

KETOGENIC 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*

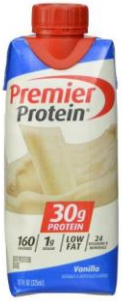


Tips on how to prepare for a ketogenic meal plan:

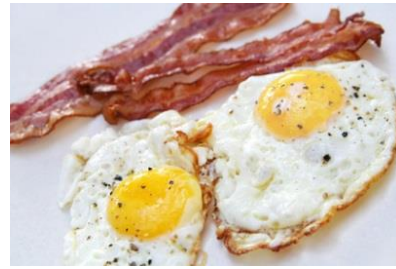
- Begin cutting back on carb foods. You will be asked to eliminate these foods during the ketosis stage, which typically lasts 3-6 months.
- The transition to a very low carb plan may be easier if you start reducing carbs prior to starting
 - **Examples of carb foods: sweets, desserts, potatoes, rice, pasta, bread, corn, peas, beans, lentils, fruit or fruit juice, milk.**
- Try filling 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:



Breakfast:



Snack



Snack:



Lunch:



Lunch:



Snack:



Snack:



Dinner:



Dinner:

