

Ketotastic

BY FRANTASTIC EVENTS

	SWEET BAKERY	SWEET BAKERY	SWEET BAKERY	SWEET BAKERY	SWEET BAKERY	SWEET BAKERY	SWEET BAKERY
	Brownie Bite with Cream Cheese Icing	Butter Tart	Cake Chocolate with Cream Cheese Icing	Cake Vanilla with Cream Cheese Icing	Cheese Cake Brownie Bite Original	Cheese Cake Brownie Bite Strawberry	Cheese Cake Original
SERVING SIZE	1	1	1 slice 1/8 cake	1 slice 1/8 cake	1	1	1
CALORIES	170	205	292	279	105	105	140
TOTAL FAT	16.3g	19g	26g	25.2g	9.7g	9.7g	12.2g
TOTAL CARBS	4.9g	3.9g	7g	3.9g	2.8g	2.8g	1.9g
DIETARY FIBRE	2.2g	1.8g	3.1g	1.1g	1.1g	1.1g	0
NET CARBS	2.7g	2.1g	3.9g	2.8g	1.7g	1.7g	1.9g
SUGAR	.3 g	1.4g	1g	.9g	.8g	.8g	1.7g
PROTEIN	3.6g	3.5g	9.9g	8.8g	2.8g	2.8g	4.8g
INGREDIENTS	egg, erythritol, chocolate, cocoa powder, coconut flour, salt, vanilla, coffee, coconut oil, heavy whipping cream, cream cheese	butter, cream, vanilla, xanthan gum, salt, egg, vegetable oil, coconut flour, erythritol, Swerve	erythritol, ricotta cheese, egg, butter, coconut flour, baking powder, sea salt, cocoa powder, vanilla, heavy whipping cream, cream cheese	erythritol, ricotta cheese, egg, butter, coconut flour, baking powder, sea salt, vanilla, heavy whipping cream, cream cheese	egg, erythritol, chocolate, cocoa powder, coconut flour, salt, vanilla, coffee, cream cheese, vanilla, egg, lemon juice, salt, erythritol, coconut oil	egg, erythritol, chocolate, cocoa powder, coconut flour, salt, vanilla, coffee, cream cheese, vanilla, egg, strawberry essence, salt, erythritol, coconut oil	cream cheese, vanilla, egg, lemon juice, salt, erythritol

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	Cheese Cake Chocolate	Cheese Cake Strawberry	Cinnamon Bun with Cream Cheese Icing	Coconut Cluster FAT BOMB	Coconut Macaroon	Cookie Chocolate Chip	Cookie Shortbread
SERVING SIZE	1	1	1	1	1	1	1
CALORIES	144	140	168	199	57	119	116
TOTAL FAT	12.4g	12.2g	12.5g	17.7g	5.2g	11g	8.7 g
TOTAL CARBS	2.9g	1.9g	3.4g	6.7g	2.2g	2.8g	6.9 g
DIETARY FIBRE	.7g	0	1.2g	4.1g	1.3g	1.3g	3.6 g
NET CARBS	2.2g	1.9g	2.2g	2.6g	.8g	1.5g	3.3 g
SUGAR	1.7g	1.7g	1.4g	2.5g	.8g	.6g	.9 g
PROTEIN	5.1g	4.8g	7.4g	4.6g	1g	2.8g	2.9 g
INGREDIENTS	cream cheese, cocoa powder, egg, strawberry essence, salt, erythritol	cream cheese, vanilla, egg, lemon juice, salt, erythritol	mozzarella cheese, cream cheese, egg, vanilla, coconut flour, xanthan gum, salt, baking powder, butter, cinnamon, erythritol, heavy whipping cream	butter, sunflower seed butter, cocoa, coconut flakes, erythritol	egg white, erythritol, vanilla, salt, coconut flakes	bakers chocolate, butter, erythritol, coconut flour, vanilla, eggs, baking powder	cream cheese, coconut flour, erythritol, vanilla

