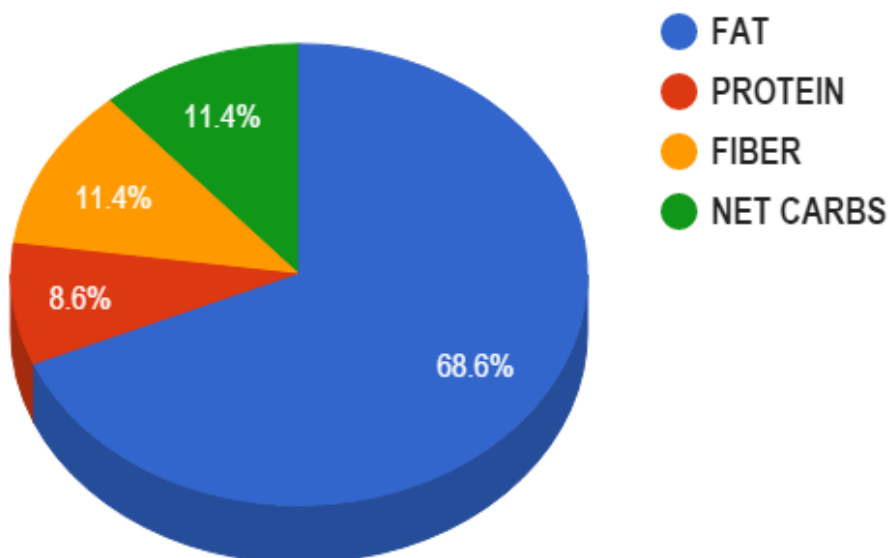
# Coconut Almond Truffles

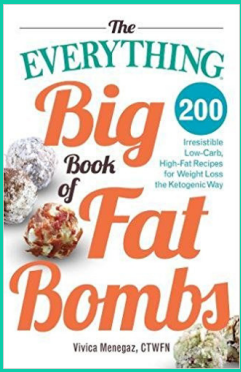
(serves 6 instead of 12)

CALORIES 231

MACROS	FAT	PROTEIN	FIBER	NET CARBS	CARBS
(GRAMS)	24	3	4	4	8

MACRO BREAKDOWN





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176

# Peanut Butter Fudge

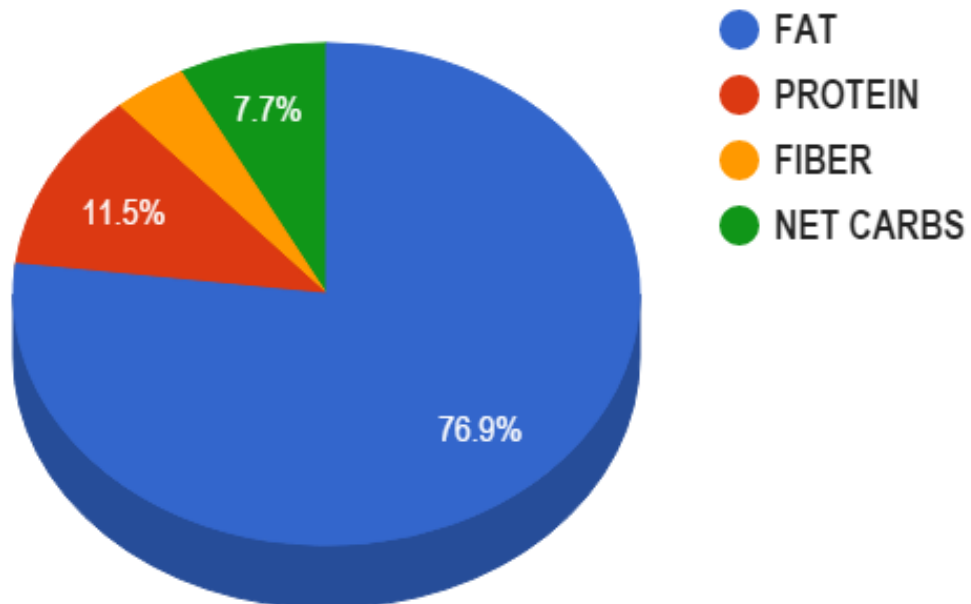
(serves 6 instead of 12)

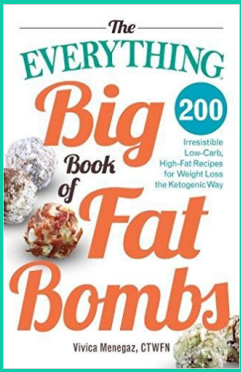
*The recipe calls for almond butter but you may substitute for peanut butter. Please note these macros have been calculated based on peanut butter.*

**CALORIES 146**

MACROS	FAT	PROTEIN	FIBER	NET CARBS	CARBS
(GRAMS)	20	3	1	2	3

MACRO BREAKDOWN





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177

# Salty Peanut Butter Cup Fudge

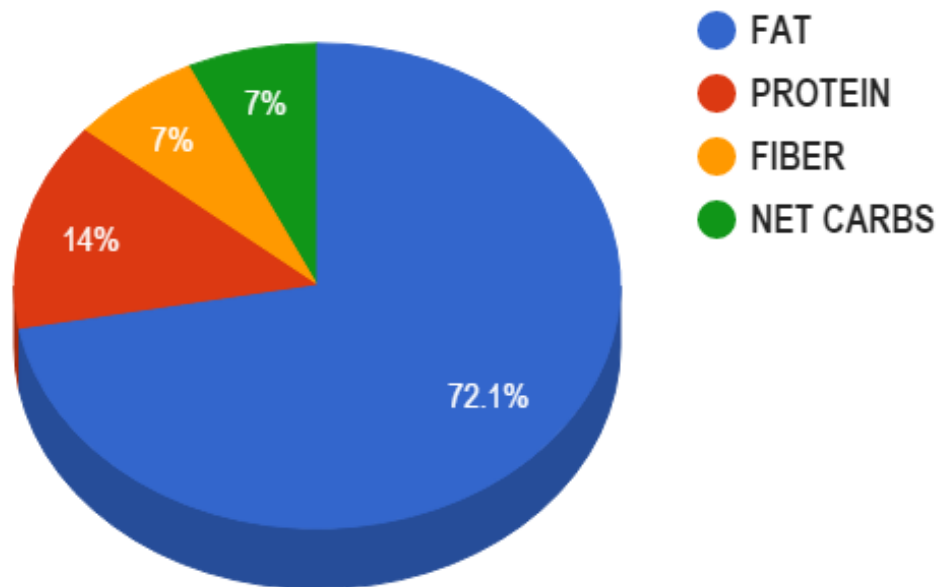
(serves 6 instead of 12)

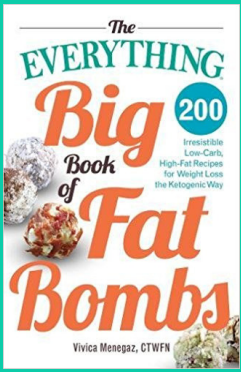
*The recipe calls for almond butter but you may substitute for peanut butter. Please note these macros have been calculated based on peanut butter.*

**CALORIES 229**

MACROS	FAT	PROTEIN	FIBER	NET CARBS	CARBS
(GRAMS)	31	6	3	3	6

MACRO BREAKDOWN





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182

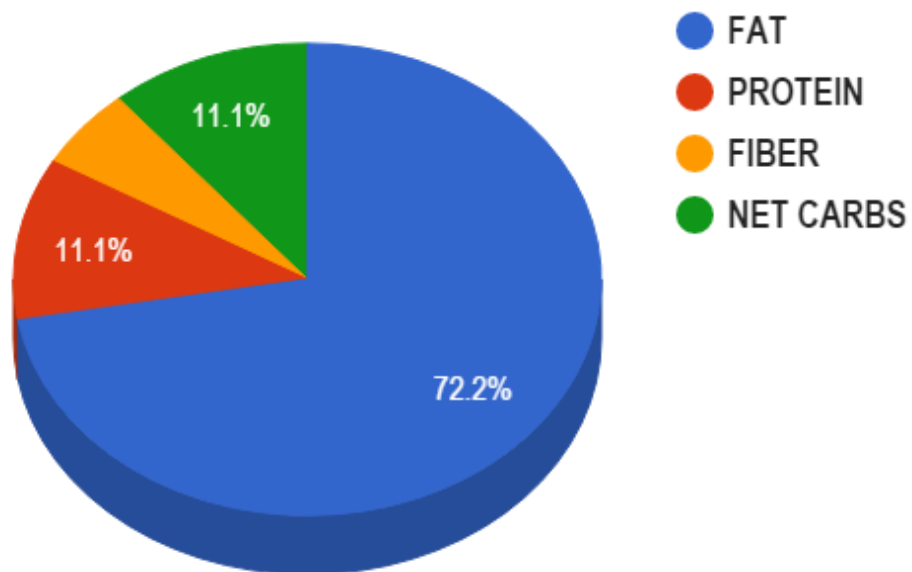
# Chocolate Pistachio Bark

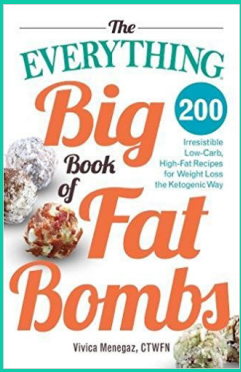
(serves 6 instead of 8)

CALORIES 174

MACROS	FAT	PROTEIN	FIBER	NET CARBS	CARBS
(GRAMS)	26	4	2	4	6

MACRO BREAKDOWN





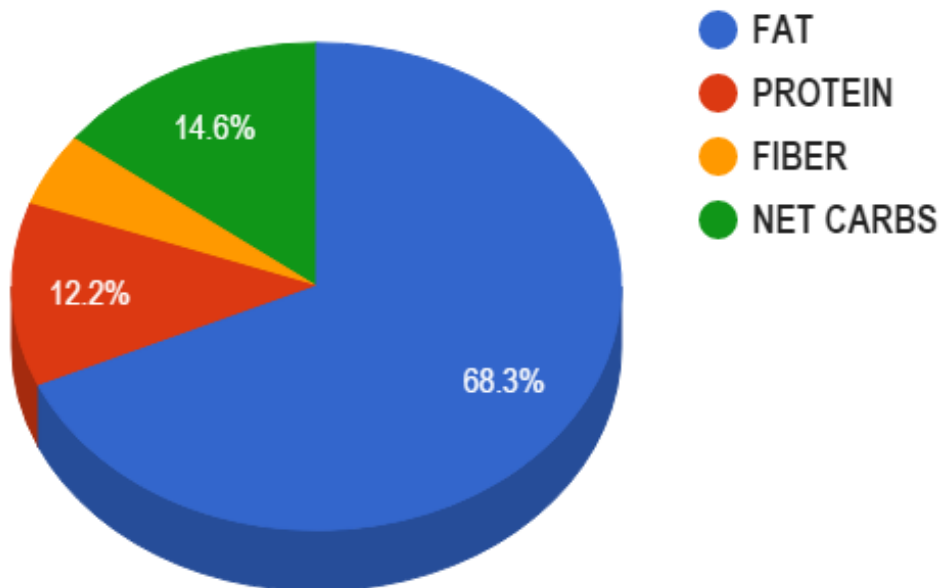
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185

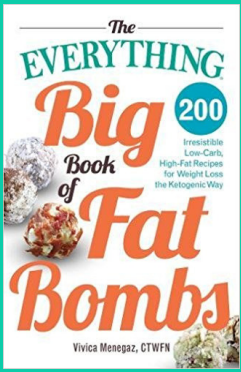
# Orange Dream Cheesecake

CALORIES 295

MACROS	FAT	PROTEIN	FIBER	NET CARBS	CARBS
(GRAMS)	28	5	2	6	8

MACRO BREAKDOWN





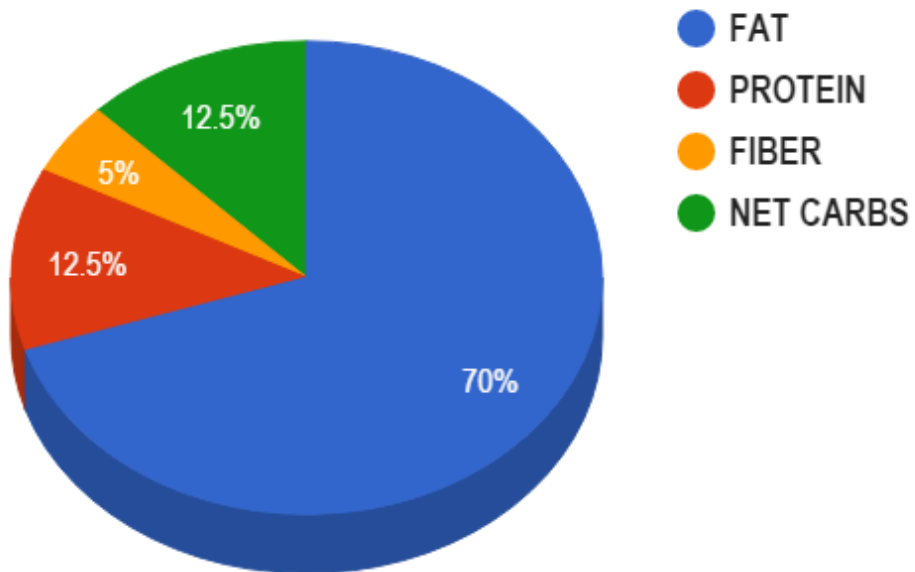
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187

