



EASY KETO LOW-CARB RECIPES

KETO LOW-CARB SHARI MAC

You Have Everything to Lose

NATURAL SWEETENER CHART

SWEETENER	1 Tsp	1 Tbsp	¼ Cup	1/3 Cup	½ Cup	1 Cup
Sugar	1 Tsp	1 Tbsp	¼ Cup	1/3 Cup	½ Cup	1 Cup
ALPHABETICAL						
Allulose (Any Brand)	1 ¼ Tsp	1 Tbsp	1/3 Cup	1/3 Cup + 2 Tbsp	2/3 Cup	1 1/3 Cup
Allulose (Any Brand)	1 ¼ Tsp	1 Tbsp + 1 Tsp	1/3 Cup	1/3 Cup + 2 Tbsp	2/3 Cup	1 1/3 Cup
EZSweetz	n/a	1 Drop	6 Drops	9 Drops	12 Drops	¼ Tsp
Just Like Sugar Table Top	1 Tsp	1 Tbsp	¼ Cup	1/3 Cup	½ Cup	1 Cup
Lakanto Classic Monk Fruit Sweetener with Erythritol (White Sugar Substitute)	1 Tsp	1 Tbsp	¼ Cup	1/3 Cup	½ Cup	1 Cup
Liquid Stevia	10 Drops	1/8th Tbsp	½ Tsp	¾ Tsp	1 Tsp	2 Tsp
MonkSweet Plus	½ Tsp	1 ½ Tsp	2 Tbsp	2 Tbsp + 2 Tsp	¼ Cup	½ Cup
Natural Mate All-Purpose Blend	3/8 Tsp	1 ½ Tsp	1 Tbsp + 1 ½ tsp	2 Tbsp	3 Tbsp	6 Tbsp
Natural Mate Granular Stevia Erythritol Blend						
Now Erythritol	1 Tsp	4 Tsp	1/3 Cup	7 1/3 Tbsp	2/3 Cup	2 1 1/3 Cup Tsp
Now Xylitol	1 Tsp	1 Tbsp	¼ Cup	1/3 Cup	½ Cup	1 Cup
NuNaturals NuStevia Stevia Extract	n/a	n/a	3/16 Tsp	¼ Tsp	3/8 Tsp	¾ Tsp
NuNaturals NuStevia Liquid Stevia	1/8 Tsp	3/8 Tsp	1 ½ Tsp	2 Tsp	3 Tsp	2 Tbsp
Sensato Allulose	1 1/3 Tsp	4 Tsp	5 ½ Tbsp	7 Tbsp	11 Tbsp	1 1/3 Cup
Swerve Granulated	1 Tsp	1 Tbsp	¼ Cup	1/3 Cup	½ Cup	1 Cup
Swerve Brown Sugar	1 Tsp	1 Tbsp	¼ Cup	1/3 Cup	½ Cup	1 Cup
Swerve Confectioners	1 Tsp	1 Tbsp	¼ Cup	1/3 Cup	½ Cup	1 Cup
Sukrin 1	1 Tsp	1 Tbsp	¼ Cup	1/3 Cup	½ Cup	1 Cup
Truvia Brown Sugar Blend	½ Tsp	½ Tbsp	2 Tbsp	2 Tbsp + 2 Tsp	¼ cup	½ Cup
Truvia Sweet Complete Sweetener Granulated All-Purpose	1 Tsp	1 Tbsp	¼ Cup	1/3 Cup	½ Cup	1 Cup
Whole Earth Allulose Baking Blend Granulated	1 Tsp	1 Tbsp	¼ Cup	1/3 Cup	½ Cup	1 Cup
Whole Earth Allulose Baking Blend Brown Sugar	1 Tsp	1 Tbsp	¼ Cup	1/3 Cup	½ Cup	1 Cup
Whole Earth Monk Fruit Blend	1 Tsp	1 Tbsp	¼ Cup	1/3 Cup	½ Cup	1 Cup
Wholesome Organic Monk Fruit	1 Tsp	1 Tbsp	¼ Cup	1/3 Cup	½ Cup	1 Cup