

Products**Carb Count****Bakery Goods**

0 Net Carb Brownies	0 net carbs /brownie
Cheesecake Brownies	2 net carbs/bar
NY Plain Cheesecake w/nut crust	2 net carbs/slice

Bread & Baking Mixes

Carbolite Bread Mix	3 net carbs per slice
Keto Cinnamon Raisin Bread Mix	3 net carbs/1/2" slice
Ketogenics Pumpnickel Rye Bread Machine Mix	2 net carbs/slice
Ketogenics Bread Machine Mix	2 net carbs/slice
Ketogenics Honey Wheat Bread Machine Mix	2 net carbs/slice

Baking Mixes

Carbsense 0 carb Baking Mix	0 net carbs/1/2 cup
Carbsense Honey Bran Muffin Mix	2 net carbs/muffin
Carbsense Chocolate Cake Mix	4 net carbs/slice
Carbsense Carrot Cake Mix	4 net carbs/slice
Carbsense Buttery Biscuit Mix	1 net carb/2 oz biscuit
Carbsense Sweet Corn Mix	2 net carbs/2 oz biscuit
Carbolite Vanilla Bake Mix	0 net carbs/scoop
Carbolite Light & Flaky Pie Crust Mix	1 net carb/1/4 cup
Ketogenics Apple Cinnamon Bran Muffin Mix	2 net carbs/muffin
Ketogenics Chocolate Chip Muffin Mix	1 net carb/muffin
Ketogenics Wild Blueberry Muffin Mix	2.5 net carbs/muffin

Ready Made Bread

O'So Lo Deli Original Rolls	3.8 net carbs/roll
O'So Lo Deli Italian Rolls	4.8 net carbs/roll
O'So Lo Deli Onion Rolls	5.2 net carbs/roll
O'So Lo Sandwich Original Rolls	3 net carbs/roll
O'So Lo Sandwich Pumpnickel Rolls	3.1 net carbs/roll
O'So Lo Sandwich Sourdough Rolls	3 net carbs/roll
O'So Lo Cinnamon Sweet Rolls	3.3 net carbs/roll
O'So Lo Banana Walnut Sweet Rolls	3.3 net carbs/roll

Cookie Mixes

Keto Chocolate Chip Cookie Mix	1 net carb/cookie
Keto Chocolate Fudge Cookie & brownie Mix	1 net carb/2 cookies or 1 brownie
Keto Chocolate Oatmeal Raisin Mix	1 net carb/1 cookie
Carbsense Lemon Burst Cookie Mix	1 net carb/1 cookie
Carbsense Snickerdoodle Cookie Mix	1 net carb/cookie

Pizza Crust

Carbsense Parmesan Herb Pizza Crust Mix	3 net carbs/slice
Carbsense Garlic & Herb Pizza Crust Mix	3 net carbs/slice
Low Carb Success Italian Herb Pizza Crust Mix	3 net carbs/slice

Breakfast Cereals & Pancake Mixes

Keto Krispies	3 net carbs/ 2/3 cup
Keto Cocoa Krispies	3 net carbs/ 2/3 cup
Keto Apple Cinnamon Frosted Flakes	3 net carbs/ 3/4 cup
Keto Frosted Flakes	3 net carbs/ 3/4 cup
Keto Apple Honey Nut Frosted Flakes	3 net carbs/ 3/4 cup

Keto Apple Cinnamon Hot Cereal	3 net carbs/2 scoops
Keto Blueberries n Cream Hot Cereal	3 net carbs/2 scoops
Keto Banana Nut Hot Cereal	3 net carbs/2 scoops

Low Carb Succss Cinnamon & Spice Hot Cereal	1 net carbs/1/2 cup
Low Carb Succss Strawberries n Cream Spice Hot Cereal	2 net carbs/1/2 cup
Low Carb Succss Vanilla Almond Hot Cereal	2 net carbs/1/2 cup
Low Carb Succss Butter Pecan Hot Cereal	2 net carbs/1/2 cup
Low Carb Success Apple Spice Pancake Mix	2 net carbs/pancake
Low Carb Success Butter Pecan Pancake Mix	2 net carbs/pancake
Low Carb Success Banana Walnut Pancake Mix	2 net carbs/pancake
Low Carb Success Cinnamon Nutrageous Granola	1 net carbs/1/2 cup
Low Carb Success Cherry Nutrageous Granola	2 net carbs/1/2 cup
Low Carb Success Cranberry Nutrageous Granola	2 net carbs/1/2 cup
Carbsense Buttermilk Pancake Mix	2 net carbs/pancake
Carbsense Buckwheat Pancake Mix	2 net carbs/pancake
Ketogenics Pancake Mix	2 net carbs/pancake