# Divine Key Lime Cheesecake

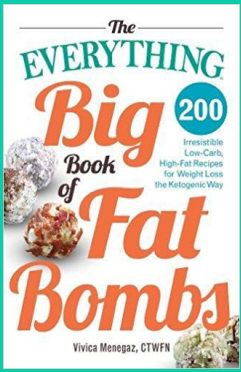
CALORIES 291

MACROS	FAT	PROTEIN	FIBER	NET CARBS	CARBS
(GRAMS)	28	5	2	5	7

MACRO BREAKDOWN







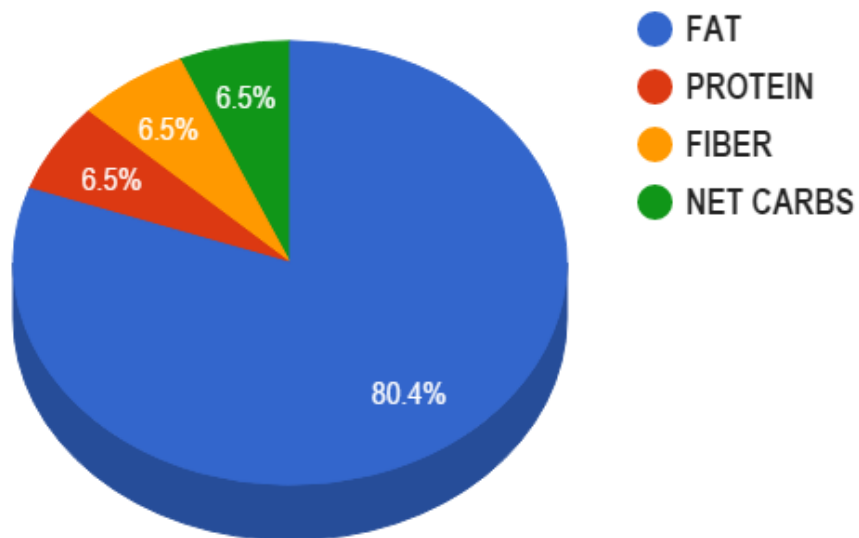
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188

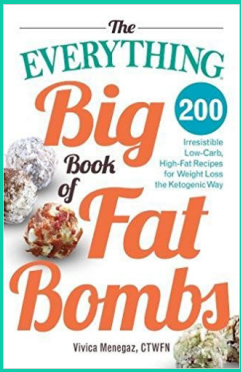
# Vanilla Bean Cheesecake

CALORIES 256

MACROS	FAT	PROTEIN	FIBER	NET CARBS	CARBS
(GRAMS)	37	3	3	3	6

MACRO BREAKDOWN





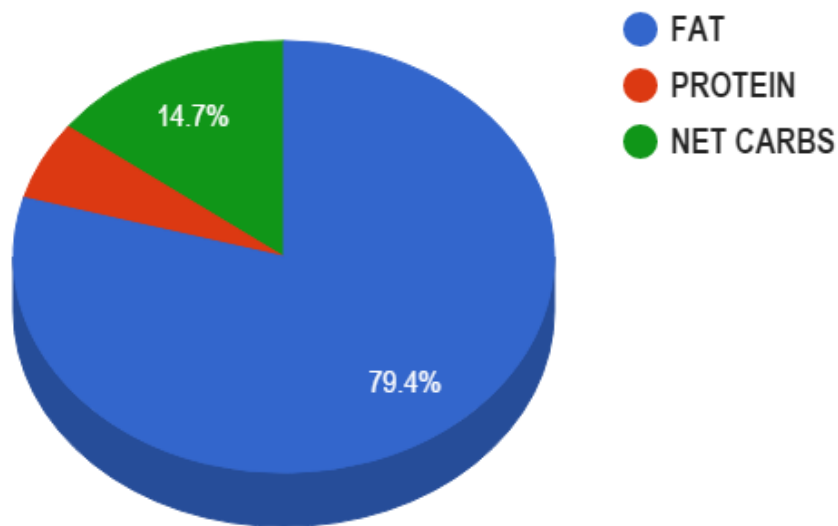
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193

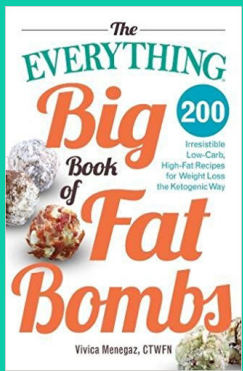
# Lemon Cheesecake Mousse

CALORIES 273

MACROS	FAT	PROTEIN	FIBER	NET CARBS	CARBS
(GRAMS)	27	2	0	5	5

MACRO BREAKDOWN





PAGE  
195

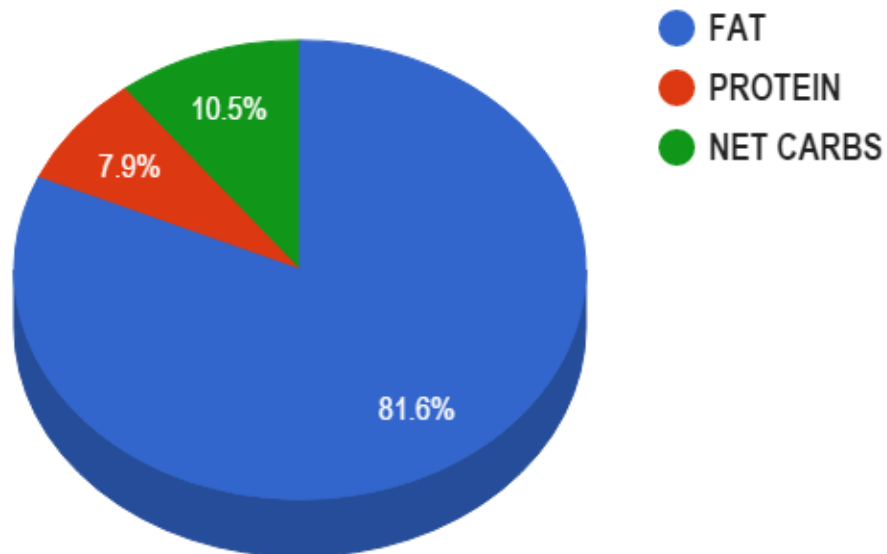
# Tiramisu Mousse

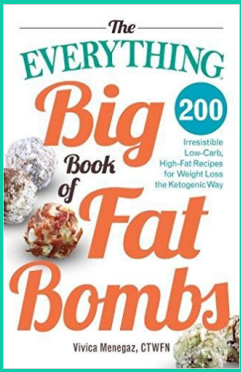
(serves 3 instead of 2)

**CALORIES 304**

MACROS	FAT	PROTEIN	FIBER	NET CARBS	CARBS
(GRAMS)	31	3	0	4	4

MACRO BREAKDOWN





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196

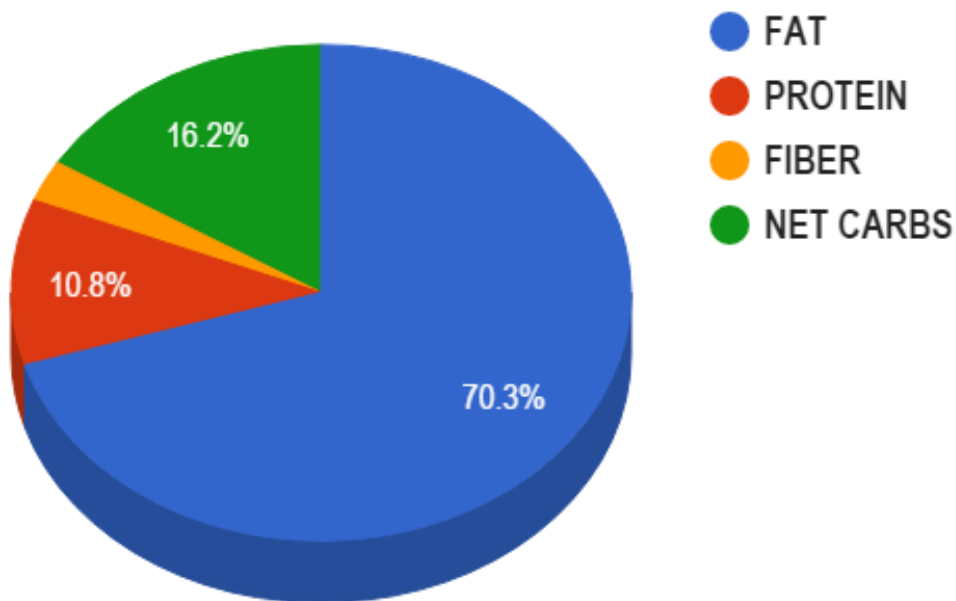
# Peppermint Patty Mousse

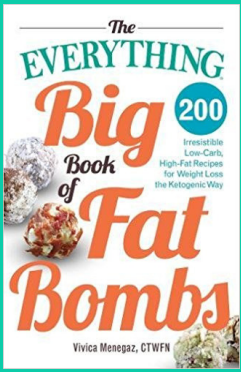
(serves 3 instead of 2)

**CALORIES 288**

MACROS	FAT	PROTEIN	FIBER	NET CARBS	CARBS
(GRAMS)	26	4	1	6	7

MACRO BREAKDOWN





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198

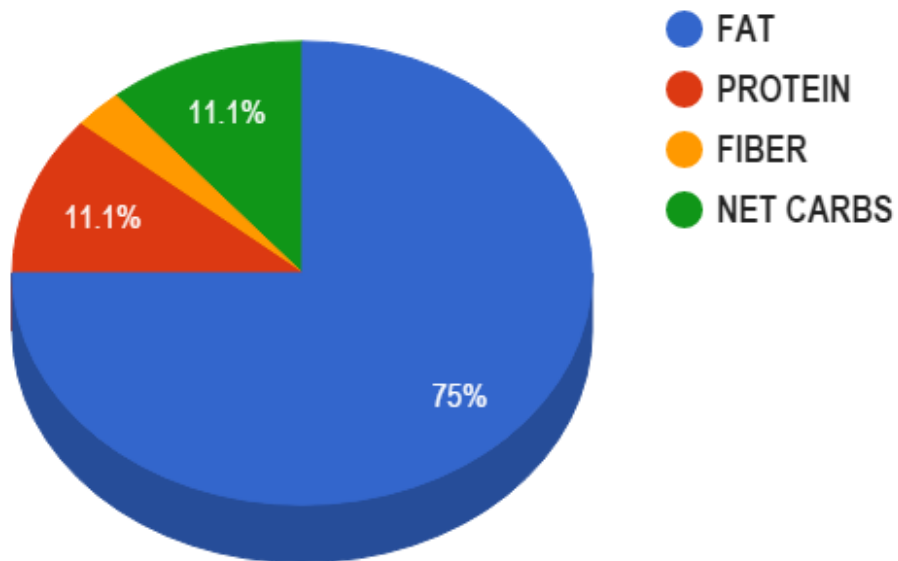
# Chocolate Mousse DF

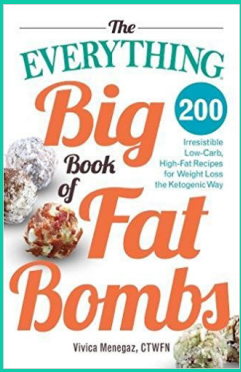
(serves 3 instead of 4)

CALORIES 284

MACROS	FAT	PROTEIN	FIBER	NET CARBS	CARBS
(GRAMS)	27	4	1	4	5

MACRO BREAKDOWN





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199

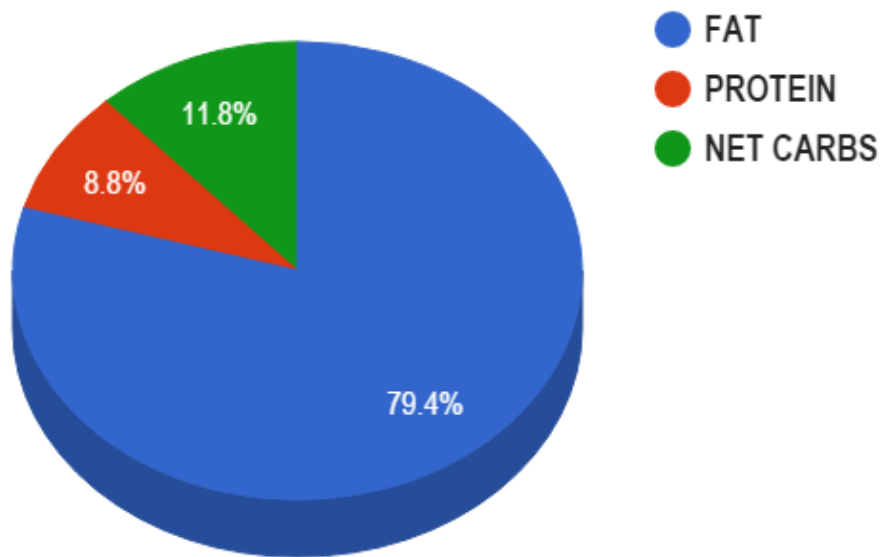
# Pina Colada Mousse DF

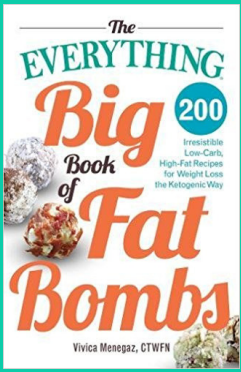
(serves 3 instead of 2)

CALORIES 278

MACROS	FAT	PROTEIN	FIBER	NET CARBS	CARBS
(GRAMS)	27	3	0	4	4

MACRO BREAKDOWN





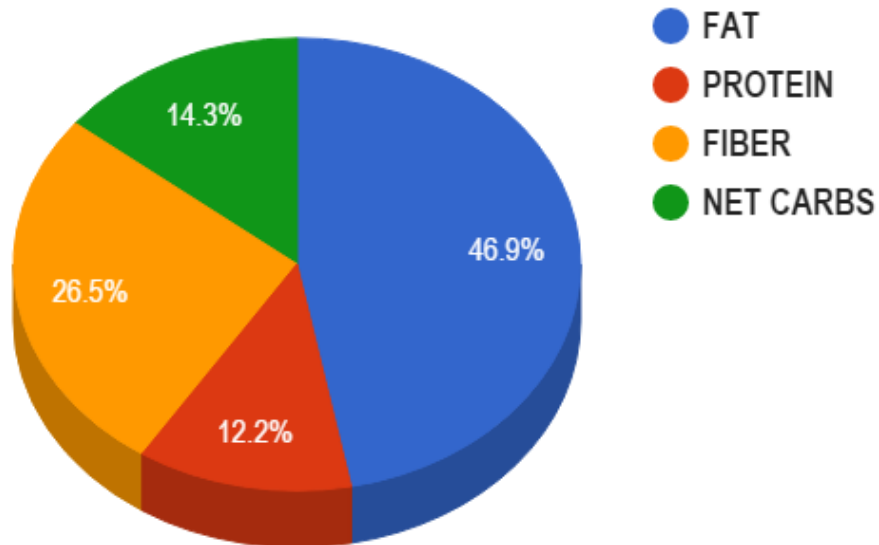
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200

