

Nutritional Facts for Recipes in Sample Keto Freezer Meal Plan

Nutrition Facts	
Serving Size Coconut Curried Salmon	
Serves 4	
Amount Per Serving	
Calories	335
% Daily Value*	
Total Fat 33.1g	51%
Cholesterol 3.6mg	1%
Sodium 651.6mg	27%
Total Carbohydrate 10.2g	3%
Dietary Fiber 4.7g	
Sugars 5.2g	
Protein 5g	10%
Vitamin A 0%	Vitamin C 6%
POWERED BY NUTRIFOX	

Nutrition Facts	
Serves 4	
Amount Per Serving	
Calories	215
% Daily Value*	
Total Fat 16.3g	25%
Cholesterol 37.4mg	12%
Sodium 1346.7mg	56%
Total Carbohydrate 8.6g	3%
Sugars 3.5g	
Protein 11.2g	22%
Vitamin A 5%	Vitamin C 31%
POWERED BY NUTRIFOX	

Nutrition Facts	
Serves 4	
Amount Per Serving	
Calories	254
% Daily Value*	
Total Fat 7.5g	12%
Cholesterol 145.2mg	48%
Sodium 919.7mg	38%
Total Carbohydrate 21.2g	7%
Dietary Fiber 3.4g	
Sugars 8.4g	
Protein 24.5g	49%
Vitamin A 8%	Vitamin C 93%
POWERED BY NUTRIFOX	

Coconut Curried Salmon ~ Greek Chicken Bake ~ Italian Stuffed Zucchini Boats