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 1223 SIGMA DR, RAWLINS WY 82301
 307-328-5800

KETOGENIC FOOD PLAN

Food Category	Included Foods	Excluded Foods
MINIMALLY Processed Foods	Low carb dressings/condiments READ LABELS as they can contain unapproved sweeteners	All other processed foods
Sweeteners	Stevia, erythritol LIMIT xylitol, monk fruit READ LABELS as they are usually combined with other sweeteners	Honey, maple syrup, agave, artificial sweeteners and all others
Fruit	Lemon, Lime, Avocado LIMIT berries	All other fruits
Meat ¹	Fish, poultry, beef	Pork, meats with nitrates and/or sugar (<i>deli meats</i>), breaded meats
Eggs	Yolk intact for better digestion	Scrambled
Dairy Products ² ONLY IF NO SENSITIVITY IS FOUND	Plain yogurt, cream cheese, whipping cream, sour cream, butter, hard white cheeses	Milk, half & half, margarine, butter substitutes, Velveeta, processed and dyed cheeses
Vegetables ³	Fresh or frozen vegetables LIMIT carrots, onions, beet roots, parsnips, green beans	Canned vegetables, all potatoes, peas, corn, beans
Beverages	Filtered or distilled water, non-fruity teas, sparkling waters with natural flavors LIMIT caffeinated drinks	Fruit herbal teas, soda, diet soda, alcohol
Grains	Almond and coconut flour	Bread, rice, pasta, corn, wheat, quinoa, cassava, tapioca, and all other flour products
Vinegars	White, apple cider, and wine vinegars	All other vinegars -Check carbohydrates on label and limit use
Oils	Cold pressed coconut, olive, avocado, flaxseed, walnut, and almond oils	Canola, vegetable, peanut, and hydrogenated oils
Nuts & Seeds ³	Pecans, macadamia, brazil, chia, flax, hemp LIMIT hazelnut, walnut, pine, almond, pumpkin, sesame, sunflower	Peanuts, pistachio, cashew, safflower

¹ Meat and fish are better if not corn fed. Avoid farm-raised fish. Avoid meats that have been injected with chemicals or fed antibiotics, hormones, steroids, or silo-stored grains.

² Dairy products are better from range fed cattle. Whipping cream must be liquid, unsweetened, heavy whipping cream. Avoid dairy products that have been injected with chemicals or fed antibiotics, hormones, steroids, or silo-stored grains.

³ Organic, non-GMO vegetables, nuts, and seeds are preferable.



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KETOGENIC PROGRAM

RECOMMENDED MACROS

Net Carbs (4 calories per gram) < _____ g (*Total Carbs – Fiber – Sugar Alcohols = Net Carbs*)

Protein (4 calories per gram) > _____ g (*For weight loss, do not exceed more than 15g over the recommended amount*)

Fat (9 calories per gram) +/- _____ g (*For weight loss, remain under the recommended amount*)

SMARTPHONE TRACKING APPS

- Carb Manager
- Cronometer
- My Fitness Pal (does not track net carbs)

RECOMMENDED PROTOCOLS FOR “KETO FLU”

- Hibiscus tea
- Exogenous ketones
- Electrolytes (no sugar)
- Epsom salt bath
- Contact our office for other protocols