# Chocolate Avocado Mousse DF

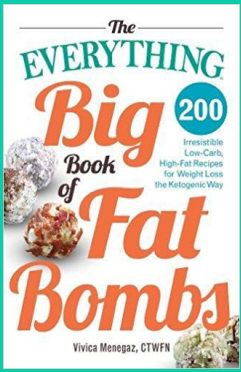
CALORIES 282

MACROS	FAT	PROTEIN	FIBER	NET CARBS	CARBS
(GRAMS)	23	6	13	7	20

MACRO BREAKDOWN







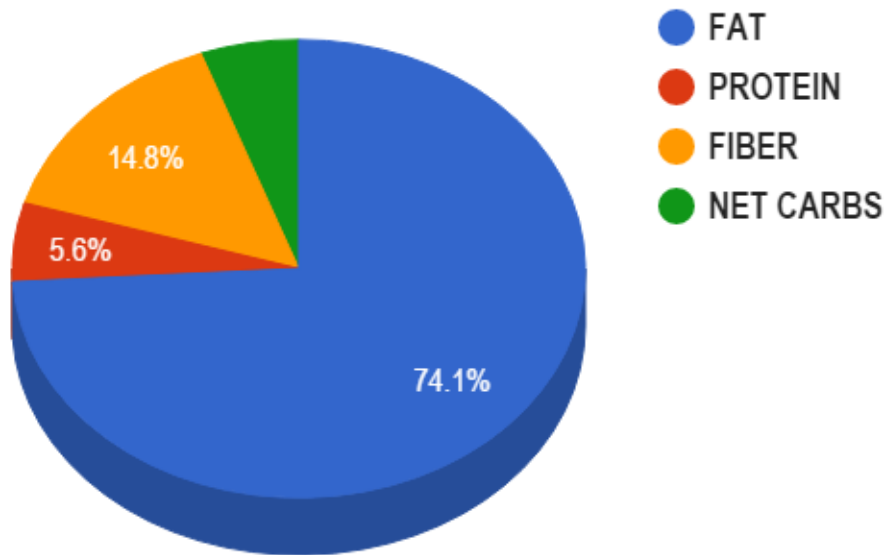
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203

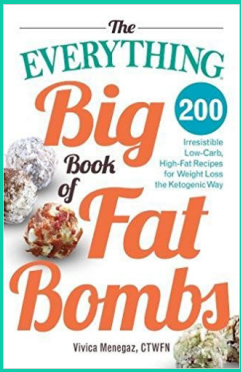
# Cinnamon Roll Bars

CALORIES 371

MACROS	FAT	PROTEIN	FIBER	NET CARBS	CARBS
(GRAMS)	40	3	8	3	11

MACRO BREAKDOWN





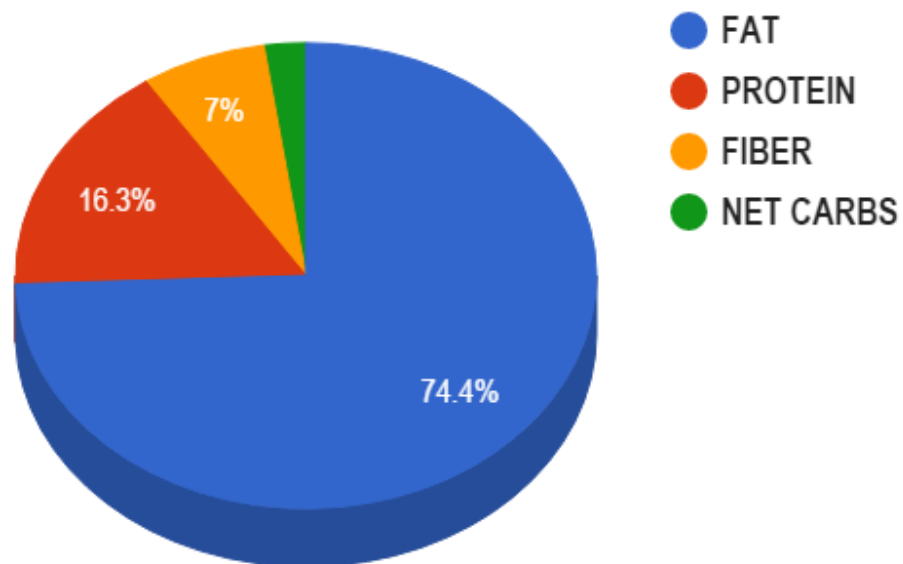
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205

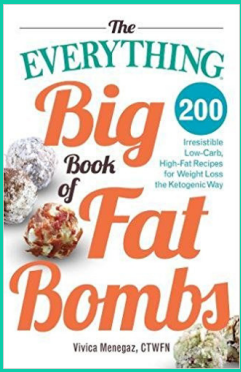
# Creamy Lemon Bars

CALORIES 321

MACROS	FAT	PROTEIN	FIBER	NET CARBS	CARBS
(GRAMS)	32	7	3	1	4

MACRO BREAKDOWN





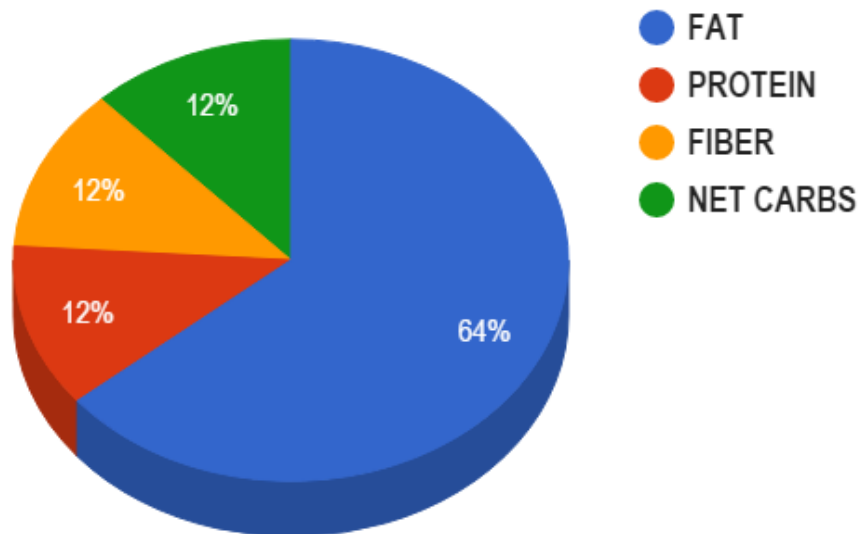
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206

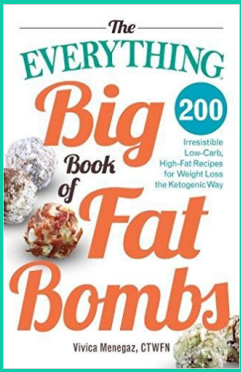
# Chia Energy Bars

CALORIES 174

MACROS	FAT	PROTEIN	FIBER	NET CARBS	CARBS
(GRAMS)	16	3	3	3	6

MACRO BREAKDOWN





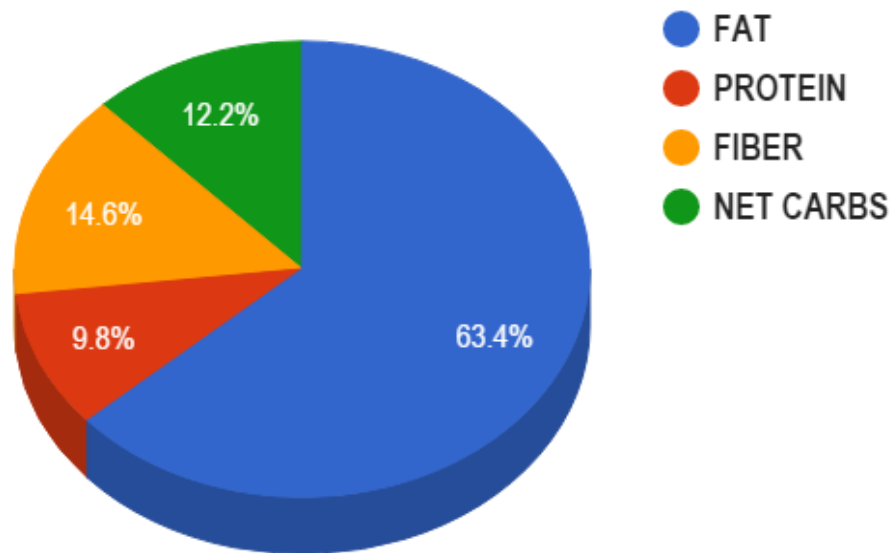
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207

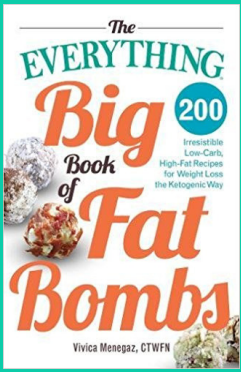
# Chocolate Chia Pudding

CALORIES 284

MACROS	FAT	PROTEIN	FIBER	NET CARBS	CARBS
(GRAMS)	26	4	6	5	11

MACRO BREAKDOWN





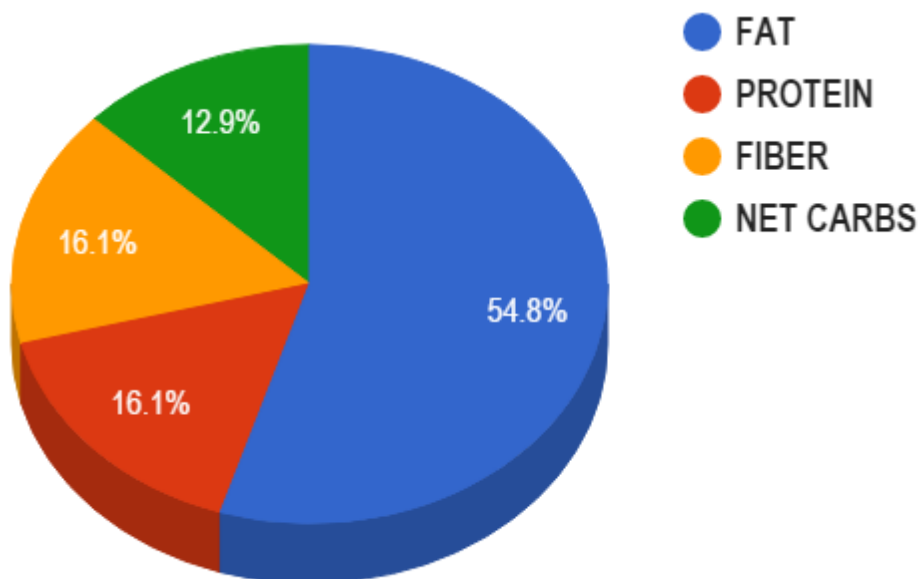
PAGE  
208A

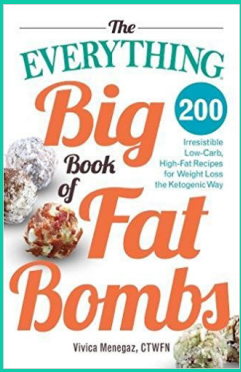
# Key Lime Pie Chia Pudding

**CALORIES 186**

MACROS	FAT	PROTEIN	FIBER	NET CARBS	CARBS
(GRAMS)	17	5	5	4	9

MACRO BREAKDOWN





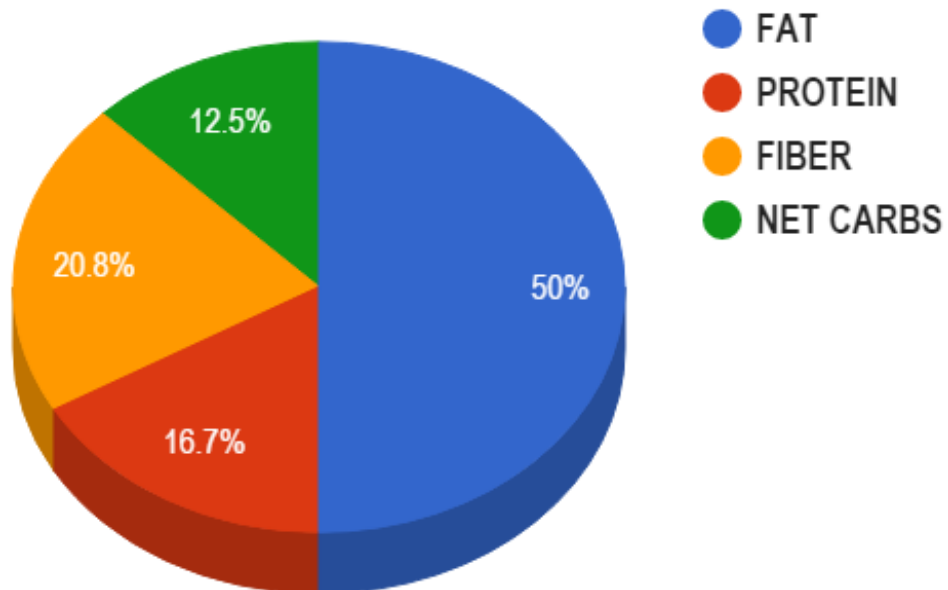
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208B