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	Cookie Lemon Shortbread	Cupcake Chocolate with Cream Cheese Icing	Cupcake Vanilla with Cream Cheese Icing	Haystack	Mini Donut Chocolate Glazed	Mini Donut Sweet Cinnamon	Mousse Chocolate
SERVING SIZE	1	1	1	1	1	1	1
CALORIES	124	193	185	155	58	58	228
TOTAL FAT	9.1g	17g	16.5g	16g	5g	5g	23.2g
TOTAL CARBS	4g	5.1g	2.9g	4.3g	1.05g	1.05g	3.7g
DIETARY FIBRE	1.8g	2.3g	.8g	2.7g	.45g	.45g	1.1 g
NET CARBS	2.2g	4.9g	2g	1.7g	.6g	.6g	2.5g
SUGAR	1.8g	0	.4g	.8g	.1g	.8g	2g
PROTEIN	4.3g	6.7g	6g	1.3g	1.9g	1.3g	1.7g
INGREDIENTS	cream cheese, coconut flour, erythritol, vanilla, lemon zest	erythritol, ricotta cheese, egg, butter, coconut flour, baking powder, sea salt, cocoa powder , vanilla, heavy whipping cream, cream cheese	erythritol, ricotta cheese, egg, butter, coconut flour, baking powder, sea salt, cream cheese, vanilla, heavy whipping cream, cream cheese	coconut oil, coconut flakes, cocoa powder, cocoa butter, erythritol, cocoa nibs	egg, coconut flour, coconut oil, baking powder, cocoa powder, erythritol, Swerve	egg, coconut flour, coconut oil, baking soda, cream of tartar, Swerve, cinnamon	whipping cream, cocoa, erythritol

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	SWEET BAKERY	SWEET BAKERY	SAVOURY BAKERY	SAVOURY BAKERY	SAVOURY BAKERY	SAVOURY BAKERY
	Pancake	Pumpkin Squares with Cream Cheese Icing	Bagel	Bread Loaf 12 slices	Breadstick	Cheese Bun
SERVING SIZE	1	1	1	1 slice	1 stick	1
CALORIES	235	86	238	107	238	208.6
TOTAL FAT	20g	6.3g	13.7g	7.8g	13.7g	114.2g
TOTAL CARBS	4.2g	4.4g	5.5g	3.4g	5.5g	4g
DIETARY FIBRE	1.8g	1.1g	2.7g	1.8g	2.7g	1.7g
NET CARBS	2.5g	3.3g	2.8g	1.6g	2.8g	2.3g
SUGAR	.7g	1.2g	1.3g	.7g	1.3g	0
PROTEIN	7.7g	2.3g	15.3g	4.8g	15.3g	11.8g
INGREDIENTS	egg, coconut flour, coconut oil, erythritol, baking powder	pumpkin puree, coconut oil, cream cheese, egg, vanilla, coconut flour, erythritol, baking powder, pumpkin spice salt, Swerve, heavy whipping cream	egg, coconut flour, baking powder, mozzarella cheese, cream cheese	egg, coconut flour, cream of tartar, butter, baking soda, apple cider vinegar	egg, coconut flour, baking powder, mozzarella cheese, cream cheese, Italian seasoning	mozzarella cheese, cream cheese, coconut flour, baking powder, Italian seasoning, egg, cheddar cheese, garlic powder



	SAVOURY BAKERY	SAVOURY BAKERY	SAVOURY BAKERY	SAVOURY BAKERY	SAVOURY MEAL	SAVOURY MEAL
	Cloud Bread	Flatbread	Pizza Base 10" NO toppings	Pizza Base 12" NO toppings	Braised Cabbage	Broccoli & Cheddar Soup
SERVING SIZE	1 cloud	1	Whole	Whole	1	C
CALORIES	56	238	953	1121	160	O
TOTAL FAT	4.6g	13.7g	57.9g	68.1g	15.5g	M
TOTAL CARBS	.7g	5.5g	17.3g	20.3g	6.6g	I
DIETARY FIBRE	0	2.7g	8.9g	10.5g	2.9g	N
NET CARBS	.7g	2.8g	8.4g	9.8g	3.8g	G
SUGAR	.2g	1.3g	5.3g	6.2g	3.4g	
PROTEIN	3.7g	15.3g	60g	70.6g	1.3g	SOON!
INGREDIENTS	egg, cream of tartar, cream cheese	egg, coconut flour, baking powder, mozzarella cheese, cream cheese	mozzarella cheese, coconut flour, egg, cream cheese	mozzarella cheese, coconut flour, egg, cream cheese	cabbage, butter, apple cider vinegar, salt, pepper	Will be updated ASAP!

