**KETOSGENIC MEAL PLAN**

**Introduction:**

This is a very low carb plan that includes **lean protein** (fish, chicken, turkey, eggs, cheese, lean pork and beef), **low-carb vegetables**, and moderate amounts of **fat** *(nuts, seeds, avocado, olive oil, olives).* Ketogenic meal plans lead to **nutritional ketosis** which helps decrease appetite. Medical supervision, monthly blood work and prescription supplements are required for this meal plan. There are **3 phases**:

- ketosis, re-introduction of quality carbohydrate foods and low carb living.

**Benefits of ketosis include:**

- lack of hunger
- improved energy
- improved blood sugar
- improved blood pressure
- decrease in triglycerides

**Tips on how to prepare for a ketogenic meal plan:**

- Begin cutting back on carb foods. You will be asked to eliminate these foods during the ketosis stage, which typically lasts 3-6 months.
- The transition to a very low carb plan may be easier if you start reducing carbs prior to starting.
  - Examples of carb foods: sweets, desserts, potatoes, rice, pasta, bread, corn, peas, beans, lentils, fruit or fruit juice, milk.
- Try filing ½ your plate with low carb vegetables as they will be a part of your meals.
  - Examples of low carb vegetables: green beans, broccoli, cauliflower, carrots, cucumber, salad, peppers, asparagus, greens, spinach, tomatoes, zucchini, cabbage, celery.
Breakfast:

Snack

Lunch:

Snack:

Dinner:

Breakfast:

Snack:

Lunch:

Snack:

Dinner:

The Diabetes Center- Cleveland Clinic Main Campus