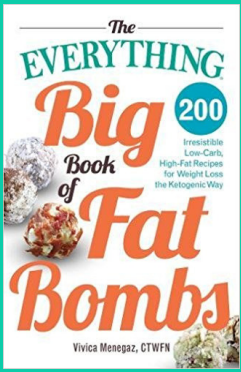
# Honey & Rose Chia Pudding DF

CALORIES 133

MACROS	FAT	PROTEIN	FIBER	NET CARBS	CARBS
(GRAMS)	12	4	5	3	8

MACRO BREAKDOWN





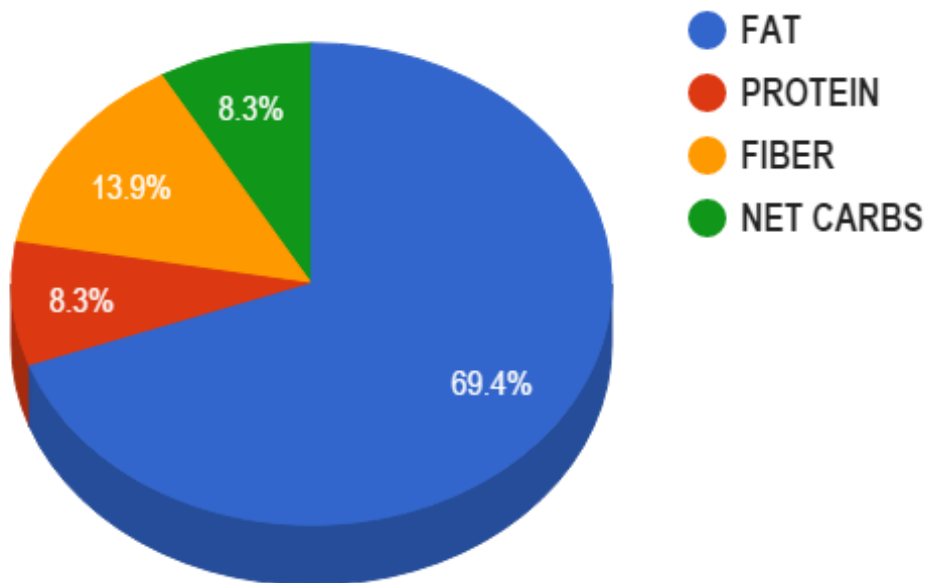
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209

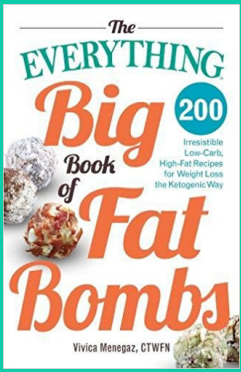
# Raspberry & Cream Chia Pudding

CALORIES 262

MACROS	FAT	PROTEIN	FIBER	NET CARBS	CARBS
(GRAMS)	25	3	5	3	8

MACRO BREAKDOWN





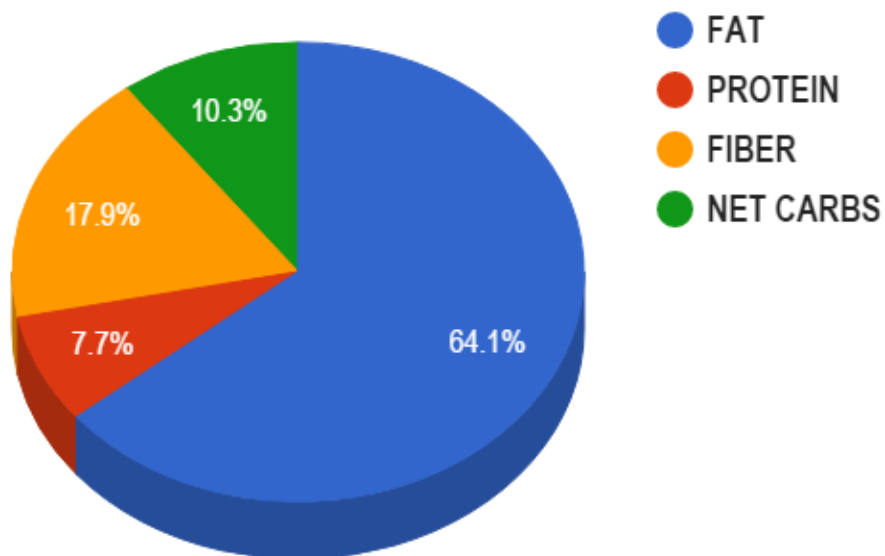
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210

# Vanilla & Cinnamon Chia Pudding

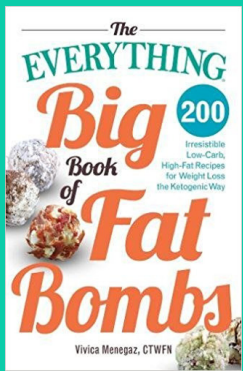
CALORIES 273

MACROS	FAT	PROTEIN	FIBER	NET CARBS	CARBS
(GRAMS)	25	3	7	4	11

MACRO BREAKDOWN







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219

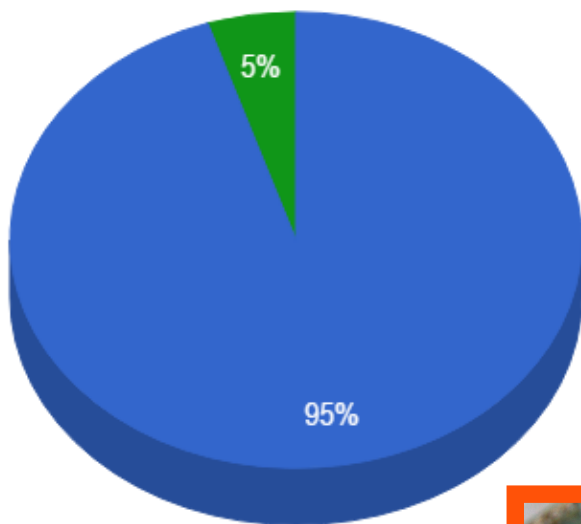
# Frozen Fat Bombs Matcha Cream

(serves 6 instead of 12)

**CALORIES 158**

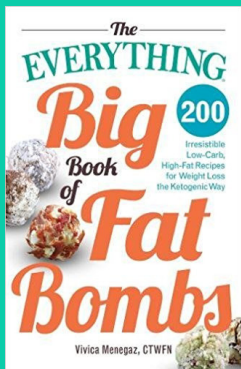
MACROS	FAT	PROTEIN	FIBER	NET CARBS	CARBS
(GRAMS)	19	0	0	1	1

MACRO BREAKDOWN



- FAT
- NET CARBS





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220

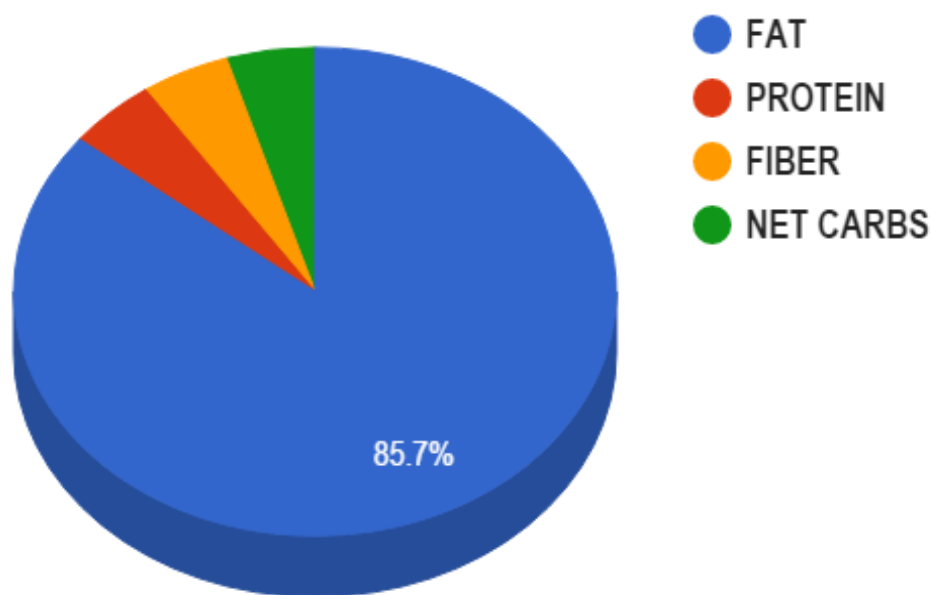
# Frozen Coconut Rum

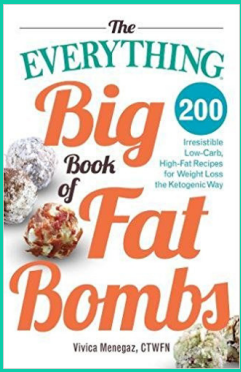
(serves 5 instead of 10)

CALORIES 166

MACROS	FAT	PROTEIN	FIBER	NET CARBS	CARBS
(GRAMS)	18	1	1	1	2

MACRO BREAKDOWN





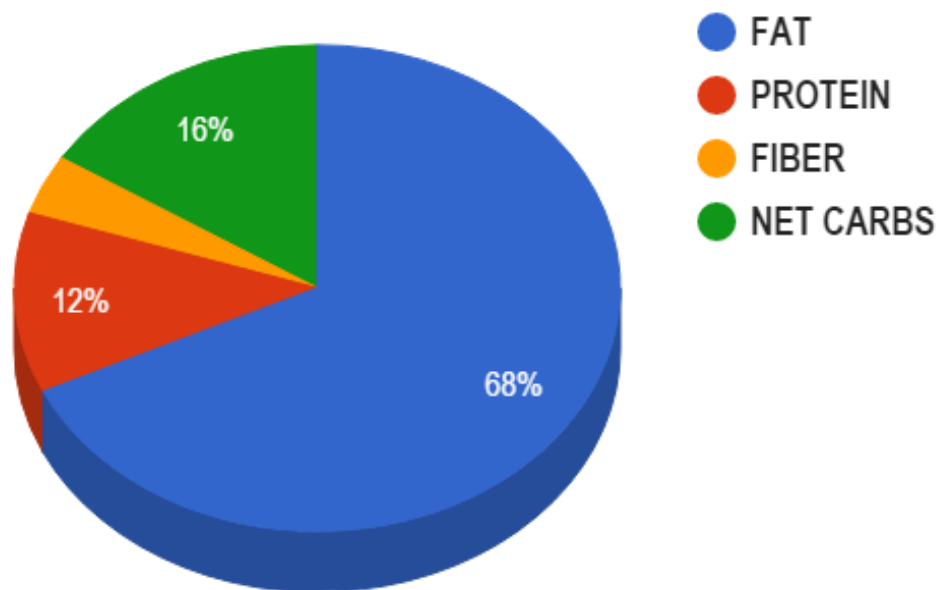
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221

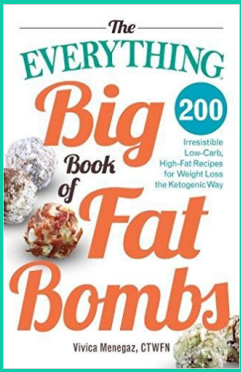
# Almond Cookie Popsicles DF

CALORIES 189

MACROS	FAT	PROTEIN	FIBER	NET CARBS	CARBS
(GRAMS)	17	3	1	4	5

MACRO BREAKDOWN





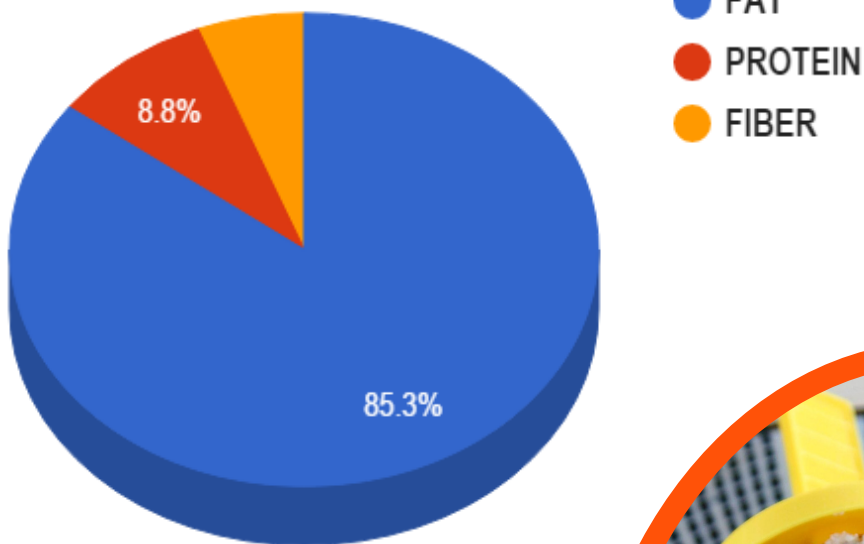
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222

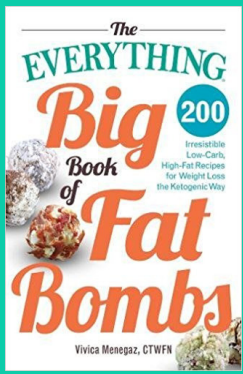
# Butter Pecan Popsicles

CALORIES 275

MACROS	FAT	PROTEIN	FIBER	NET CARBS	CARBS
(GRAMS)	29	3	2	0	2

MACRO BREAKDOWN





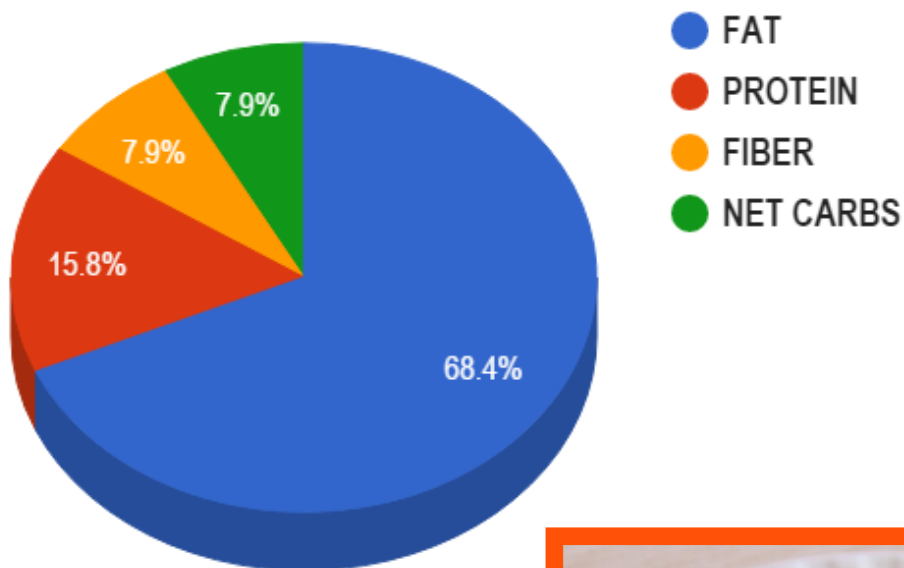
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# Chocolate-Drizzled Creamy Peanut Butter Popsicles

