

	Calories	Fat (g)	Carbs (g)	Fiber (g)	Net Carbs	Protein (g)
Avocado Oil, 1 tbsp.	124	14	0	0	0	0
Avocado, Haas, 3 oz.	102	9	7	5	2	2
Bacon Fat, 1 tbsp.	116	13	0	0	0	0
Beef Tallow, 1 tbsp.	115	13	0	0	0	0
Chicken Fat, 1 tbsp.	115	13	0	0	0	0
Cocoa Butter, 1 tbsp.	120	14	0	0	0	0
Coconut Oil, 1 tbsp.	117	14	0	0	0	0
Cream Cheese (block), 2 tbsp.	101	10	1	0	1	2
Flaxseed Oil, 1 tbsp.	120	14	0	0	0	0
Ghee, 1 tbsp.	112	13	0	0	0	0
Heavy Cream, fluid, 2 tbsp.	103	11	1	0	1	1
Lard, fresh (non-hydrogenated), 1 tbsp.	115	13	0	0	0	0
Macadamia Oil, 1 tbsp.	120	14	0	0	0	0
Mayonnaise (full fat), 1 tbsp.	99	11	1	0	1	0
MCT Oil, 1 tbsp.	100	14	0	0	0	0
Olive Oil, 1 tbsp.	119	14	0	0	0	0
Olives, black, 1 cup	141	13	8	4	4	1
Olives, green, 1 cup	193	20	5	4	1	1
Pork Rinds, fried, 0.75 oz.	116	7	0	0	0	13
Red Palm Oil, 1 tbsp.	120	14	0	0	0	0
Salad Dressing, creamy full fat (<2 carb/srv), 1.5 tbsp.	130	14	1	0	1	1
Sour Cream (full fat, no fillers - e.g. Daisy brand), 4 tbsp.	120	10	2	0	2	2