

Keto Diet Plan

The goal of following the ketogenic diet is to put your body into ketosis, which is a different type of metabolism that burns fat instead of carbohydrate for energy. Ketosis is reached by following a low-carbohydrate diet. Consuming less than 50 grams of net carbs per day allows most individuals to remain in ketosis. Net carbs account for all carbohydrates eaten throughout the day, with dietary fiber subtracted out of your total intake. Below are some of the main guidelines of following this very low carbohydrate diet:

- While **carbohydrate** intake is limited to 50 grams or less per day, this still allows for about 15 grams of carbohydrate to be eaten in 3 meals per day.
- Consume 5 servings of **non-starchy vegetables** per day. A serving is generally ½ cup of a cooked vegetable or 1 cup of a raw vegetable. Including at least 1 serving of vegetables at most meals will help you reach the total goal.
- At least 60 grams of **protein** should be consumed daily. Lean meats, poultry, and fish are great sources of protein. Regularly including plant-based proteins is also encouraged. They typically contain more fiber and less saturated fat than meat, which promotes heart health. Consuming a protein at each meal will help you reach your total protein goal. Eating the protein food first during your meal will also ensure that you are hungry enough for your protein at each meal, since you may become full more quickly. If you are hungry for a snack between meals, make your snack a protein food.
- **Healthy fats**, such as oils are encouraged. These keep your heart healthy while providing a calorie-dense form of nutrition.
- Most **fruits** are high in carbohydrate, so intake of fruit is typically limited to a maximum of 1 cup of berries per day since they are lower in carbohydrates.
- Drink at least 64 ounces of **fluid** per day to remain hydrated and to keep your electrolytes in balance. Avoid all sugar-sweetened beverages.
- 1200 mg of **calcium** is a needed per day since it is a key mineral for maintaining bone healthy. It can be obtained from the diet and through supplements, as needed.

Overall, you'll notice that you become less hungry throughout the day during ketosis since fat metabolism is more prolonged than carbohydrate metabolism. This ultimately leads to weight loss when a constant state of ketosis is maintained. In addition, a low-carb diet can help control your blood sugar which aids in preventing/managing diabetes.

Planning a ketogenic diet is important to provide you with variety in your meals. Select vegetables, protein sources, and healthy fats that you enjoy. Also feel free to explore some of the new low-carb products that are available in grocery stores that may replace regular higher-carb options in your normal diet.

The following is an example 7-day meal plan with ideas for breakfast, lunch, dinner, and snacks. Each meal is ~15 or less grams of net carbohydrate. Each snack is 5 or less grams of net carbohydrate. This is only meant to be a guide with examples, so adjust it to your preference.

