

THE KETO DIET

Ketogenic Diet Benefits for Weight Loss, Fighting Disease and More

Unlike many fad diets that come and go with very limited rates of long term success, the ketogenic diet (or keto diet) has been practiced for more than nine decades (since the 1920's) and is based upon a solid understanding of physiology and nutrition science.

Rather than relying on counting calories, limiting portion sizes, resorting to extreme exercise or requiring lots of willpower (even in the face of drastically low energy levels), the ketogenic diet takes an entirely different approach to weight loss and health improvement. It works because it changes the very “fuel source” that the body uses to stay energized – namely, from burning glucose (or sugar) for energy to dietary fat and, critically, your own body fat after the stage of “ketosis” is reached.

Meanwhile, beyond its outstanding potential to help people lose weight and burn off fat stores, research shows that the ketogenic diet helps to fight serious diseases, including cancer and Alzheimer's.

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What is the Keto Diet

The ketogenic diet (keto diet) is a very low-carb diet plan that was originally designed in the 1920's for patients with epilepsy by researchers working at John Hopkins Medical Center. Researchers found that fasting – avoiding consumption of all foods for a brief period of time, including those that provide carbohydrates – helped reduce the amount of seizures patients suffered, in addition to having other positive effects on body fat, blood sugar, cholesterol, and hunger levels.

Unfortunately, long-term fasting is not a feasible option for more than a few days, therefore the keto diet was developed to mimic the same beneficial effects of fasting. Essentially, the keto diet works by “tricking” the body into thinking it is fasting, through a strict elimination of glucose that is found in carbohydrate foods. Today the standard keto diet goes by several different names, including the “no-carb diet” or “very low carbohydrate ketogenic diet” (LCKD or VLCKD for short).

At the core of the keto diet is severely restricting intake of all or most foods with sugar and starch (carbohydrates). These foods are broken down into sugar in our blood once we eat them, and if these levels become too high, extra calories are much more easily stored as body fat and results in unwanted weight gain. However, when glucose levels are cut off due to a low-carb diet, the body starts to burn fat instead and produces ketones that can be measured in the blood, urine, or breath.

The keto diet, like most low-carb diets, works through elimination of glucose. Because most folks live on a high-carb diet, their bodies normally run on glucose (or sugar) for energy. Our bodies cannot make glucose and only have about 24 hours worth stored in our muscle tissue and liver. Once glucose is no longer available from food sources, we begin to burn stored fat instead, or fat from our diets.

Therefore, when you're following a keto diet, your body is burning fat for energy rather than carbohydrates, so in the process most people lose weight and excess body fat rapidly, even when consuming lots of fat and adequate calories through their diet. Another major benefit of the keto diet is that there's no need to feel hungry or attempt to burn loads of calories through hours of intense exercise.

What Is Ketosis

Ketosis is the result of following the standard keto diet, which is why it's also sometimes called the “ketosis diet.” Ketosis takes place when glucose from carbohydrate foods (like grains, all sources of sugar or fruit, for example) is drastically reduced, which forces the body to find an alternative fuel source: fat. Although dietary fat (especially saturated fat) often gets a bad name, provoking fear of weight gain and heart disease, it's also your body's second preferred source of energy when carbohydrates are not easily accessible.

In the absence of glucose, which is normally used by cells as a quick source of energy, the body starts to burn fat and produces ketones instead. Once ketone levels in the blood rise to a certain point, you enter into a state of ketosis. You can use a breath ketone monitor to measure if you are in ketosis or not. A measure of 0.2 or more signifies that you are in ketosis.

To sum up a complex process, ketosis happens when the liver breaks down fat into fatty acids and glycerol, through a process called beta-oxidation. There are three primary types of ketone bodies that are water soluble molecules produced in the liver: acetoacetate, betahydroxybutyrate, and

acetone. The body then further breaks down these fatty acids into an energy-rich substance called ketones that circulate through the bloodstream. Fatty acid molecules are broken down through the process called ketogenesis, and a specific ketone body called acetoacetate is formed, which supplies energy.