Brittles

Peanut Brittle	0 net carbs/oz
Pecan Brittle	0 net carbs/oz

Candies

Hard Candies

Assorted Fruit Buttons	0 net carbs/piece
Blueberry Buttons	0 net carbs/piece
Butterscotch Buttons	0 net carbs/piece
Chocolate	0 net carbs/piece
Coffee Breaks-Decaffeinated	0 net carbs/piece
Coffee Breaks-Regular	0 net carbs/piece
Extra Strength Cinnamon Tin	0 net carbs/piece
Extra Strength Peppermint Tin	0 net carbs/piece
Fruit Punch Buttons	0 net carbs/piece
Green Apple Buttons	0 net carbs/piece
IBC Root Beer Barrels	0 net carbs/piece
Key Lime Buttons	0 net carbs/piece
Lemon Buttons	0 net carbs/piece
Licorice	0 net carbs/piece
Peach Mango	0 net carbs/piece
Pineapple Buttons	0 net carbs/piece
Watermelon Buttons	0 net carbs/piece

Caramels & Taffies

Assorted Coffee Toffees	0 net carbs/piece
Assorted Verquin Coffee Chews	0 net carbs/piece
Assorted Verquin Fruit Chews	0 net carbs/piece
Chocolate Caramels	0 net carbs/piece
Chocolate Fudge Taffy	0 net carbs/piece
Chocolate Swirl Nougats	0 net carbs/piece
Fudge Mint Swirls Nougats	0 net carbs/piece
Mocha Almond Swirl Nougats	0 net carbs/piece
Orange Taffy	0 net carbs/piece
Peanut Butter Taffy	0 net carbs/piece

Peppermint Verquin Chews	0 net carbs/piece
Strawberry Taffy	0 net carbs/piece
Vanilla Caramels	0 net carbs/piece
Vanilla Taffy	0 net carbs/piece
Jelly Belly® Beans	
Assorted Fruit Jelly Beans	1 net carbs/8 pieces
Buttered Popcorn Jelly Beans	1 net carbs/8 pieces
Green Apple Jelly Beans	1 net carbs/8 pieces
Juicy Pear Jelly Beans	1 net carbs/8 pieces
Lemon Jelly Beans	1 net carbs/8 pieces
Licorice Jelly Beans	1 net carbs/8 pieces
Pineapple Jelly Beans	1 net carbs/8 pieces
Sizzlin Cinnamon Jelly Beans	1 net carbs/8 pieces
Strawberry Jelly Beans	1 net carbs/8 pieces
Tangerine Jelly Beans	1 net carbs/8 pieces
Very Cherry Jelly Beans	1 net carbs/8 pieces
Gummies	
Assorted Fruit Slices	0 net carbs/piece
Cherry Gummi Chews	0 net carbs/piece
Chocolate Gummi Chews	0 net carbs/piece
Gummi Bears	0 net carbs/piece
Juicy Pear Gummi Chews	0 net carbs/piece
Lemon Gummi Chews	0 net carbs/piece
Licorice Gummi Chews	0 net carbs/piece
Orange Gummi Chews	0 net carbs/piece
Sour Citrus Gummi Slices	0 net carbs/piece
Miscellaneous	
Licorice Twists	0 net carbs/piece
Strawberry Twists	0 net carbs/piece
Bazooka Bubble Gum	0 net carbs/piece
Jordan Almonds	0 net carbs/piece

Chocolates

Almond Bark	0-1 net carbs/oz
Almond Buttercrunch	0-1 net carbs/3 pieces
Almond Turtles	1-2 net carbs/oz
Butter Almond Toffee	0-1 net carbs/3 pieces
Caramel Marshmallow	0-1 net carbs/3 pieces
Cashew Turtles	0-1 net carbs/3 pieces
Cherry Cordials	0-1 net carbs/3 pieces
Chocolate Fudge	0 net carbs/oz
Coconut Cremes	0-1 net carbs/3 pieces
Espresso Truffles	0-1 net carbs/3 pieces
Fudge Meltaways	0-1 net carbs/3 pieces
Grand Marnier Truffles	0-1 net carbs/3 pieces
Marshmallows	0-1 net carbs/3 pieces
Milk Chocolate Squares	0-1 net carbs/3 pieces
Milk Coconut Haystacks	0-1 net carbs/3 pieces
Mint Truffles	0-1 net carbs/3 pieces
Orange Cremes	0-1 net carbs/3 pieces
Orange Jellies	0-1 net carbs/3 pieces
Peanut Butter Bolsters	0-1 net carbs/3 pieces

