

1 ½ cups shredded mozzarella cheese.

6 total carbs, 0 fiber, 6 net carbs, 36 grams of fat, 48 grams of protein, 540 calories

¾ cups almond flour –

15 total carbs, 9 fiber, 6 net carbs, 45 grams of fat, 18 grams of protein, 540 calories

2 tbsp cream cheese

1 total carb, 0 fiber, 1 net carb, 10 grams of fat, 2 grams of protein, 101 calories

1 tsp white wine vinegar – 0 carbs, 0 calories

1 egg – 0 carbs 5 grams of fat, 6 grams of protein, 70 calories

½ tsp salt – 0 carbs

Total Macros for the 1 **FULL** pizza dough:

Net carbs: 13 grams

Fiber: 9 grams

Fat: 96 grams

Protein: 26 grams

Calories: 1,251

**HALF** pizza dough

Net carbs: 6.5 grams

Fiber: 4.5 grams

Fat: 48 grams

Protein: 13 grams

Calories: 626

BBQ Chicken Pizza (crust & toppings) – 9.5 net carbs, 4.5 g fiber, 62 g fat, 40 g protein, 885 calories

2 oz of chicken

0 total carbs, 0 fiber, 0 net carbs, 1 gram of fat, 12 grams of protein, 56 calories

1 ½ oz of bbq sauce

1.5 total carbs, 0 fiber, 1.5 net carbs, 0 grams of fat, 0 grams of protein, 15 calories

2 tbsp bacon

0 carbs, 0 fiber, 0 net carbs, 4 grams of fat, 4 grams of protein, 60 calories

Red onion

1 ½ ozs of mozzarella cheese

1.5 total carb, 1.5 net carb, 0 fiber, 9 grams of fat, 11 grams of protein, 128 calories

**Total macros for BBQ toppings:**

Net Carbs: 3

Fiber: 0

Fat: 14

Protein: 27

Calories: 259

Parmesan Cheese Pizza (crust & toppings) – 8.5 net carbs, 4.5 g fiber, 66 g of fat, 37 g of protein, 889 calories

1 1/2 oz Parmesan Cheese sauce

2 total carbs, 0 fiber, 2 net carbs, 6 grams of fat, 1 gram of protein, 66 calories

2 ounces of chicken

0 total carbs, 0 fiber, 0 net carbs, 1 gram of fat, 12 grams of protein, 56 calories

Red pepper

1 total carb, 0 fiber, 0 net carbs, 0 fats, 0 protein, 4 calories

1 ½ oz Italian cheese

2 total carbs, 0 fiber, 2 net carbs, 11 grams of fat, 11 grams of protein, 137 calories

**Total macros for Parmesan Cheese toppings:**

Net Carbs: 4

Fiber: 0

Fat: 18

Protein: 24

Calories: 263