The end result is staying fueled off of circulating ketones (which are sometimes called ketone bodies) – which is what’s responsible for altering your metabolism in a way that some people like to say turns you into a “fat-burning machine.” Both in terms of how it feels physically and mentally, along with the impact it has on the body, being in ketosis is very different than a “glycolytic state,” where blood glucose (sugar) serves as the body’s energy source. Many consider burning ketones to be a much “cleaner” way to stay energized compared to running on carbs and sugar day in and day out.

This state is not to be confused with ketoacidosis, which is a serious diabetic complication when the body produces excess ketones (or blood acids).

How To Get Into Ketosis

So how exactly do you get into ketosis? Here’s how it works:

1. Consumption of glucose from carbohydrate foods – grains, starchy vegetables, fruit, etc – is greatly reduced.
2. This forces your body to find an alternate fuel source: fat.
3. Meanwhile, in the absence of glucose, the body starts to burn fat and produces ketones instead.
4. Once ketone levels in the blood rise to a certain point you enter into a state of ketosis.

Wondering how many carb foods you can eat and still be “in ketosis?” The traditional keto diet created for those with epilepsy consisted of about 75 percent calories from sources of fat, 5 percent from carbohydrates, and 20 percent from protein. For most people a less strict keto diet (what I call “modified keto”) can still help promote weight loss and other health benefits in a safe, and often very fast, way.

In order to transition and remain in ketosis, aiming for about 30-50 net grams per day is typically the recommendation. This is considered a more moderate or flexible approach but can be less overwhelming to begin with. Once you’re more accustomed to this way of eating, you can choose to lower carbs even more if you like (perhaps only from time to time), down to 20 grams of net carbs per day. This is considered the standard “strict” amount that many keto dieters aim to adhere to for best results, but remember that everyone is a bit different.

What Are The Stages Of Ketosis

Once ketone levels in the blood rise to a certain point, you officially enter into a state of ketosis. Overall, people enter into ketosis at different rates, usually 3-4 days of following a very low-

carbohydrate diet (20 grams of net carbs or less) that forces the need for an alternative energy source. Optimal ketosis is reached when the body stays in ketosis for at least a few weeks.

Benefits Of The Keto Diet

1. Weight Loss

On a keto diet, weight loss can often be substantial and happen quickly (especially for those who start the diet very overweight or obese). The 2013 study published in the *British Journal of Nutrition* found that those following a keto diet “achieved better long-term body weight and cardiovascular risk factor management when compared with individuals assigned a conventional low-fat diet.”

A 2014 review published in the *International Journal of Environmental Research & Public Health* states: “One of the most studied strategies in the recent years for weight loss is the ketogenic diet. Many studies have shown that this kind of nutritional approach has a solid physiological and biochemical basis and is able to reduce effective weight loss along with improvement in several cardiovascular risk parameters.”

High-fat, low-carb diets can help diminish hunger and also boost weight loss through their hormonal effects. When we eat very little foods that supply us with carbohydrates, we release less insulin. With lower insulin levels, the body doesn’t store extra energy in the form of fat for later use, and instead is able to reach into existing fat stores for energy. Diets high in healthy fats and protein also tend to be very filling, which can help reduce over eating of empty calories, sweets, and junk foods. For most people, eating a healthy low-carb diet, makes it easy to consume an appropriate amount of calories, but not too many, since things like sugary drinks, cookies, bread, cereals, ice cream, or other desserts and snack bars are off limits.

2. Reduce Risk for Type 2 Diabetes

This process of burning fat provides more benefits than simply helping us to shed extra weight – it also helps control the release of hormones like insulin, which plays a role in the development of diabetes and other health problems. When we eat carbohydrates, insulin is released as a reaction to elevated blood glucose (an increase in sugar circulating in our blood) and insulin levels rise. Insulin is a “storage hormone” that signals cells to store as much available energy as possible, initially as glycogen (aka stored carbohydrates in our muscles) and then as body fat.