Peanut Butter Cups	0-1 net carbs/3 pieces
Peanut Butter Truffles	0-1 net carbs/3 pieces
Peanut Clusters	0-1 net carbs/3 pieces
Pecan Turtles	0-1 net carbs/2 pieces
Peppermint Patties	0-1 net carbs/3 pieces
Raspberry Cremes	0-1 net carbs/3 pieces
Raspberry Jellies	0-1 net carbs/3 pieces
Vanilla Buttercremes	0-1 net carbs/3 pieces
Vanilla Caramels	0-1 net carbs/3 pieces
Vanilla Fudge	0-1 net carb/oz
Dark Almond Bark	0-1 net carbs/oz
Dark Cashew Turtles	0-1 net carbs/3 pieces
Dark Coconut Cremes	0-1 net carbs/3 pieces
Dark Marshmallows	0-1 net carbs/3 pieces
Dark Orange Jellies	0-1 net carbs/3 pieces
Dark Peanut Clusters	0-1 net carbs/3 pieces
Dark Pecan Turtles	0-1 net carbs/2 pieces
Dark Peppermint Truffles	0-1 net carbs/3 pieces
Dark Raspberry Jellies	0-1 net carbs/3 pieces
Dark Vanilla Buttercremes	0-1 net carbs/3 pieces
Dark Vanilla Caramels	0-1 net carbs/3 pieces
White Almond Bark	0-1 net carbs/oz
White Coconut Haystacks	0-1 net carbs/3 pieces

Bagged & Packaged Chocolates

Carb Slim Caramel Bites	0 net carbs/oz
Carb Slim Peanut Butter Bites	0 net carbs/oz
Milk Almond Bark Bag	0 net carbs/piece
Dark Almond Bark Bag	0 net carbs/piece
Milk Coconut Haystacks Bag	0 net carbs/piece
White Coconut Haystacks Bag	0 net carbs/piece
Chocolate Covered Almond Bag	0 net carbs/piece
Chocolate Covered Peanuts Bag	0 net carbs/piece

Candy Bars

Asher Liquid Caramel Bar	1 net carb/bar
Asher Milk Chocolate Bar	1.1 net carb/bar
Asher Mint Truffle Bar	0.7 net carb/bar
Asher Peanut Butter Bar	1.4 net carb/bar
Asher Pecan Caramel Bar	0.7 net carb/bar
Carbolite Chocolate Almond Bar	1 net carb/bar
Carbolite Chocolate Crisp Bar	2 net carbs/bar
Carbolite Dark Chocolate Bar	2 net carbs/bar
Carbolite Milk Chocolate Bar	2 net carbs/bar
Carbolite Chocolate Peanut Butter Bar	1 net carb/bar
Dr. CarbRite Chocolate Mint Bar	0 net carb/square
Dr. CarbRite Dark Chocolate w/ Almonds Bar	0 net carb/square
Dr. CarbRite Milk Chocolate Bar	0 net carb/square
Dr. CarbRite Milk Chocolate w/ Almonds Bar	0 net carb/square
Dr. CarbRite Milk Chocolate w/ Peanuts Bar	0 net carb/square
Dr. CarbRite Cookies n Cream Bar	0 net carb/square
Dr. CarbRiteWhite Chocolate Bar	0 net carb/square
Wertz Chocolate Nougat Bar	3 net carbs/bar

Wertz English Toffee Bar	3 net carbs/bar
Wertz Peanut Butter Nougat Bar	4 net carbs/bar
Wertz Pecan Caramel Bar	3 net carbs/bar
Z Carb Dark. Choc.w/ Macadamia Bar	
Z Carb Dark. Choc.w/ Soy Crisps Bar	
Z Carb Dark. Chocolate Bar	
Z Carb Milk Chocolate Bar	
Z Carb Milk. Chocolate w/ Almonds Bar	
Z Carb Dk. Chocolate Peanut Butter Bar	

Condiments

BBQ Sauces

Larry Forgione BBQ Sauce	0 net carbs/2 Tbsp
Steel's Rocky Mountain Original BBQ Sauce	5 net carbs/2 Tbsp
Steel's Rocky Mountain Sauce BBQ w/splenda	2 net carbs/2 Tbsp
Walden Farms Original BBQ Sauce	0 net carb/1Tbsp
Walden Farms Hickory Smoked BBQ Sauce	0 net carb/1Tbsp
Walden Farms Honey BBQ Sauce	0 net carb/1Tbsp
Walden Farms Thick n Spicy BBQ Sauce	0 net carb/1Tbsp