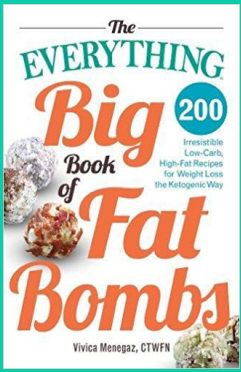
CALORIES 290

MACROS	FAT	PROTEIN	FIBER	NET CARBS	CARBS
(GRAMS)	26	6	3	3	6

MACRO BREAKDOWN







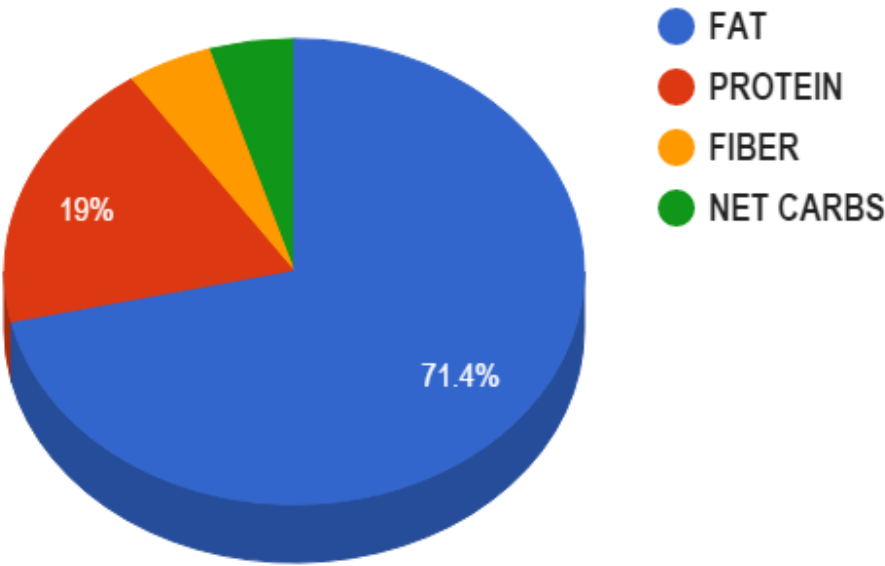
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224

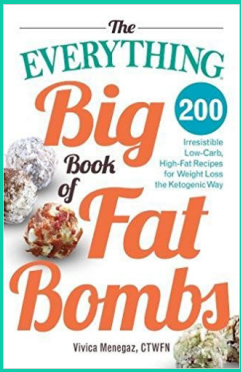
# Coconut Vanilla Popsicles DF

CALORIES 155

MACROS	FAT	PROTEIN	FIBER	NET CARBS	CARBS
(GRAMS)	15	4	1	1	2

MACRO BREAKDOWN





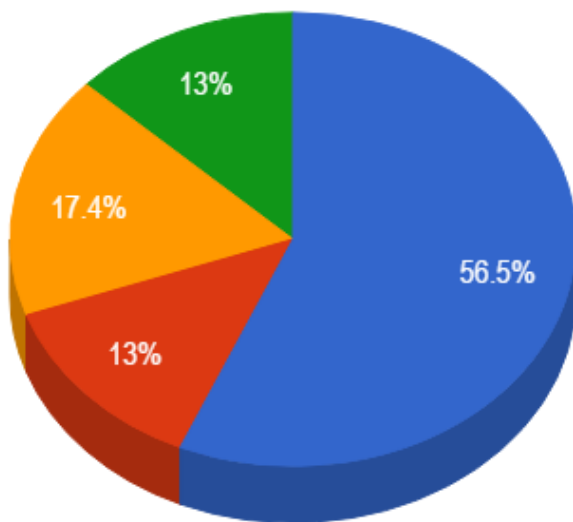
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225

# Dark Chocolate Popsicles DF

CALORIES 148

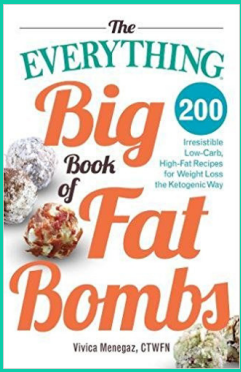
MACROS	FAT	PROTEIN	FIBER	NET CARBS	CARBS
(GRAMS)	13	3	4	3	7

MACRO BREAKDOWN



- FAT
- PROTEIN
- FIBER
- NET CARBS





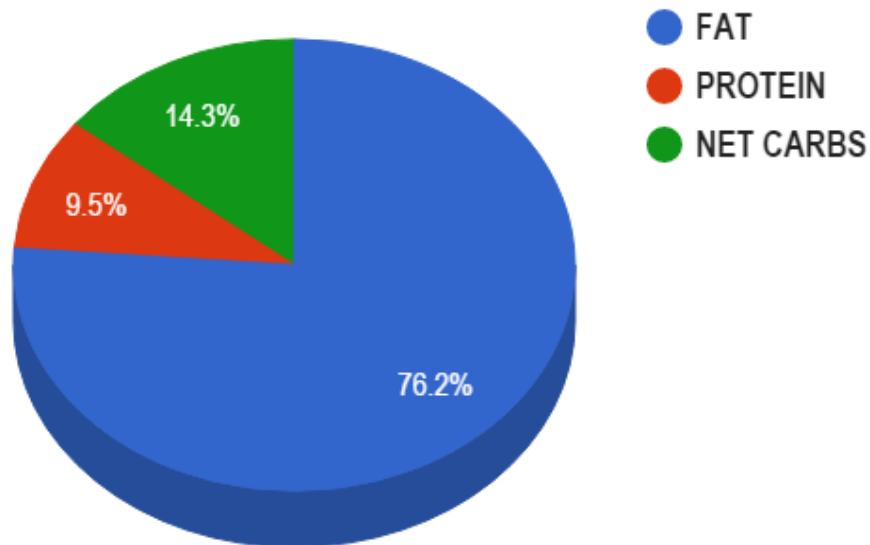
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# Ginger Cream Popsicles DF

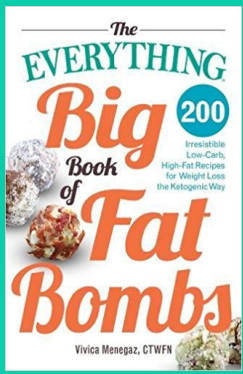
CALORIES 143

MACROS	FAT	PROTEIN	FIBER	NET CARBS	CARBS
(GRAMS)	16	2	0	3	3

MACRO BREAKDOWN







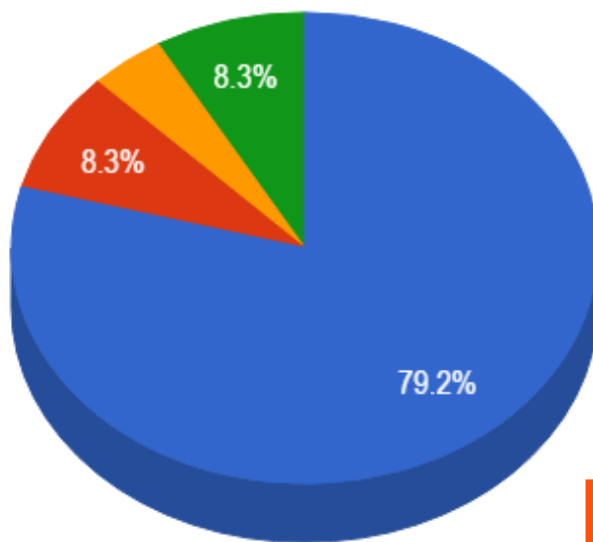
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# Hazelnut Cappuccino Popsicles DF

CALORIES 189

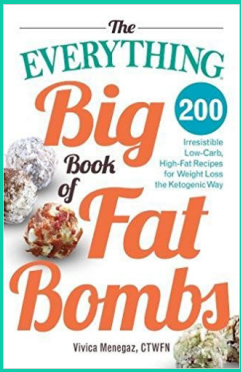
MACROS	FAT	PROTEIN	FIBER	NET CARBS	CARBS
(GRAMS)	19	2	1	2	3

MACRO BREAKDOWN



- FAT
- PROTEIN
- FIBER
- NET CARBS





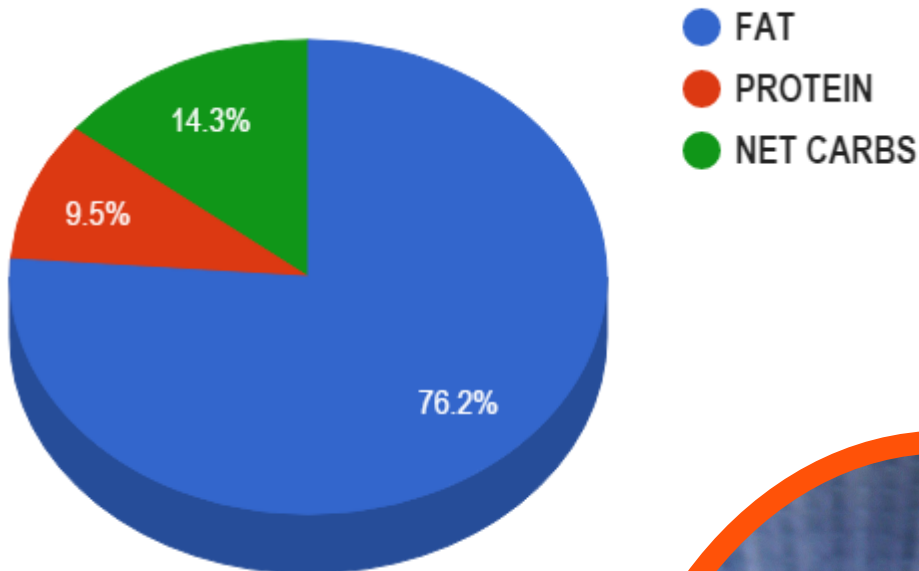
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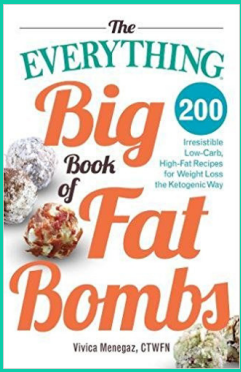
# Matcha Popsicles DF

CALORIES 143

MACROS	FAT	PROTEIN	FIBER	NET CARBS	CARBS
(GRAMS)	16	2	0	3	3

MACRO BREAKDOWN





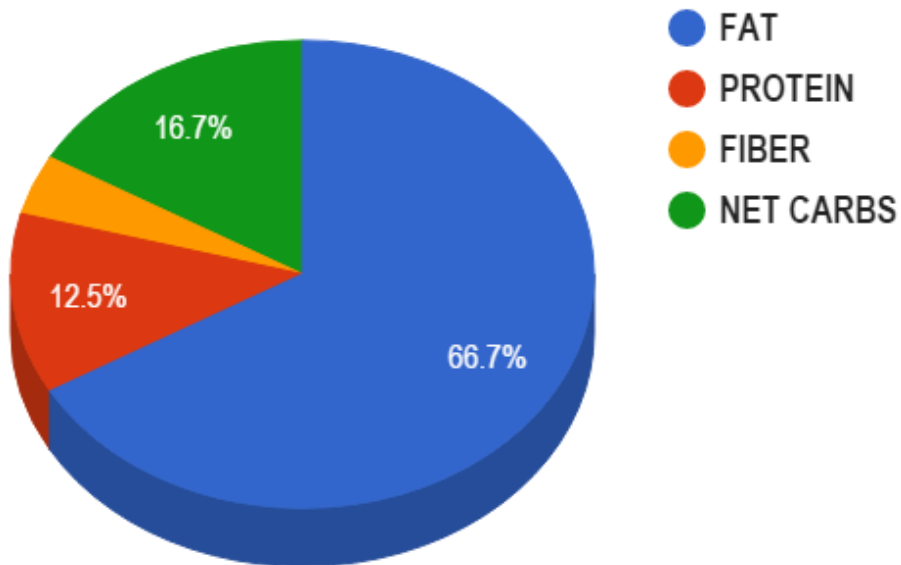
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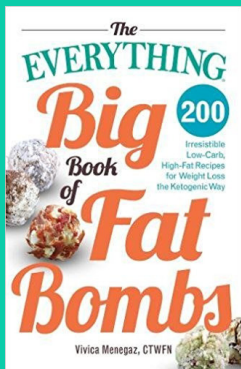
# Mint Chocolate Chip Popsicles

**CALORIES 169**

MACROS	FAT	PROTEIN	FIBER	NET CARBS	CARBS
(GRAMS)	16	3	1	4	5

MACRO BREAKDOWN





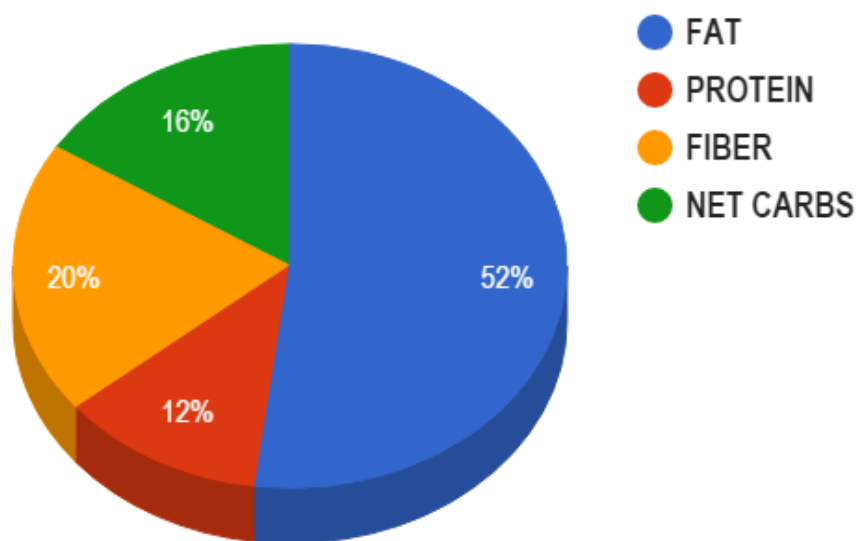
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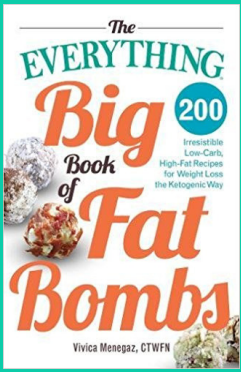
# Orange Chocolate Popsicles DF