The keto diet works by eliminating carbohydrates from the diet and keeping the body’s carbohydrate stores almost empty, therefore preventing too much insulin from being released following food consumption and creating normal blood sugar levels. This can help reverse insulin resistance which is the underlying problem contributing to diabetes symptoms. In studies, low-carb diets have shown benefits for improving blood pressure, postprandial glycemia, and insulin secretion. Therefore, diabetics on insulin should contact their medical provider prior to starting a keto diet as insulin dosages may need to be adjusted.

3. Reduce Risk of Heart Disease

The keto diet can reduce the risk of heart disease markers, including high cholesterol and triglycerides. In fact, the keto diet is unlikely to negatively impact your cholesterol levels despite being so high in fat. Moreover, it's capable of lowering cardiovascular disease risk factors, especially in those who are obese.

One study, for example, found that adhering to the keto diet and keto diet food list for 24 weeks resulted in decreased levels of triglycerides, LDL cholesterol, and blood glucose in a significant percentage of patients, while at the same time increasing the level of HDL cholesterol.

4. Helps Protect Against Cancer

Certain studies suggest that keto diets may "starve" cancer cells. A highly processed, pro-inflammatory, low-nutrient diet can feed cancer cells causing them to proliferate. What's the connection between a high-sugar diet and cancer? The regular cells found in our bodies are able to use fat for energy, but it is believed that cancer cells cannot metabolically shift as well to use fat; they prefer glucose.

There are several medical studies – such as those conducted by the Department of Radiation Oncology at the Holden Comprehensive Cancer Center for the University of Iowa, and the National Institutes of Health's National Institute of Neurological Disorders and Stroke – that show the keto diet is an effective treatment for cancer.

Therefore, a diet that eliminates excess refined sugar and other processed carbohydrates may be effective in reducing or fighting cancer. It's not a coincidence that some of the best cancer-fighting foods are on the keto diet food list.

5. Fight Brain Disease & Neurological Disorders

Over the past century, keto diets have also been used to treat and even help reverse neurological disorders and cognitive impairments, including epilepsy and Alzheimer's symptoms. Research shows that being in ketosis can help to reverse neurological disorders and cognitive impairment. The brain is able to use this alternative source of energy instead of the cellular energy pathways that aren't functioning normally in patients with brain disorders.

For example, clinical improvement was observed in Alzheimer's patients fed a keto diet, and this was marked by improved mitochondrial function. In fact, a *European Journal of Clinical Nutrition* study pointed to emerging data that suggested the therapeutic use of ketogenic diets for multiple neurological disorders beyond epilepsy and Alzheimer's, including headaches, neurotrauma, Parkinson's disease, sleep disorders, brain cancer, autism, and multiple sclerosis. The report goes on to say that while these various diseases are clearly different from each other, the keto diet appears to be effective for a variety of neurological problems because of its "neuroprotective effect" - as keto appears to correct abnormalities in cellular energy usage, which is a common characteristic in many neurological disorders.

Researchers believe that the keto diet can also help patients with schizophrenia to normalize the pathophysiological processes that are causing symptoms like delusions, hallucinations, lack of restraint and unpredictable behavior. One study found that the keto diet led to elevated concentrations of kynurenic acid (KYA) in the hippocampus and striatum, which promotes neuroactive activity. Some studies even point to the elimination of gluten under the keto diet as a possible reason for improved symptoms, as researchers observed that patients with schizophrenia tended to eat more carbohydrates immediately before a psychotic episode.

Although the exact role of the keto diet in mental and brain disorders is unclear, there has been proof of its efficacy in patients with schizophrenia. And, to boot, the keto diet works to reverse many conditions that develop as a side effect of conventional medications for brain disorders, like weight gain, type 2 diabetes, and cardiovascular risks. More research is needed to understand the role of the keto diet in treating or improving schizophrenia, as the current available studies are either animal studies or case studies, but the benefits of a low-carb, high-fat diet in neurology is promising.