Grilling Sauces & Marinades & Ketchup

Walden Farms Ketchup	0 net carb/1Tbsp
Walden Farms Seafood Sauce	0 net carb/1Tbsp
American Spoon Tangy Ginger Sauce	1 net carb/2 Tbsp
Larry Forgione Chili Lime Sauce	1 net carb/Tbsp
Steel's Rocky Mountain Hoisin Sauce	1 net carb/2 Tbsp
Steel's Rocky Mango Curry Sauce	2.5 net carbs/1 Tbsp
Steel's Rocky Peanut Sauce	1.5 net carbs/1 Tbsp
Steel's Raspberry Jalapeno Mountain Sauce	1.65 net carbs/1 Tbsp
Steel's Rocky Mountain Sweet n Sour Sauce	1 net carb/ 1Tbsp

Spicy Pepper Sauces

Pepper Plant Original Hot Pepper Sauce	≥ 1 net carb/tsp
Pepper Plant Original Hot Garlic Pepper Sauce	≥ 1 net carb/tsp
Pepper Plant Original Hot Habanero Pepper Sauce	≥ 1 net carb/tsp

Italian Sauces

Walden Farms Brushetta Sauce	0 net carb/1Tbsp
Walden Farms Pesto Sauce	0 net carb/1Tbsp
Walden Farms Marinara Sauce	0 net carb/1Tbsp
Walden Farms Scampi Sauce	0 net carb/1Tbsp
Walden Farms Fettucine Sauce	0 net carb/1Tbsp

Cooking Mixes

Armani Creamy Chicken Alfredo Pasta	6 net carbs/ 1 cup prepared
Armani Mild Mexican Chicken Pas	6 net carbs/ 1 cup prepared
Armani Cheddar Cheeseburger Pasta	6 net carbs/ 1 cup prepared

Drink Mixers and Shakes

Alcoholic Mixers

Baja Bob Original Margarita Mix	1 net carb/4 oz
Baja Bob Desert Key Lime Margarita Mix	1 net carb/4 oz
Baja Bob Strawberry Margarita Mix	1 net carb/4 oz
Baja Bob Pina Colada Margarita Mix	3 net carbs/4 oz
Baja Bob Loco Lemon Sweet n Sour Mix	2 net carbs/4 oz

Shakes and Meal Replacements

Carb Rite Chocolate Smoothie Mix	2 net carbs/scoop
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Carb Rite Vanilla Smoothie Mix	2 net carbs/scoop
Keto Cappucino Meal Replacement Shakes	1 net carb/2 scoops
Keto Strawberry Shortcake Replacement Shakes	1 net carb/2 scoops
Keto Banana Crème Pie Meal Replacement Shakes	1 net carb/2 scoops
Keto French Vanilla Meal Replacement Shakes	1 net carb/2 scoops
Keto French Chccocolate Meal Replacement Shakes	1 net carb/2 scoops

Milk and Hot Cocoa

Keto Milk Mix	1 net carb/scoop
Keto Chocolate Milk Mix	2 net carbs/scoop
Keto Hot Cocoa Mix	2 net carbs/scoop

Coffee and Soda Flavored Syrups

Da Vinci Almond Syrup	0 net carbs/Tbsp
Da Vinci Amaretto Syrup	0 net carbs/Tbsp
Da Vinci Butter Rum Syrup	0 net carbs/Tbsp
Da Vinci Caramel Syrup	0 net carbs/Tbsp
Da Vinci Cherry Syrup	0 net carbs/Tbsp
Da Vinci Chocolate Syrup	0 net carbs/Tbsp
Da Vinci Crème de Menthe Syrup	0 net carbs/Tbsp
Da Vinci Dulce de Leche Syrup	0 net carbs/Tbsp
Da Vinci Egg Nog Syrup	0 net carbs/Tbsp
Da Vinci English Toffee Syrup	0 net carbs/Tbsp
Da Vinci French Vanilla Syrup	0 net carbs/Tbsp
Da Vinci Fruit Punch Syrup	0 net carbs/Tbsp
Da Vinci German Chocolate Syrup	0 net carbs/Tbsp
Da Vinci Gingerbread Syrup	0 net carbs/Tbsp
Da Vinci Hazelnut Syrup	0 net carbs/Tbsp
Da Vinci Irish Crème Syrup	0 net carbs/Tbsp
Da Vinci Macadamia Nut Crème Syrup	0 net carbs/Tbsp
Da Vinci Raspberry Syrup	0 net carbs/Tbsp
Da Vinci Strawberry Syrup	0 net carbs/Tbsp
Da Vinci Toasted Hazelnut Syrup	0 net carbs/Tbsp
Da Vinci Vanilla Syrup	0 net carbs/Tbsp
Da Vinci White Chocolate Syrup	0 net carbs/Tbsp

