

KETOGENIC DIET NUTRITION PLAN

BREAKFAST

Coconut Chia Smoothie

1/2 cup coconut milk

1/2 cup cultured dairy (amasai, kefir, or goat's milk yogurt)

4 tbsp of chia, flax, or hemp seeds

2 raw eggs (or 2 Scoops organic protein powder).

2 Tablets of Multi-Vitamin

3,000 IU Vitamin D3

LUNCH

Chicken Vegetable Soup in Real Bone Broth

OR

A Large Salad with organic lean turkey meat and olive oil

SNACK

Raw Sprouted Nuts

OR

Raw Cheese and Flax Crackers

DINNER

Organic meat with 2 cups of vegetables

8 oz. Grassfed Steak with Asparagus and Broccoli

OR

8 oz. Wild Caught Salmon with Broccoli and Steamed Carrots.

SUPPLEMENTS

Brown Rice Protein:

I use Garden of Life Raw Protein. It's a brown rice raw protein and is gluten free and vegan.

Whey Protein:

Another great brand I use is Tera's Whey Protein, which can be found online or at Whole Foods.

Amasai:

I personally use Beyond Organic Amasai, which can be found with an internet search.

Kefir:

You can make your own coconut kefir or goats milk kefir, or pick up a brand called Iner-Eco Coconut Kefir at Whole Foods or your local health food store.

Vitamin D3:

Make sure it's Vitamin D3, not just D. The brand I use is Garden of Life.

Multi-Vitamin:

I use Garden of Life. Make sure you choose a whole-food based supplement.