6. Live Longer

Now there's even evidence that a low-carb, high-fat diet helps you live longer, compared to a low-fat diet. In a study by the medical journal *The Lancet* that studied more than 135,000 adults from 18 countries, high carbohydrate intake was associated with higher risk of total mortality, whereas total fat and individual types of fat were related to lower total mortality. Total fat and types of fat were not associated with cardiovascular disease, myocardial infarction or cardiovascular disease mortality.

In fact, saturated fat intake had an inverse association with the risk for suffering from a stroke, meaning the more saturated fat included in someone's diet, the more protection against a stroke they seem to have.

What Is The Ketogenic Diet Plan

Historically, ketogenic diets have consisted of limiting carbohydrates to just 20-30 net grams per day. "Net carbs" is the amount of carbs remaining once dietary fiber is taken into account. Because fiber is indigestible once eaten, most people don't count grams of fiber towards their daily carb allotment. In other words, total carb grams – fiber carb grams = net carbs.

The exact ratio of macronutrients (or "macros") in your diet (grams of carbs vs. fat vs. protein) will differ depending on your specific goals and current state of health. Your age, gender, level of activity, and current body composition can also play a role in determining your ideal macros, including your carb versus fat intake.

Standard Keto Diet

On a “strict” (standard) keto diet, fats typically provide 70 percent of total daily calories, protein about 25 percent, and carbs just around 5 percent. However a more “moderate” approach to the keto diet is also a good option for many people that can allow for an easier transition into very low-carb eating and more flexibility (see details for this modified version below).

Something that makes the keto diet different from other low-carb diets is that it does not “protein-load.” Protein is not as big a part of the diet as fat is. Reason being: In higher amounts, the body can change protein into glucose, which means if you eat too much of it, especially while in the beginning stages of the keto diet, it will slow down your body’s transition into ketosis.

Protein intake should be between 1-1.5 grams per kilogram of your ideal body weight. To convert pounds to kilograms, divide your ideal body weight by 2.2. For example, a woman who weighs 150 pounds (68 kilograms) should get about 68-102 grams of protein daily.

It’s important to also drink lots of water. Getting enough water helps keep you from feeling fatigued, is important for digestion, and aids in hunger suppression. It’s also needed for detoxification. Aim to drink 10-12 eight-ounce glasses a day; or half your body weight in ounces (ie 150lbs ÷ 2 = 75oz of water).

Modified Keto Diet (Low-Carb, High-Fat)

You might be thinking that the keto diet seems very difficult to get started with or restrictive, but remember that a diet consisting of 70 percent fat and 25 percent protein may not be necessary for the majority of adults to reap the benefits of the diet.

Most adults find success with a more moderate approach, simply by focusing on eliminating carbohydrates and increasing calories from healthy fats and protein. In fact, many will experience weight loss and other beneficial effects by just reducing carbs to 12 percent of their total calorie intake, while increasing fat to 63 percent and protein to 25 percent.

If you find it difficult to stick to a very low-carb diet every day, especially for months on end, you might want to consider a carb-cycling diet instead. Carb cycling increases carbohydrate intake (and sometimes calories in general) only at the right time and in the right amounts, usually about 2-3 times per week.

Alternating days of higher vs. lower carb intake, especially when timed around workouts if you’re active, is beneficial for cutting your body fat percentage down while still not sacrificing your muscle mass. How many carbs should you aim for if you go with this approach? Higher carb days might include 100 grams of net carbs, while lower carb days should stay closer to 30 grams of net carbs. Exact numbers will differ, with individuals who are bigger and more active requiring more of both calories and carbs than smaller, less active individuals.

Remember that carbs are not the enemy – they actually have many important roles in the body! Eating enough carbs at the right time can help “reset your metabolic thermostat” and signal your body to create enough beneficial hormones (like leptin and thyroid hormones) that keep you at a healthy weight, feeling energized, and mentally remaining satisfied with your diet overall. Eating a very low-carb diet nonstop can lead some to feel overly restricted, tired, and demotivated – but for many, adding in carbs at certain times makes it easier to follow a healthy way of eating long term that won’t cause weight gain or strong carb cravings.

