

Keto Diet (Avoid Starches, Fruits, Grains, Sugars, & Carbs daily) (g)

Meal #	Item	Serving	Protein	Carb	Fat	Calories
1						
Protein	Eggs (oz)	8	28.8	1	5	326
Protein	Beef	4	24		8.8	180
Carbs						
Fat	MCT Oil (Tbsp)	1			14	130
Veggie						
Veggie						
Fruit						
Liquids	Water (oz) w/ Lemon	20				
Liquids	Black Coffee (oz)	12				
Other	Multi Vita, FO, CLA, Probiotic					
Total			52.8	1	27.8	636

Meal #	Item	Serving	Protein	Carb	Fat	Calories
2						
Protein	Whey (Scoops)	2	50			200
Protein						
Carbs						
Fat	Avocado (oz)	3	3	6	12	144
Veggie						
Veggie						
Fruit						
Liquids	Water (oz)	20				
Liquids						
Other						
Total			53	6	12	344

Meal #	Item	Serving	Protein	Carb	Fat	Calories
3						
Protein	Ground Turkey 99% (oz)	6	31.5		12	255
Protein	Bacon (Slice)	3	9	0.3	9.9	129
Carbs						
Fat	Avocado (oz)	3	3	6	12	141
Veggie	Cauliflower (Cup)	1	3.7	3	1	55
Veggie						
Fruit						
Liquids	Water (oz)	20				
Liquids						
Other	FO, CLA					
Total			47.2	9.3	34.9	580

Meal #	Item	Serving	Protein	Carb	Fat	Calories
4						
Protein	Chicken (oz)	6	33		9	210
Protein						
Carbs						
Fat	Cheese (oz)	3	21	0.12	37	339
Veggie	Asparagus	6				6
Veggie						
Fruit						
Liquids	Water (oz) w/ Lemon	20				
Liquids						
Other						
Total			54	0.12	46	555

Diet	Protein	Carbs	Fats	Calorie
	207	16.42	120.7	2115

Keto is a fun way to Diet being that first you can test how you are doing by peeing on a ketosis strip you get at the grocery store and also you can eat a lot of fatty and protein food while drinking a lot of coffee (if you want to). All you really have to do is watch your carb intake and sugar intake.

Substitutes for Meals #3,4,5

You may Sub the Proteins for Chicken, Turkey, or White fish

Condiments: Unlimited

Lemon Juice, Lime juice, vinegar, soy sauce, mustard, herbs and spices, salsa, splenda.

Condiments: On Occasion

Limit of 2 of these one time per day: Ketchup, bbq sauce, light mayo, light ranch (1 tbsp only) Light (not fat free) salad dressing, teriyaki sauce, marinara sauce, tsp butter or margarine, 1 tbsp jelly, 1 tsp brown sugar.

Fiber & Unlimited Foods

Spinach, Arugula, Peppers, Onions, Arugula, Kale, Mushrooms, Celery, Cucumbers

Beverages: Unlimited

Crystal Light, unsweetened tea, herbal tea, coffee.

Beverages: Occasionally

Whole Milk is Fine Diet soda (No more than once a day)
RARELY: 1-2 times per week, Wine, beer, fruit juice (small)