



EASY KETO LOW-CARB RECIPES

# **KETO LOW-CARB SHARI MAC**

*You Have Everything to Lose*

## **ZERO CARB SEASONING BLENDS**

Here is a list of a few companies that carry zero-carb seasonings. The list is based on ¼ teaspoon. Some of these seasonings may have carbs once you cross that ¼ teaspoon threshold.

- Pink Himalayan Salt (zero carbs)
- Old Bay Seasoning (zero carbs)

### **CLUBHOUSE (1/4 TEASPOON):**

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- Clubhouse Everything Bagel with Sesame Seed and Onion (zero carbs)
- Clubhouse Garlic and Onion With Black Pepper and Sea Salt
- Clubhouse Garlic and Herb With Black Pepper and Sea Salt
- Clubhouse Signature Caesar Rim • Clubhouse Signature Cajun
- Clubhouse Signature Lemon and Herbs
- Clubhouse Signature Parmesan and Herbs
- Clubhouse Signature Rotisserie Chicken
- Clubhouse Signature Tex Mex

### **LAWRY'S (1/4 TEASPOON):**

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- Lawry's 25% Less Sodium Garlic Salt with Parsley
- Lawry's Black Pepper Seasoned Salt
- Lawry's Casero Adobo with Pepper
- Lawry's Casero Adobo without Pepper
- Lawry's Casero Basil • Lawry's Carn Asada
- Lawry's Casero Chili and Lime
- Lawry's Casero Pollo Asado Seasoning
- Lawry's Casero Total Seasoning
- Lawry's Lemon Pepper Blend
- Lawry's Salt Free 17 Seasoning
- Lawry's Season Salt
- Lawry's 25% Less Season Salt

## MCCORMICK & CO. (1/4 TEASPOON):

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- McCormick Grill Mats Texas BBQ Seasoning (zero carbs)
- McCormick Grill Mats Montreal Steak Seasoning (zero carbs)
- Clubhouse Himalayan Pink Salt with Black pepper and Garlic

## SPICEOLOGY (1/4 TEASPOON):

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- Spiceology Rosemary Dijon Seasoning
- Spiceology Greek Mediterranean Seasoning
- Spiceology Black Magic Cajun Blackening Seasoning
- Spiceology Chile Margarita Mexican Seasoning
- Spiceology Cowboy Espresso Chili Rub Seasoning
- Spiceology Jamaican Jerk Caribbean Seasoning
- Spiceology Greek Freak Mediterranean Seasoning
- Spiceology Korean BBQ Seasoning
- Spiceology O'Canada Steak Seasoning
- Spiceology Pink Peppercorn Lemon Thyme All-Purpose Seasoning
- Spiceology Prime Rib Seasoning
- Spiceology Purple Haze Veg Seasoning
- Spiceology Raspberry Chipotle Sweet & Spice Seasoning
- Spiceology Tandoori Glory Masala Seasoning
- Spiceology Turkey Rub

## TRADER JOE'S (1/4 TEASPOON):

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- Trader Joe's Ranch (less than 1 g)
- Trader Joe's Salmon Rub Seasoning Blend (less than 1 g)
- Trader Joe's Chili Lime (zero)