Finally, consuming at least a moderate amount of carbs also enables you to eat enough plant-based foods and to get enough fiber. Carbs are the primary type of macronutrient found in most fruits and vegetables, although exactly how many carbs depends on the specific type. Some of the healthiest foods in the world – such as leafy green veggies, cruciferous veggies, artichokes, asparagus, sea weed, herbs and spices, for example – are actually pretty low in carbs and, therefore, suitable on keto, even on low carb days if you are carb cycling. Foods that are higher in carbs – such as sweet potatoes and other root veggies, beans and legumes, and fruit – are often encouraged on higher carb days, or if you are very active. A bonus of eating these foods is that they contain plenty of dietary fiber and antioxidants, helping with things like digestion, heart health, and more.

Intermittent Fasting and the Keto Diet

Whether you go strict keto or modified keto, I highly recommend you start keto by also trying Intermittent Fasting (IMF) to double-down on the fat burning benefits of the keto diet. Simply put, intermittent fasting is going a period of time without food, but usually less than a day, such as going without breakfast. I recommend starting with a 12 hour period, and slowly working up to a 16 hour period without food. You can also try intermittent fasting every other day as your body gets used to the new routine. It is important to keep close tabs on how you are feeling. Significant hunger pangs, mood swings, or fatigue could indicate hormone changes (but that’s not always a bad thing!). If you are trying this out, I recommend no eating past 8pm and working up to eating lunch at 12pm the following day.

Intermittent fasting mirrors the keto diet perfectly for both weight loss as well as overall health promotion, in significant ways. Like keto, IMF forces your body to use up fat stores as fuel. IMF also helps reduce blood sugar levels, improves good HDL cholesterol, decreases bad LDL cholesterol and triglyceride levels, reduces inflammation, improves cognitive function, and decreases hunger – similar benefits to those provided by the keto diet.

Keto Diet Food List and Recipes

If you’re new to the keto diet and ready to start, your biggest questions probably revolve around figuring out just what you can eat. Overall, remember that the bulk of calories on the keto diet are from foods high in natural fats along with a moderate amount of foods that provide protein.

Severely restricted foods are all foods that provide lots of carbs, even the kinds that are normally thought of as healthy, like fresh fruit.

I've laid out my exact food recommendations below.

What Can You Eat On a Keto Diet

When planning your keto meal plan, here are some examples of foods that are high in fat and low in carbs that you can expect to eat lots of:

- **Healthy Fats:** olive oil, coconut oil, grass-fed butter, avocado oil, palm oil, nuts* and seeds* (*see below). Fats are a critical part of every keto recipe because fat is what provides energy and prevents hunger, weakness, and fatigue.
 - Important: not all fats are created equal! To get enough healthy fats in your diet, I recommend eating mostly: coconut oil, avocado, chia seeds, flax seeds, non-starchy vegetables, sprouted nuts, organic grass-fed meat, and raw dairy products.
 - More specifically, I recommend consuming a large amount of of MCFA's (Medium Chain Fatty Acids) from sources like unrefined coconut oil and MCT oil since this is probably the easiest type of fat for your body to metabolize properly and burn as fuel.
 - In addition to MCFA's, consume a moderate amount of saturated fat from sources like grass-fed beef, or raw dairy. However do not eat red meat more than 3-4 times per week.
 - Finally, other sources of fat, like polyunsaturated or monounsaturated fats, should come from healthy, whole food sources like nuts, seeds, and wild-caught fish.
- **Non-Starchy Vegetables:** broccoli and other cruciferous veggies (such as cabbage, cauliflower, and arugula), leafy greens, asparagus, cucumber, and zucchini just to name a few.
- **Protein:** (in moderation) grass-fed meat, pasture-raised poultry, cage-free eggs, nitrate-free bacon, bone broth, wild-caught fish, bison, buffalo, and organ meats.