**CALORIES 162**

MACROS	FAT	PROTEIN	FIBER	NET CARBS	CARBS
(GRAMS)	13	3	5	4	9

MACRO BREAKDOWN





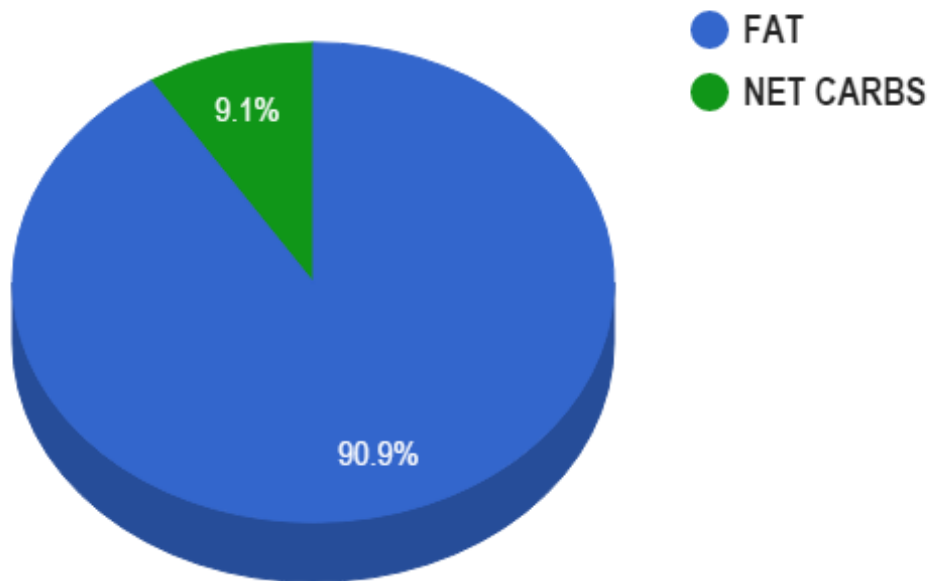
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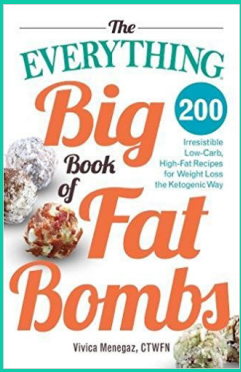
# Amaretto Chilled Coffee

CALORIES 203

MACROS	FAT	PROTEIN	FIBER	NET CARBS	CARBS
(GRAMS)	20	0	0	2	2

MACRO BREAKDOWN





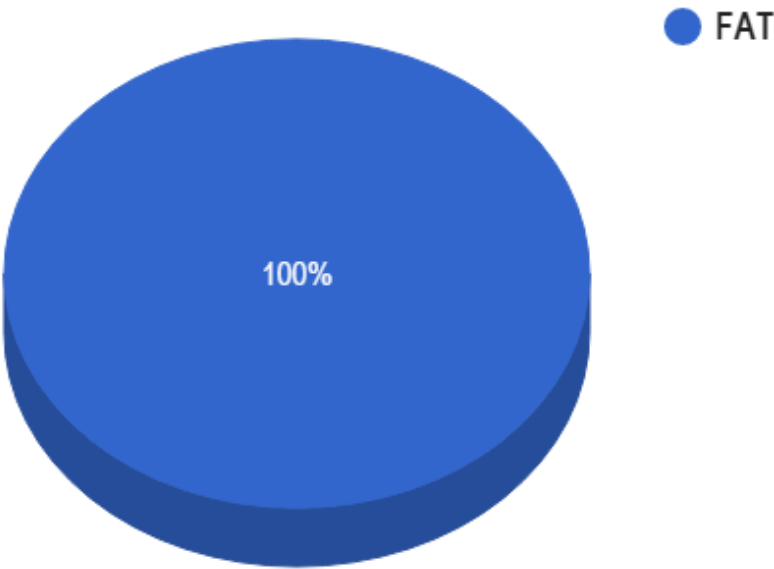
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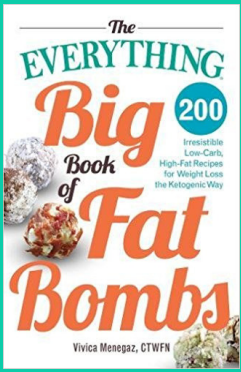
# Coconut Coffee DF

CALORIES 160

MACROS	FAT	PROTEIN	FIBER	NET CARBS	CARBS
(GRAMS)	25	0	0	0	0

MACRO BREAKDOWN





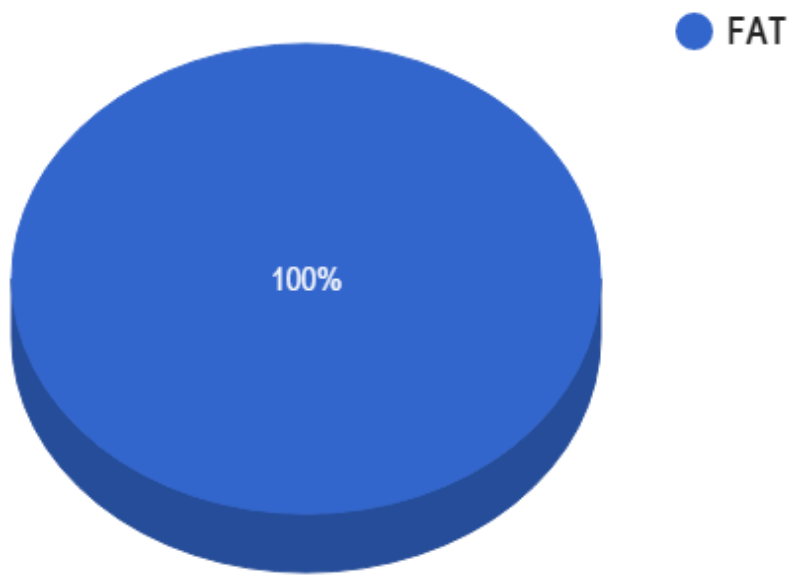
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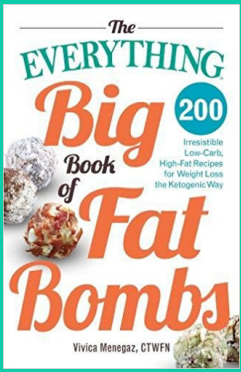
# Caffeine-Free Coconut Vanilla Tea DF

CALORIES 62

MACROS	FAT	PROTEIN	FIBER	NET CARBS	CARBS
(GRAMS)	14	0	0	0	0

MACRO BREAKDOWN





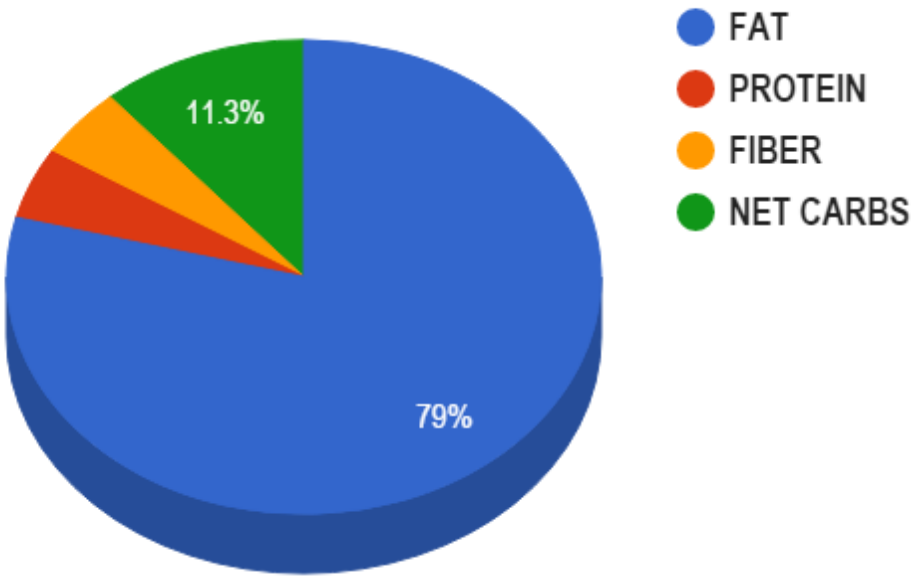
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# Creamy Mexican Hot Chocolate

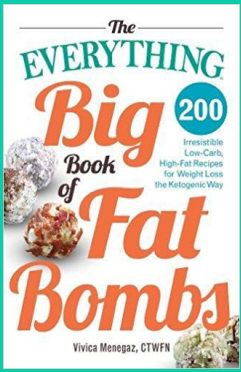
CALORIES 507

MACROS	FAT	PROTEIN	FIBER	NET CARBS	CARBS
(GRAMS)	49	3	3	7	10

MACRO BREAKDOWN







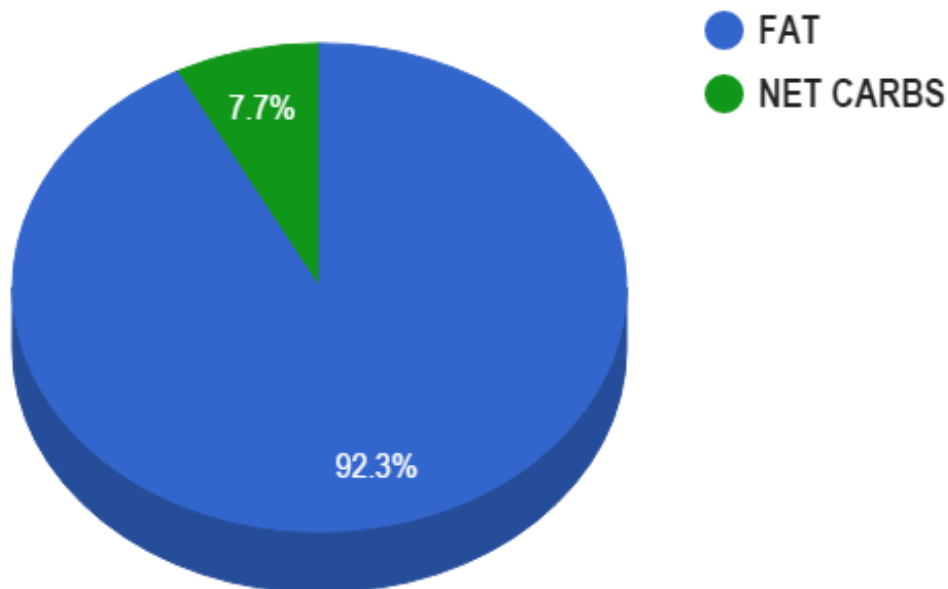
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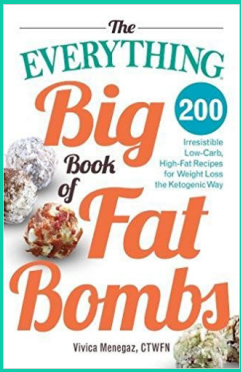
# Thai Iced Coffee

**CALORIES 105**

MACROS	FAT	PROTEIN	FIBER	NET CARBS	CARBS
(GRAMS)	12	0	0	1	1

MACRO BREAKDOWN





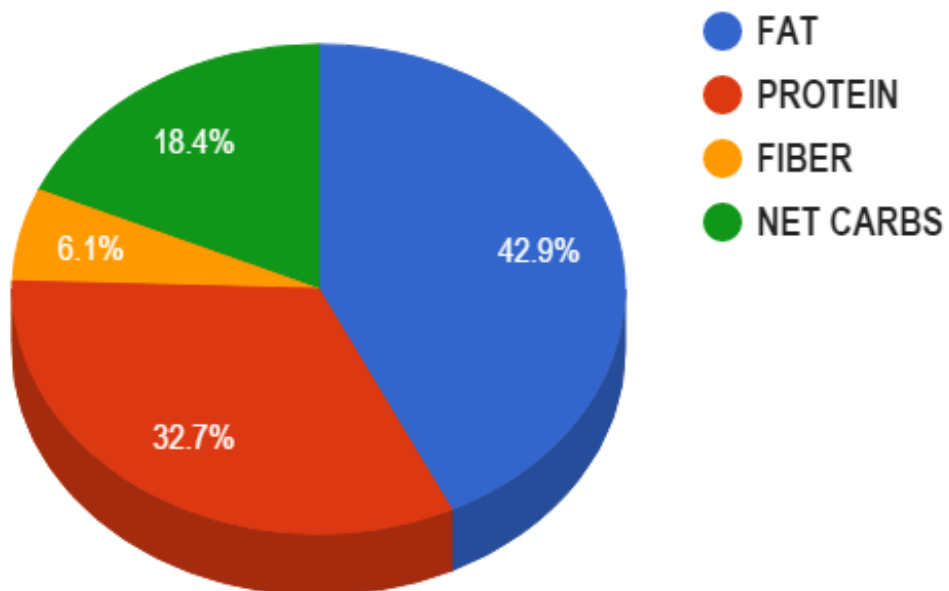
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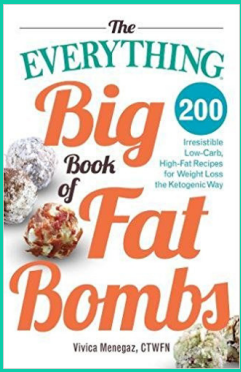
# Chocolate Blueberry Smoothie DF