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	SAVOURY MEAL	SAVOURY MEAL	SAVOURY MEAL	SAVOURY MEAL	SAVOURY MEAL	SAVOURY MEAL	SAVOURY MEAL
	Cabbage Rolls	Cauliflower Rice	Cauliflower Risotto	Cauliflower Sheppard's Pie	Creamy Mushroom Chicken	Flatbread with Toppings	Jalapeno Poppers
SERVING SIZE	1	1	1	1	1	1	3
CALORIES	274	48	402	540	641	471	605
TOTAL FAT	19.7g	.7g	38.4g	43.4g	42.1g	30.7g	57.1g
TOTAL CARBS	8.5g	9g	8.5g	12.2g	8g	12.2g	4.2g
DIETARY FIBRE	2.6g	4.1g	2.4g	4.1g	1.5g	4.8g	.6g
NET CARBS	5.9g	4.9g	6.1g	8.1g	6.5g	7.4g	3.6g
SUGAR	4.4g	5.1g	4.8g	5.4g	5.4g	5.7g	3.7g
PROTEIN	16.7g	2.7g	5.6g	26.3g	54.8g	28g	17.7g
INGREDIENTS	cauliflower, ground beef, egg, garlic, onion, salt, pepper, oregano, marinara sauce, sour cream, erythritol, cabbage	cauliflower, sweet peppers	cauliflower, cream, garlic, parmesan cheese	cauliflower, ground beef, celery, mushroom, tomato paste, tomato, coconut oil, MCT oil, cream, garlic, pink salt	chicken, onion, mushroom, garlic, pink salt, thyme, cream (does not include vegetable side dish)	egg, coconut flour, baking powder, mozzarella cheese, cream cheese, sweet pepper, onion, cheddar cheese, Italian spices	jalapeno, cream cheese bacon

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	SAVOURY MEAL	SAVOURY MEAL	SAVOURY MEAL	SAVOURY MEAL	SAVOURY MEAL	SAVOURY MEAL	SAVOURY MEAL
	Pizza Cheese	Pizza Pepperoni	Pizza Mushroom & Bacon	Pulled Pork	Quiche	Quiche with Pepperoni	Quiche with Bacon
SERVING SIZE	1/3 Pizza	1/3 Pizza	1/3 Pizza	150g	1	1	1
CALORIES	571	631	648	1205	227	287	382
TOTAL FAT	37.7g	43.2g	44.8g	91.1g	18.3g	19.2g	28.8g
TOTAL CARBS	6.5g	6.7g	7.9g	8.1g	8.9g	8.9g	8.9g
DIETARY FIBRE	3.2g	3.2g	3.7g	1.1g	2.3g	2.3g	2.3g
NET CARBS	3.5g	3.5g	4.2g	2g	6.5g	6.6g	6.5g
SUGAR	2.2g	2.2g	2.8g	.3g	2.4g	2.4g	2.4g
PROTEIN	40.8g	40.8g	41.1g	87.3g	22.8g	23.2g	28.2g
INGREDIENTS	mozzarella cheese, coconut flour, egg, cream cheese, cheddar cheese, mozzarella cheese, Italian spices, crushed tomato	mozzarella cheese, coconut flour, egg, cream cheese, mozzarella cheese, pepperoni, Italian spices, crushed tomato	mozzarella cheese, coconut flour, egg, cream cheese, mozzarella cheese, bacon, mushroom, Italian spices, crushed tomato	pork, garlic powder, onion powder, chili powder, cumin, paprika, salt, pepper, basil, erythritol <i>(does not include vegetable side dish)</i>	egg, cauliflower, sweet pepper, goat cheese	egg, cauliflower, sweet pepper, goat cheese, pepperoni	egg, cauliflower, sweet pepper, goat cheese, bacon

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	SAVOURY MEAL	SAVOURY MEAL	SAVOURY MEAL	SAVOURY MEAL	SAVOURY MEAL	SAVOURY MEAL	SAVOURY MEAL
	Roasted Cauliflower and Caramelized Onion Soup	Roasted Cauliflower "Mac" & Cheese	Roasted Cauliflower "Mac" & Cheese with Bacon	Tex-Mex Meatballs with Peppers & Onions	Tuna Cup	Zucchini Lasagna	Zucchini Wedges
SERVING SIZE	C	C	C	1	1	1	1
CALORIES	O	O	O	1057	61	1251	354
TOTAL FAT	M	M	M	79.2g	1g	88.9g	30.1g
TOTAL CARBS	I	I	I	12g	.9g	5.5g	8.8g
DIETARY FIBRE	N	N	N	4.4g	.3g	1g	2.8g
NET CARBS	G	G	G	7.6g	.7g	4.5g	5.3g
SUGAR				5.5g	.7g	5.8g	.7g
PROTEIN	SOON!	SOON!	SOON!	68.6g	11.4g	15.1g	11.4g
INGREDIENTS	Will be updated ASAP!	Will be updated ASAP!	Will be updated ASAP!	ground beef, egg, coconut flour, salt, pepper, cheddar cheese, cumin, salsa, peppers, onions. (sour cream additional 2 net carbs)	tuna, egg, zucchini (does not include vegetable side dish)	ground beef, salsa, basil, oregano, ricotta cheese, mozzarella cheese, parmesan cheese, egg, zucchini	zucchini, bacon, mushroom, cheddar cheese