***Foods to Limit on a Keto Diet**

There are some foods that may be lower carb, but can still push you over your daily goals, so these are the foods you need to limit when going on a keto diet:

- **Full-Fat Dairy** (opt for unsweetened almond milk or coconut milk instead)
- **Medium-Starchy Vegetables** like sweet peas, carrots, beets, and potatoes
- **Legumes and Beans**
- **Nuts and Seeds**

Foods to Avoid On a Keto Diet

These foods are high in carbs and should be avoided when creating your meal plan:

- **Sugar:** any type of sugar, including natural sugars like raw honey or maple syrup
- **Grains:** including wheat, quinoa, oats, rice, corn (this includes pasta and bread!)
- **Processed Foods:** crackers, candy, cookies, ice cream, snack bars, canned soup, etc
- **High Calorie Beverages:** including alcohol, milk, and fruit juice

Keto Recipes

Check out these websites for delicious and healthy high-fat, low carb keto recipes!

<https://draxe.com/keto-recipes/>

<https://www.skinnytaste.com/recipes/keto/>

<https://www.tasteofhome.com/collection/keto-diet-recipes/>

Keto Side Effects and the “Keto Flu”

Remember that the keto diet will actually change your metabolism, put you into ketosis, and turn you from a sugar burner to a fat burner. Those are significant changes for your body, and you may notice some symptoms such as the so-called “keto flu.”

For adults who are relatively healthy, it’s usually safe to follow a very low carb diet while not being monitored as closely, as long as they’re watching out for any unusual warning signs of a negative reaction (such as excessive fatigue or brain fog that last more than a week).

However, be aware that it is not uncommon to experience some negative reactions and common side effects when transitioning into this way of eating such as:

- Headaches
- Bad Breath
- Mild Fatigue
- Muscle Weakness
- Poor Sleep
- Constipation or Nausea
- Brain Fog
- Moodiness

Overall, symptoms generally go away as your body adjusts to being in ketosis. To help you overcome these symptoms, here are several steps to try:

- Add bone broth to your diet, which can help restore electrolytes that are lost during ketosis. Even if you are drinking lots of water, you will lose a lot of water weight and also flush essential electrolytes out of your system, including magnesium, potassium, and sodium. Bone broth is a great way to replenish these naturally.
 - Other foods that help balance electrolytes are nuts, avocados, mushrooms, salmon and other fish, spinach, artichokes, and leafy greens.
- Reduce your exercise load temporarily.
- Make sure you are drinking plenty of water and consuming sea salt.
- Consume even more fat if you are hungry.

- Avoid eating synthetic ingredients in processed foods and foods hard to digest, such as lunch meats, bacon, and processed cheese.
- Eating foods that are more alkaline can help reduce nausea, fatigue and constipation, such as: spinach, avocados, broccoli, garlic, and ginger.

Keep in mind: if you have had your gall bladder removed, speak with a doctor before beginning a keto diet!

Final Thoughts

Ketogenic diets were originally developed to help improve symptoms of epilepsy (specifically in children who didn't improve from other treatments), but today very low-carb diets are used to help adults too, including those suffering from many other chronic health problems like obesity, cancer and diabetes.

Does the keto diet work? Yes! Rapid and reliable weight loss will occur in even a moderate keto diet, due to lowered insulin levels and the body being forced to burn stored body fat for energy.

You are now on your way to a new ketogenic lifestyle! For more information about keto, check out Dr. Berry's YouTube channel!

<https://www.youtube.com/KenDBerry>

Make sure to download the Carb Manager app for your phone to track and manage your macros! If you need help setting it up, don't hesitate to call our office and speak to Rachelle!



Purchase a breath ketone monitor for \$30 from House of Keto at:

<https://www.houseofketo.com>

If you need help planning keto friendly meals, think about signing up with Real Plans and downloading the app for meal plans and recipes tailored to you and your busy life! Please use our affiliate number **(286633)** when purchasing!

<https://realplans.com/keto-meal-plans/>

Remember to follow me on Facebook and Instagram **@dr.virigniairby** for recipes, health articles, cooking videos and so much more!

