

## Beef Eggs and Butter Challenge

### NO Added Dairy

Food	Type	Amount	Fat	Protein	Total Carb	Calories
Ground Beef	90/10	1 oz	2.8g	5.6g	0	50
Ground Beef	85/15	1 oz	4.2g	5.21	0	60.2
Ground Beef	80/20	1 oz	5.05g	7.3g	0	77
Steak	Sirloin	1 oz	4g	8g	0	69
Steak	Ribeye	1 oz	6g	5g	0	77
Steak	NY Strip	1 oz	1g	6g	0	33
Eggs	Raw	1 large	4.8g	6g	0.6g	78
Butter	Real	TBSP	11g	0g	0g	100
Approved Beverages - Black Coffee, Tea, Sparkling Water, Zevia						
Approved Sweeteners - Stevia, Sucralose, Monk Fruit						

### Keto Chow Challenge - NO Added Dairy

3 Keto Chow Shakes Per Day Total - Made with Water and Fats						
Dinner - Add Beef or Eggs from above list. Add Enough to meet your Macros						
Approved Fats - Butter, Avacodo Oil, Olive Oil, MCT Oil- Enough to meet your Macros						
Approved Beverages - Black Coffee, Tea, Sparkling Water, Zevia						
Approved Sweeteners - Stevia, Sucralose, Monk Fruit						

### Keto Chow Challenge - Daily Meal Example

Food	Amount	Fat	Total Carb	Protein	Calories
Breakfast					
Banana	1 packet	0.50	6.00	26.00	123
Avocado Oil	1 TBSP	14.00	0.00	0.00	130
Lunch					
Strawberry	1 packet	0.50	6.00	26.00	123
Avocado Oil	1 TBSP	14.00	0.00	0.00	130
Dinner					
Raspberry Cheesecake	1 packet	0.50	8.00	26.00	125
Melted Butter	1 TBSP	11.00	0.00	0.00	100
Ground Beef 90/10	11oz	30.80	0.00	61.60	550
<b>Total Macros</b>		<b>71.30</b>	<b>20.00</b>	<b>139.60</b>	<b>1281</b>