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	<p>2 scrambled eggs with shredded cheese</p> <p>Sauteed vegetables: ½ cup cheery tomatoes, ¼ cup kale, and ¼ cup mushrooms</p> <p>¼ avocado</p> <p>6 ounces <i>Fairlife</i> milk; 8 ounces coffee, tea, or water</p>	<p>¾ cup “Two Good” Greek yogurt or plain Greek yogurt</p> <p>1 cup berries (strawberries, raspberries, and/or blackberries)</p> <p>6 ounces <i>Fairlife</i> milk; 8 ounces coffee, tea, or water</p>	<p>Breakfast burrito: 2 eggs, shredded cheese, 1 cup sauteed bell peppers and onion on <i>Mission</i> carb-balanced tortilla with 2 tbsp salsa and 2 tbsp guacamole</p> <p>6 ounces <i>Fairlife</i> milk; 8 ounces coffee, tea, or water</p>	<p>Berry smoothie: ¾ cup “Two Good” Greek yogurt or plain Greek yogurt with ½ cup mixed berries (strawberries, raspberries, and/or blackberries) and 6 ounces <i>Fairlife</i> milk</p> <p>8 ounces coffee, tea, or water</p>	<p>2-egg omelet with shredded cheese, and 1 cup of vegetables (tomatoes, peppers, onions)</p> <p>2 tbsp salsa</p> <p>6 ounces <i>Fairlife</i> milk; 8 ounces coffee, tea, or water</p>	<p>¾ cup “Two Good” Greek yogurt or plain Greek yogurt</p> <p>1 cup berries (strawberries, raspberries, and/or blackberries)</p> <p>6 ounces <i>Fairlife</i> milk; 8 ounces coffee, tea, or water</p>	<p>Egg “nests”: 1 medium spiralized, sauteed zucchini with 2 eggs, seasoned with garlic and onion, and pepper flakes</p> <p>¼ avocado</p> <p>6 ounces <i>Fairlife</i> milk; 8 ounces coffee, tea, or water</p>
Lunch	<p>Salad: 2 cups greens with 1 cup (total): chopped vegetables with 2 ounces diced turkey, 1 hard-boiled egg, 1 ounce shredded cheese, 2 tbsp vinaigrette, and 1 tbsp lemon juice</p> <p>16 ounces water</p>	<p>½ cup tuna salad wrap (on <i>Mission</i> carb-balanced tortilla) with lettuce, tomato, and onion</p> <p>1 cup cucumber slices with 2 tbsp low-fat ranch dressing</p> <p>16 ounces water</p>	<p>Salad: 2 cups greens with 1 cup (total): cherry tomato, red onion, cucumber with 2 ounces diced chicken, 1 ounce shredded cheese, 2 tbsp vinaigrette, and 1 tbsp lemon juice</p> <p>16 ounces water</p>	<p>½ cup chicken salad with tomato, onion, and avocado on 2 large lettuce leaves</p> <p>1 pickle spear</p> <p>1 cup celery sticks with 1 tbsp low-fat ranch</p> <p>16 ounces water</p>	<p>Salad: 2 cups greens with 1 cup chopped vegetables, ½ cup cottage cheese, 1 ounce pecans or sunflower seeds, 1 ounce shredded cheese, 2 tbsp vinaigrette</p> <p>16 ounces water</p>	<p>½ cup egg salad wrap (on <i>Mission</i> carb-balanced tortilla) with lettuce, tomato, and onion</p> <p>1 cup cucumber slices with 2 tbsp low-fat ranch dressing</p> <p>16 ounces water</p>	<p>Ham, cream cheese, and pickle pinwheel rollups: 2 ounces sliced ham, 2 tbsp cream cheese, 1-2 pickle spears</p> <p>String cheese</p> <p>1 cup side salad with 1 tbsp vinaigrette</p> <p>16 ounces water</p>

Dinner	3-ounce hamburger, 1 ounce slice of cheese, 2 thick slices tomato and onion, 1 tbsp ketchup, 1 tbsp mustard, eaten without bun or on large iceberg lettuce leaves 2 pickle spears 16 ounces water	3-ounce chicken breast with 2 tbsp pesto 2 cups roasted broccoli with 2 tbsp shredded parmesan cheese 16 ounces water	1 medium zucchini, spiralized into "noodles" with 4 <i>Gardein</i> Meatless Meatballs and ½ cup low-carb marinara sauce, topped with shredded cheese 16 ounces water	3–4-ounce salmon fillet with lemon 2 cups asparagus with garlic 1 cup spinach salad with 1 ounce vinaigrette 16 ounces water	Sheet pan sausage (2 ounces) and vegetables (1/2 cup cherry tomatoes, 1 small bell pepper, 1 cup yellow squash) 16 ounces water	Lettuce-wrap tacos: 3 ounces lean ground beef, 1/3 cup black beans, ½ cup sauteed bell peppers and onions, and shredded cheese on 2 large romaine lettuce leaves, with 2 tbsp salsa, sour cream, avocado 16 ounces water	Stir fry: 2 cups riced cauliflower with 3 ounces tofu or chicken, ¼ cup green onion, 2 tbsp low-sodium soy sauce and spices 16 ounces water
Snack (Optional at preferred time of the day)	1 ounce almonds	½ cup cottage cheese	1 ounce string cheese	1 hard boiled egg	1 ounce almonds	1 ounce string cheese	1 ounce sunflower seeds

* Drink at least 18-24 ounces of additional water throughout the day on every day of the week