General Keto Foods Allowed: (Not a complete list)

OILS/FATS

- Avocado
- Extra virgin olive oil
- Avocado oil
- Coconut oil
- Tahini
- Grass-fed butter
- Grass-fed ghee
- Chia seed oil
- Coconut cream
- Flax seed oil
- Sesame oil
- Mayonnaise
- Olives (¼ cup per day, max)
- Duck fat

PROTEINS

Meat

- Beef (grass-fed preferred)
- Bison
- Buffalo
- Elk
- Lamb
- Venison
- Pork
- Bacon (nitrate-free preferred)
- Chicken (free-range preferred)
- Turkey
- Quail
- Duck
- Eggs (cage-free preferred)

Seafood (Wild-Caught)

- Salmon
- Sardines
- Anchovies
- Trout
- Bass
- Tilapia
- Cod
- Mackerel
- Tuna

- Clams
- Lobster
- Shrimp
- Oysters
- Scallops
- Crab
- Mussels

Dairy

- Hard cheeses (cheddar, jack, parmesan, chevre etc)
- Cottage cheese (full-fat)
- Cream
- Cream cheese

VEGETABLES

- Cauliflower
- Broccoli
- Brussels sprouts
- Cabbage
- Bok choy
- Spinach
- Arugula
- Kale
- Mushrooms
- Peppers
- Celery
- Asparagus
- Cucumber
- Radish
- Zucchini
- Onions
- Beet greens
- Spaghetti squash (but no butternut)
- Sprouts
- Leeks
- Snap peas
- Dill pickles (no added sugar)
- Kimchi
- Sauerkraut

FRUITS

- Apples

- Avocado
- Grapefruit
- Berries
- Tomato (including sun-dried)
- Lemon
- Lime

NUTS/SEEDS

- Almonds
- Macadamia nuts
- Hazelnuts
- Brazil nuts
- Walnuts
- Almond butter
- Pine Nuts
- Pumpkin seeds
- Sunflower seeds
- Chia seeds
- Coconut
- Coconut butter
- Coconut flour
- Flax seeds
- Hazelnuts
- Sesame seeds
- Pecans

Sweeteners

- Monkfruit
- Stevia

Pantry Staples

- Almond flour
- Coconut cream
- Coconut flour
- Coconut aminos
- Cacao powder (unsweetened)
- Fish sauce
- Gelatin
- MCT oil
- Sea salt
- Apple cider vinegar
- Balsamic vinegar (no added sugar)

Sample 7 Day Menu

Monday

- **Breakfast:** Two eggs fried in pastured butter served with sauteed greens.
- **Lunch:** A bun-less grass-fed burger topped with cheese, mushrooms and avocado atop a bed of greens.
- **Dinner:** Pork chops with green beans sauteed in coconut oil.

Tuesday

- **Breakfast:** Mushroom omelet.
- **Lunch:** Tuna salad with celery and tomato atop a bed of greens.
- **Dinner:** Roast chicken with cream sauce and sauteed broccoli.

Wednesday

- **Breakfast:** Bell pepper stuffed with cheese and eggs.
- **Lunch:** Arugula salad with hard-boiled eggs, turkey, avocado and blue cheese.
- **Dinner:** Grilled salmon with spinach sauteed in coconut oil.

Thursday

- **Breakfast:** Full-fat yogurt topped with Keto granola.
- **Lunch:** Steak bowl with cauliflower rice, cheese, herbs, avocado and salsa.
- **Dinner:** Bison steak with cheesy broccoli.

Friday

- **Breakfast:** Baked avocado egg boats.
- **Lunch:** Caesar salad with chicken.
- **Dinner:** Pork chops with vegetables.

Saturday

- **Breakfast:** Cauliflower toast topped with cheese and avocado.
- **Lunch:** Bun-less salmon burgers topped with pesto.
- **Dinner:** Meatballs served with zucchini noodles and Parmesan cheese.

Sunday

- **Breakfast:** Coconut milk chia pudding topped with coconut and walnuts.
- **Lunch:** Cobb salad made with greens, hard-boiled eggs, avocado, cheese and turkey.
- **Dinner:** Coconut chicken curry.

Source: www.healthline.com