**CALORIES 394**

MACROS	FAT	PROTEIN	FIBER	NET CARBS	CARBS
(GRAMS)	21	16	3	9	12

MACRO BREAKDOWN





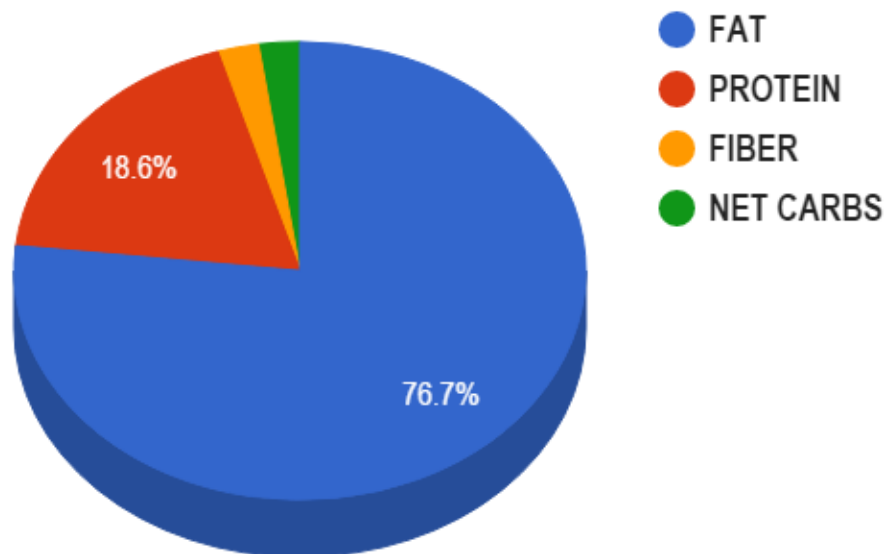
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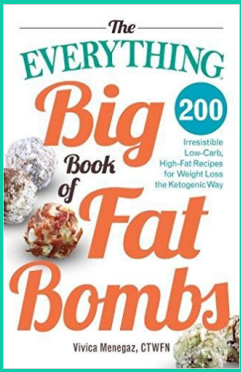
# Eggnog Smoothie

CALORIES 481

MACROS	FAT	PROTEIN	FIBER	NET CARBS	CARBS
(GRAMS)	33	8	1	1	2

MACRO BREAKDOWN





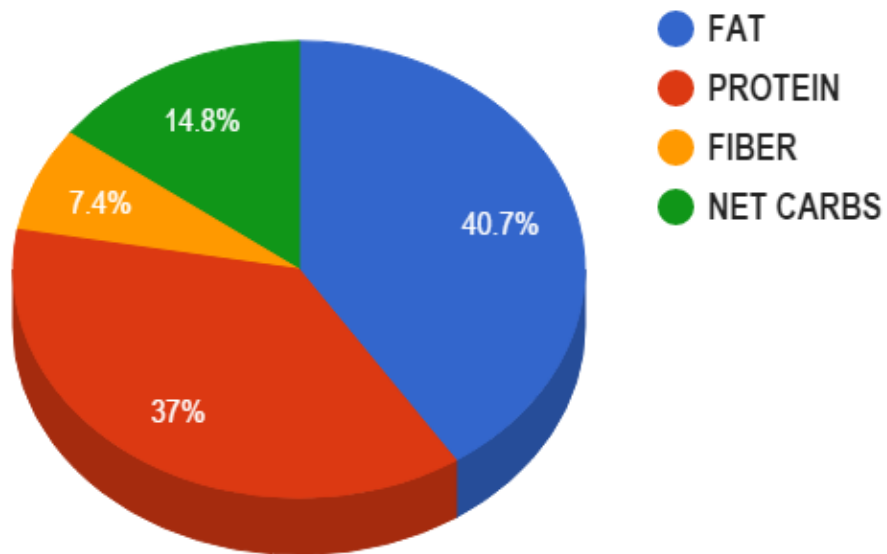
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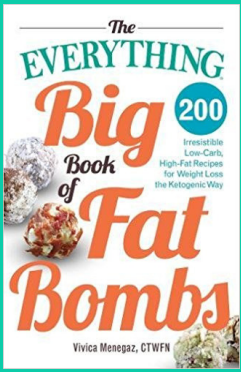
# Gingerbread Gem Smoothie DF

CALORIES 167

MACROS	FAT	PROTEIN	FIBER	NET CARBS	CARBS
(GRAMS)	11	10	2	4	6

MACRO BREAKDOWN





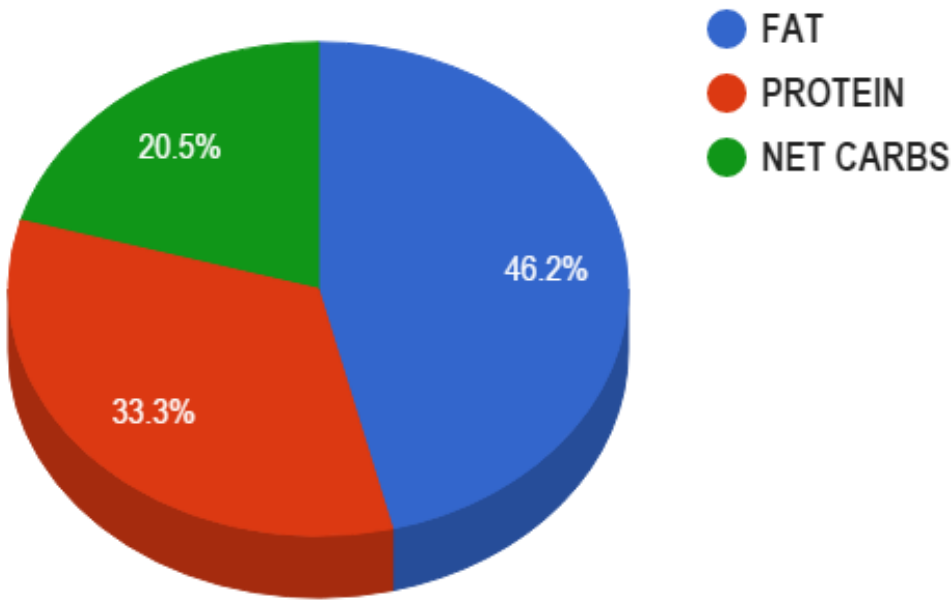
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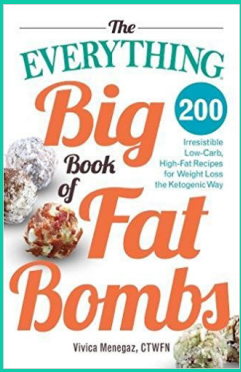
# Key Lime Pie Smoothie

CALORIES 254

MACROS	FAT	PROTEIN	FIBER	NET CARBS	CARBS
(GRAMS)	18	13	0	8	8

MACRO BREAKDOWN





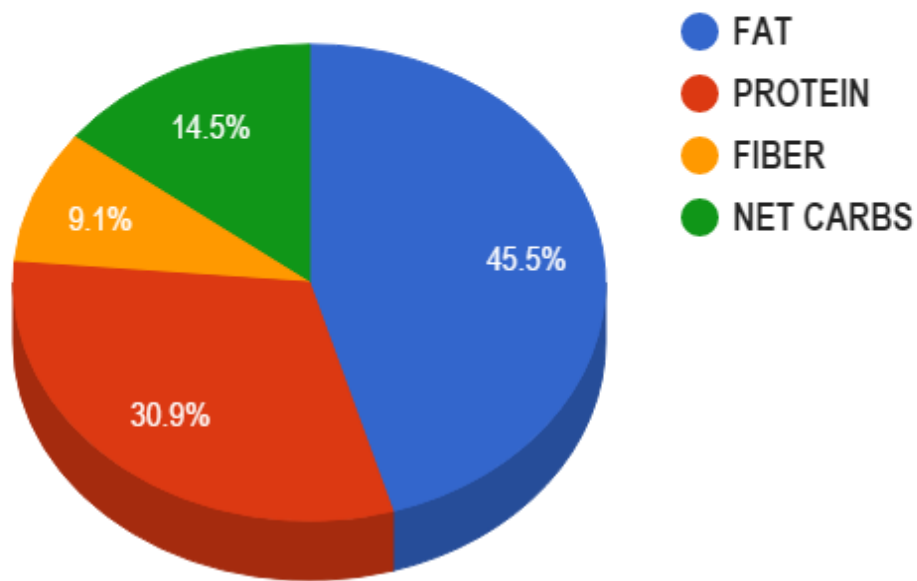
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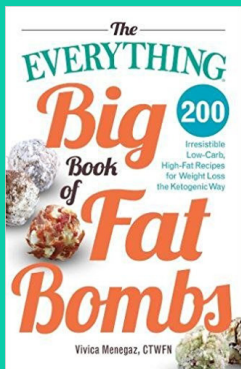
# Peanut Butter Cup Smoothie DF

CALORIES 506

MACROS	FAT	PROTEIN	FIBER	NET CARBS	CARBS
(GRAMS)	25	17	5	8	13

MACRO BREAKDOWN





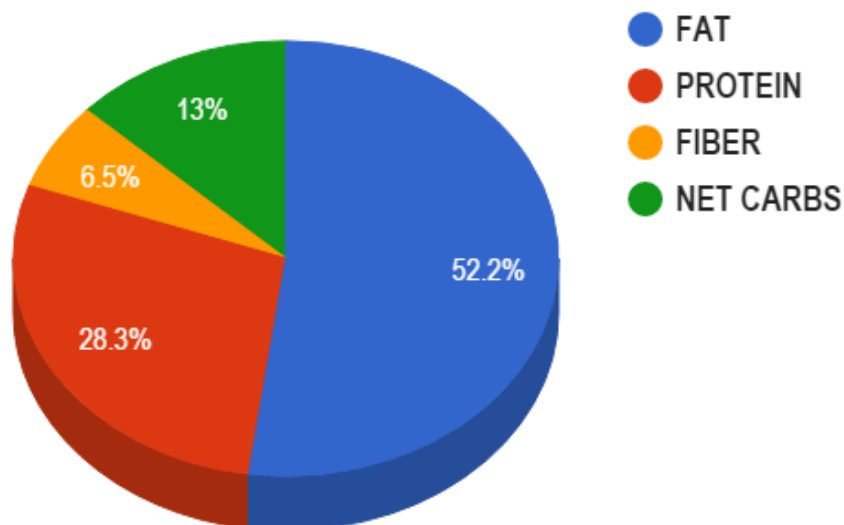
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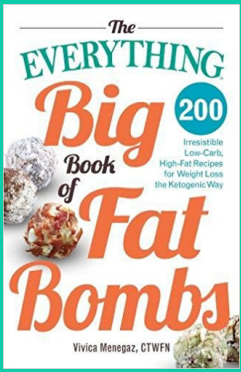
# Matcha Madness Smoothie DF

CALORIES 488

MACROS	FAT	PROTEIN	FIBER	NET CARBS	CARBS
(GRAMS)	24	13	3	6	9

MACRO BREAKDOWN





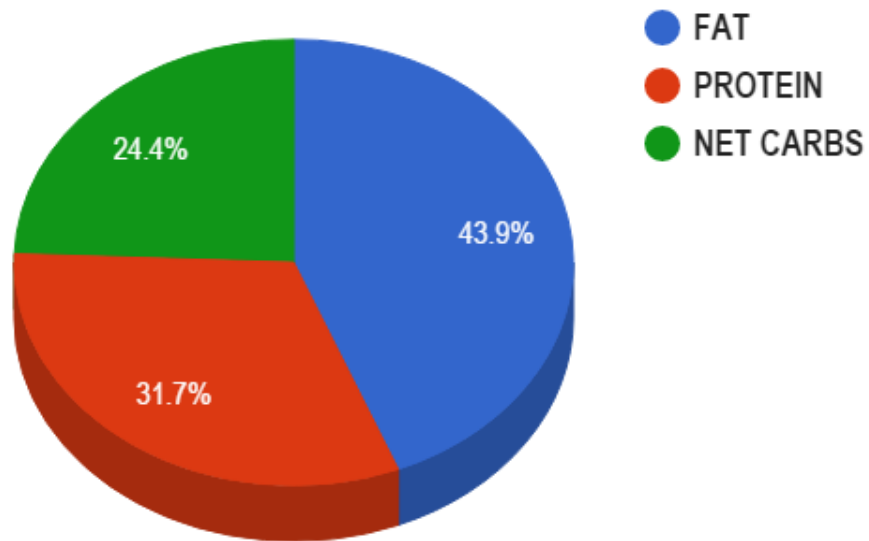
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# Orange Delight Smoothie

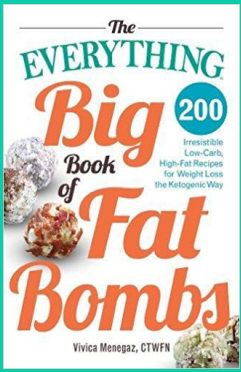
**CALORIES 265**

MACROS	FAT	PROTEIN	FIBER	NET CARBS	CARBS
(GRAMS)	18	13	0	10	10

MACRO BREAKDOWN







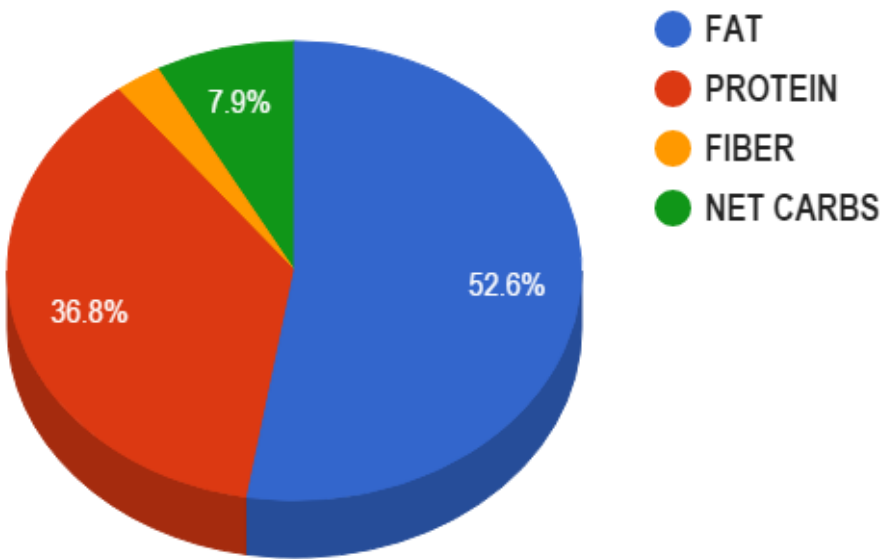
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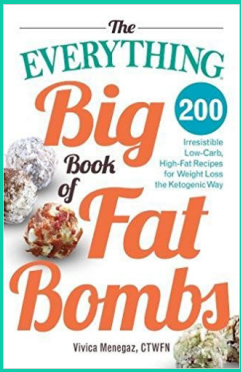
# Strawberry Vanilla Smoothie DF

