

Ketogenic Meal Planner

**** Avoid all foods that you've shown a sensitivity to****

Select an option from **PROTEINS** & **UNLIMITED VEGETABLES** at every meal

Proteins*

Eggs
Beef
Burger
Chicken
Turkey
Fish
Seafood
Bison
Venison
Elk
Bacon (LIMIT)
Sausage (LIMIT)

Fruits

Lemon
Lime
Avocado
Berries (LIMIT)

Unlimited Vegetables

Kale
Collard Greens
Mustard Greens
Turnip Greens
Spinach
Watercress
Arugula
Romaine Lettuce
Organic Greens Mix
Broccoli
Green Bell Peppers
Bok Choy
Brussel Sprouts
Swiss Chard
Green Cabbage
Okra
Asparagus
Zucchini
Radishes
Cucumber
Celery
Cauliflower
Mushrooms

Limited Vegetables

Snow Peas
Tomatoes
Artichokes
Colored Bell Peppers
Red Cabbage
Carrots
Onions
Beet Root
Parsnips
Green Beans
Squash

**Oils

Coconut
Almond
Olive
Flaxseed
Walnut

Nuts/Seeds

Macadamia Nuts
Pecans
Brazil Nuts
Chia Seeds
Flax Seeds
Hemp Seeds

***Optional Foods

Almond Flour
Coconut Flour
Stevia
Erythitol
Xylitol
Monk Fruit
Plain Greek Yogurt
Cream Cheese
Sour Cream
Butter
Hard White Cheese

*Look for grassfed, organic and wild caught. Lunchmeat and pork products should not have added sugars or nitrates.

**Cold Pressed only

*** Only use if they fit within your macros

Breakfast Ideas

Eggs with vegetables and avocado cooked in approved oil or butter
Smoothie with mixed greens, seeds, avocado, and berries

Lunch Ideas

Salad with a protein, unlimited vegetables, 1 or 2 limited vegetables, and lemon or sugarless salsa
Romaine lettuce wrap with a protein, sliced tomato, spinach, cucumbers, and mustard

Dinner Ideas

Protein with roasted or steamed vegetables and small salad
Casserole with protein, vegetables, and seasonings
Pasta with a low carb or homemade sauce, mushrooms, broccoli, and zucchini noodles
Romaine lettuce wrapped tacos (no sugar in seasoning)

Snack Ideas

1/4 cup of nuts
Fat bombs (recipes can be found online)

Tips for Success

- Meal prep on your days off
- Have a weekly menu
- Have keto snacks on hand if hunger strikes

April's Personal Favorites

Primal Kitchen mayonaise
Tessemæ's sugarless dressings (City Market)
Mission Meats grassfed beefsticks
RealGood frozen meals (Walmart)
Cauli'flour flatbreads and pizza crusts
Primal Palate seasoning mixes

Lilly's chocolate chips
Birch Benders Keto Pancake Mix
Sweetleaf Stevia
Ancient Nutrition Bone broth
ChocZero chocolate bars
Aidell Chicken Apple Sausages (Walmart)