Fruits

Steel's Champagne Peach Jam	1.5 net carbs/1 Tbsp
Steel's Marion Blackberry Jam	2 net carbs/1Tbsp
Steel's Red Raspberry Jam	1 net carb/1 Tbsp
Steel's Sour Cherry Jam	1.5 net carbs/1 Tbsp
Steel's Strawberry Jam	1.5 net carbs/1 Tbsp
Steel's Wild Blueberries Jam	2.3 net carbs/1 Tbsp
Steel's Champagne Peach Jam	2 net carbs/1Tbsp

Chocolate Spreads

Twist Chocolate Spread	
Twist Chocolate Hazelnut Spread	

Ice Cream Toppers

Hot Fudge Sauce	3 net carbs/Tbsp
Butterscotch Sauce	2.5 net carbs/Tbsp
Caramel Sauce	2 net carbs/Tbsp
Chocolate Syrup	2 net carb/Tbsp

Pastas

Keto Elbow Pastas	5 net carbs/1/3 cup dry
Keto Macaroni & Cheese Pastas	5 net carbs/1 2/3 cup dry
Keto Pasta Shells	5 net carbs/3/4 cup dry
Keto Spaghetti	5 net carbs/1.3 oz dry

Protein Bars

Carb Rite Banana Nut Protein Bars	2.5 net carbs/bar
Carb Rite Blueberry Cheesecake Protein Bars	2.5 net carbs/bar
Carb Rite Chocolate Mint Protein Bars	2.5 net carbs/bar
Carb Rite Chocolate Brownie Protein Bars	2.5 net carbs/bar
Carb Rite Chocolate Peanut Butter Protein Bars	2.5 net carbs/bar
Carb Rite Coconut Protein Bars	2.5 net carbs/bar
Carb Rite Raspberry Protein Bars	2.5 net carbs/bar
Carb Rite Smores Protein Bars	2.5 net carbs/bar
Carb Rite Toasted Cinnamon Bun Protein Bars	2.5 net carbs/bar

Snack Items

Puddings

Keto Banana Pudding Mix	3 net carbs/scoop
Keto Chocolate Pudding Mix	3 net carbs/scoop
Keto Vanilla Pudding Mix	3 net carbs/scoop

Cookies

Low Carb Creations Coconut Cookies	2 net carbs/cookie
Low Carb Creations Lemon Cookies	2 net carbs/cookie
Low Carb Creations Peanut Butter Cookies	2 net carbs/cookie
Low Carb Creations Snickerdoodle Cookies	2 net carbs/cookie
Meringue Cappucino Cookies	0 net carbs/cookie
Meringue Chocolate Cookies	0 net carbs/cookie
Meringue Lemon Cookies	0 net carbs/cookie
Meringue Marshmallow Cookies	0 net carbs/cookie
Meringue Vanilla Cookies	0 net carbs/cookie
Soy Bite Chocolate Chip Cookies	2 net carbs/cookie
Soy Bite Chocolate Cookies	2 net carbs/cookie
Soy Bite Cinnamon Cookies	2 net carbs/cookie
Soy Bite Coconut Cookies	2 net carbs/cookie
Soy Bite Coffee Cookies	2 net carbs/cookie
Soy Bite Nut Cookies	2 net carbs/cookie
Soy Bite Peanut Butter Cookies	2 net carbs/cookie

Baked Cheese

Crunchy Bacon	1 net carb/oz
Crunchy White Cheddar	1 net carb/oz
Crunchy Pizza	1 net carb/oz
Crunchy Honey Dijon	1 net carb/oz
Crunchy Cool Ranch	1 net carb/oz
Crunchy Jalapeno	1 net carb/oz
Crunchy Sour Cream n Onion	1 net carb/oz
Crunchy Herb and Garlic	1 net carb/oz

Chips

Keto Classic Corn Chips	4 net carbs/oz
Keto Classic Nacho Cheese Chips	4 net carbs/oz

Keto Classic Cool Ranch Chips	4 net carbs/oz
Carbsense Soy Original Tortilla Chips	8 net carbs/oz
Carbsense Soy Nacho Tortilla Chips	8 net carbs/oz
Carbsense Soy Habanero Tortilla Chips	8 net carbs/oz
Carbsense Soy Pico de Gallo Tortilla Chips	8 net carbs/oz