CALORIES 369

MACROS	FAT	PROTEIN	FIBER	NET CARBS	CARBS
(GRAMS)	20	14	1	3	4

MACRO BREAKDOWN





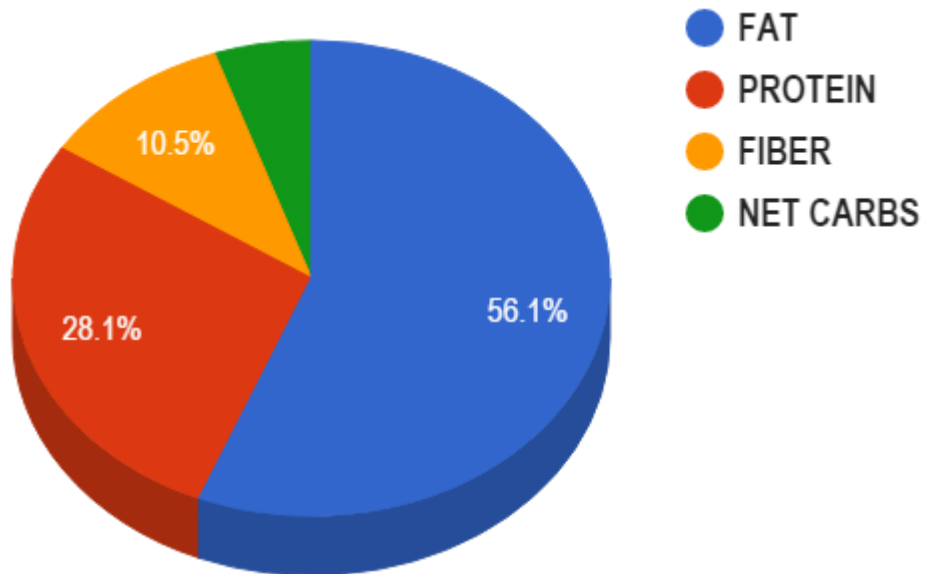
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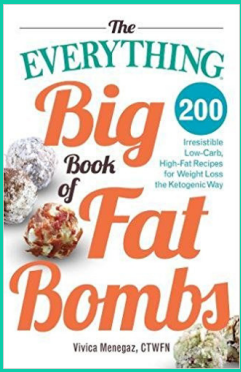
# Vanilla Avocado Smoothie DF

CALORIES 500

MACROS	FAT	PROTEIN	FIBER	NET CARBS	CARBS
(GRAMS)	32	16	6	3	9

MACRO BREAKDOWN





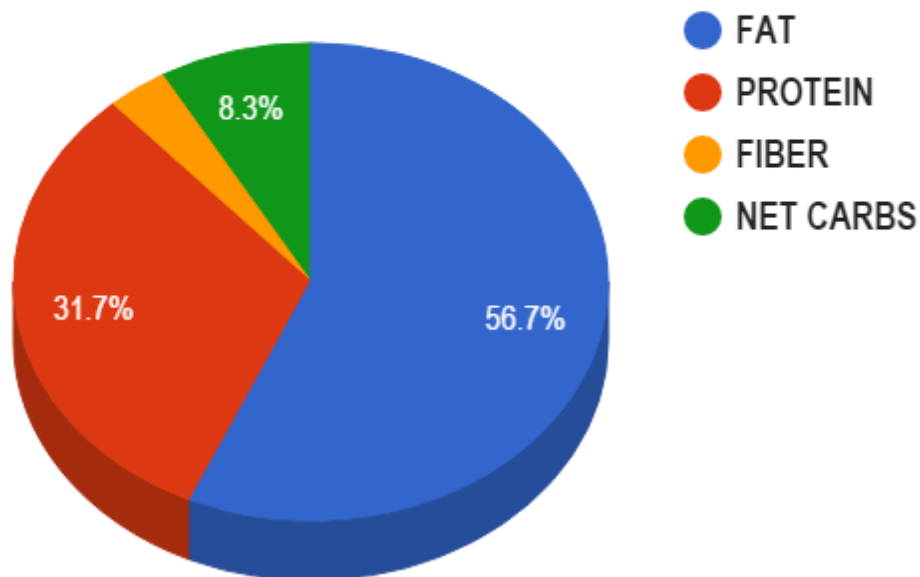
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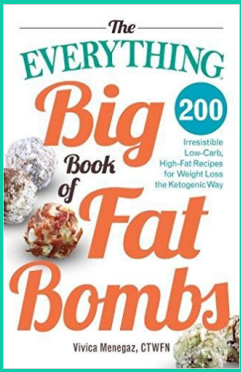
# Vanilla Almond Butter Smoothie DF

CALORIES 359

MACROS	FAT	PROTEIN	FIBER	NET CARBS	CARBS
(GRAMS)	34	19	2	5	7

MACRO BREAKDOWN





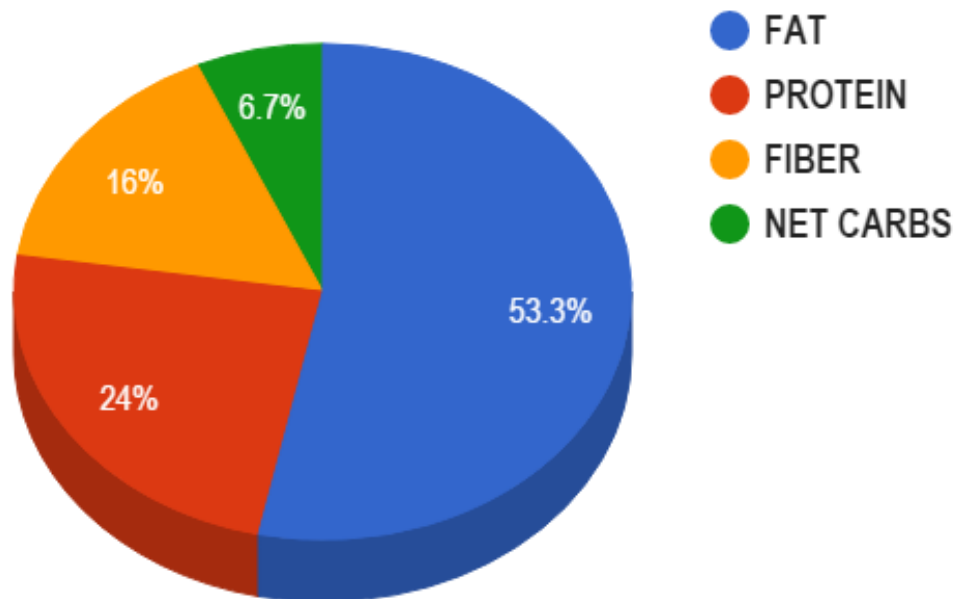
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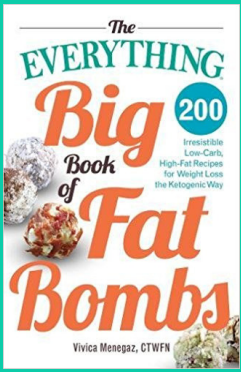
# Avocado Almond Smoothie DF

CALORIES 475

MACROS	FAT	PROTEIN	FIBER	NET CARBS	CARBS
(GRAMS)	40	18	12	5	17

MACRO BREAKDOWN





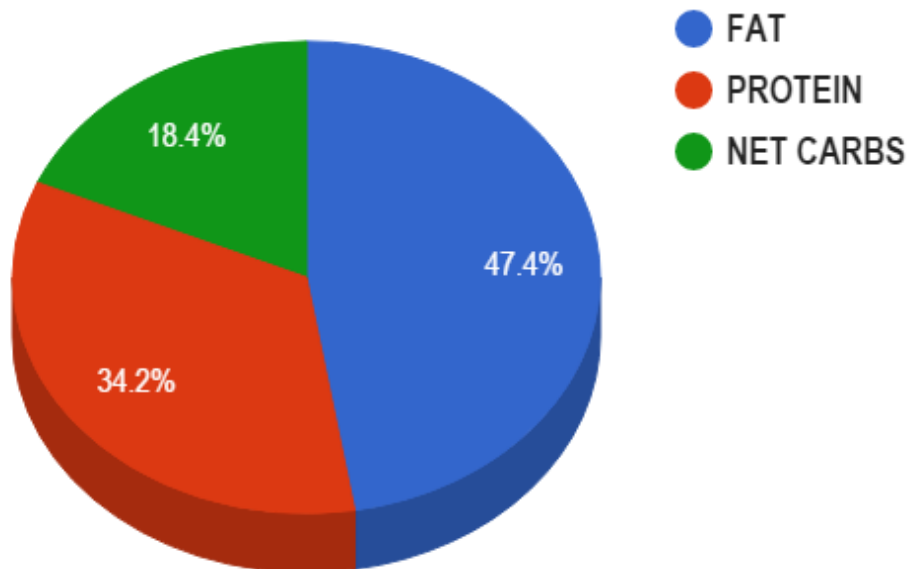
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# Very Vanilla Smoothie

CALORIES 254

MACROS	FAT	PROTEIN	FIBER	NET CARBS	CARBS
(GRAMS)	18	13	0	7	7

MACRO BREAKDOWN



# BONUS RECIPE

## Mayan Dream Keto Chocolate Truffles

### INGREDIENTS   MAKES 9 TRUFFLES

#### Ganache:

- 3 ounces unsweetened baking chocolate
- 1 fluid ounce heavy cream
- 1 tablespoon butter
- 2 tablespoons confectioners Swerve
- 2 drops stevia glycerite
- ½ teaspoon smoked chipotle powder

#### Coating:

- 1teaspoon confectioners Swerve
- 2 teaspoons unsweetened cocoa powder
- ½ teaspoon smoked chipotle powder

### INSTRUCTIONS

1. In a small double boiler saucepan (bain marie) melt the chocolate slowly string.
2. Add cream, butter, Swerve and chili powder to chocolate and mix well until incorporated.
3. Remove from heat and keep stirring for about 10 seconds.
4. Place saucepan in the refrigerator for about 1 hour, until the ganache has solidified.
5. With the aid of a spoon scoop the ganache and form 9 little balls, you might want to wear plastic gloves to help the chocolate not stick to your hands.
6. Roll ganache balls into the coating powder, making sure to only get a thin layer of it on the truffle.
7. For best consistency keep refrigerated.

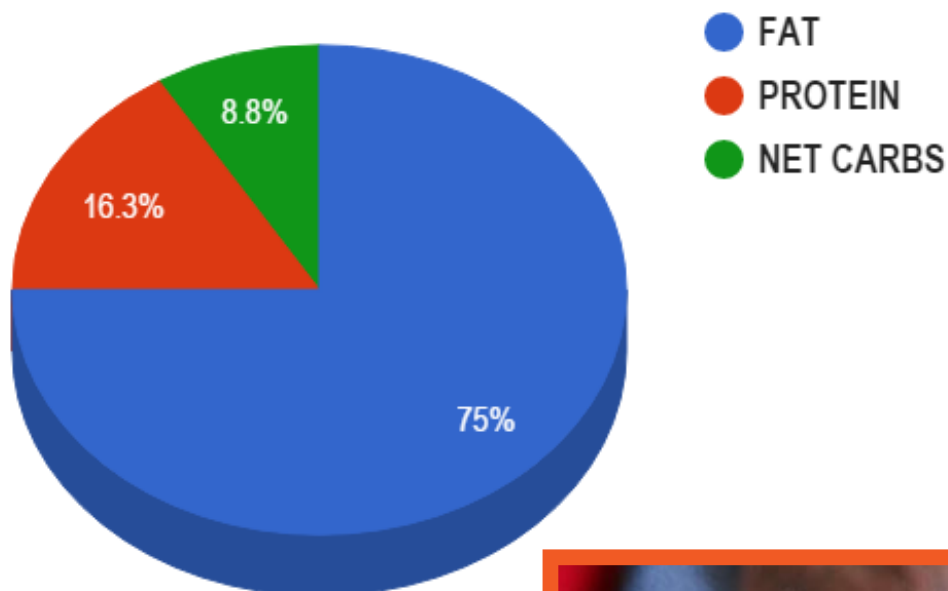
# BONUS RECIPE

## Mayan Dream Keto Chocolate Truffles

**CALORIES 75 (PER TRUFFLE)**

MACROS	FAT	PROTEIN	FIBER	NET CARBS	CARBS
(GRAMS)	6	1.3	0	0.7	0.7

MACRO BREAKDOWN



# BONUS RECIPE

## Baked Brie & Pecan Prosciutto Savory Fat Bomb

### INGREDIENTS    MAKES 1 FAT BOMB

- 1 slice prosciutto, about ½ ounce
- 1 ounce full-fat Brie cheese
- 6 pecan halves, about ⅓ ounce
- ⅛ teaspoon black pepper

### INSTRUCTIONS

1. Preheat oven to 350°F. Use a muffin tin, whose muffin holes are about 2.5" wide and 1.5" deep.
2. Take the slice of prosciutto and fold it in half so it becomes almost square.
3. Place it in a hole of the muffin tin to line it completely.
4. Chop the Brie in little cubes, leaving the white skin on. Place the Brie in the prosciutto-lined cup.
5. Stick the pecan halves in amongst the Brie.
6. Bake for about 12 minutes, until Brie is melted and prosciutto is cooked.
7. Let cool for 10 minutes before removing from the muffin pan.



# BONUS RECIPE

## Baked Brie & Pecan Prosciutto Savory Fat Bomb

**CALORIES 183**

MACROS	FAT	PROTEIN	FIBER	NET CARBS	CARBS
(GRAMS)	16.5	8.5	1	0.5	1.5

MACRO BREAKDOWN

