

a week of ketogenic eating

THINKING ABOUT TRYING THE KETOGENIC DIET BUT NOT SURE WHAT IT ENTAILS? THE MAJORITY OF CALORIES IN THESE SAMPLE MENUS COME FROM FAT WHILE CARBS ARE LIMITED TO 50 GRAMS A DAY.

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DAY 1

BREAKFAST

1 serving Cheesy Eggs (see recipe 1, page 2)
8 oz black coffee or herbal tea

MORNING SNACK

¼ cup dry-roasted macadamia nuts

LUNCH

BLT Salad: 3 cups lettuce, 4 cherry tomatoes, ½ avocado (cubed), 3 slices bacon (cooked), 2 tsp EVOO

AFTERNOON SNACK

1 cup cottage cheese
½ cup sliced radishes
3 small (5-inch) celery sticks

DINNER

1 serving Thyme-Roasted Chicken Thighs (see recipe 2, page 2)
7 medium asparagus spears tossed with ½ tsp EVOO and dash of salt and pepper; bake 15–20 minutes at 400°F, stirring halfway through. When almost done, sprinkle with 2 tsp Parmesan cheese.
½ cup sweet red pepper strips
Blueberry Whip: Whip ½ cup heavy cream with 3 to 5 drops liquid stevia glycerite; fold in ¼ cup blueberries

Daily total: 1,781 cal, 138g fat (57g mono, 9g poly, 53g sat), 728mg chol, 2,293mg sodium, 50g carb (20g fiber, 24g sugars), 97g protein

DAY 2

BREAKFAST

⅔ cup cottage cheese with 1 tsp chia seeds and 1 tbsp pumpkin seeds
¼ cup blackberries
8 oz coffee or herbal tea with ⅓ cup unsweetened canned coconut milk

MORNING SNACK

¼ cup dry-roasted almonds
5 pitted olives

LUNCH

Cabbage Chicken Salad: Toss ⅓ cup diced avocado, ½ tsp EVOO, 2 cups shredded cabbage, 1 shredded chicken thigh (leftover from Day 1 Dinner), 1 oz goat cheese and dash of pepper

AFTERNOON SNACK

1 serving 5-Minute Parmesan Crisps (see recipe 3, page 2)
2 tbsp picante sauce

DINNER

Salmon and Zucchini in Foil: Lay 4 oz salmon and 1 cup sliced zucchini on foil and top with 2 tsp EVOO, ½ tsp dried thyme and dash of pepper. Close packet and bake at 400°F for 20–25 minutes. Top with 1 tbsp Parmesan cheese and 1 tsp lemon juice
5 cherry tomatoes tossed with ½ tsp EVOO and 1 tsp fresh chopped basil
8 oz herbal tea with ½ cup unsweetened canned coconut milk

Daily total: 1,789 cal, 130g fat (40g mono, 13g poly, 57g sat), 286mg chol, 2,207mg sodium, 49g carb (20g fiber, 21g sugars), 109g protein

DAY 3

BREAKFAST

1 serving Quick Cream Cheese Pancakes (see recipe 4, page 2); top with 1½ tbsp unsweetened almond butter
8 oz coffee or herbal tea with ½ cup unsweetened canned coconut milk

MORNING SNACK

4 small celery sticks topped with 2 tbsp cream cheese and 1 tsp chia seeds

LUNCH

1 serving chicken thigh (leftover from Day 1 Dinner)
½ cup steamed broccoli with ½ tsp butter
¼ cup sweet red pepper strips
Blackberry Whip: Whip ½ cup heavy cream with 3 drops liquid stevia glycerite; fold in ¼ cup blackberries

AFTERNOON SNACK

¼ cup dry-roasted almonds
2 pitted olives

DINNER

1 serving Open-Faced Cheesy Chicken Quesadillas (see recipe 5, page 2)
1 cup herbal tea

Daily total: 1,793 cal, 136g fat (37g mono, 12g poly, 60g sat), 654mg chol, 1,916 mg sodium, 50g carb (25g fiber, 15g sugars), 104g protein

DAY 4

BREAKFAST

1 serving Cheesy Eggs (see recipe 1, page 2)
¼ cup blueberries
8 oz black coffee or herbal tea

MORNING SNACK

3 small celery sticks
2 tbsp unsweetened almond butter

LUNCH

1 serving Low-Carb Pepperoni Pizza (see recipe 6, page 2)

AFTERNOON SNACK

¼ cup pumpkin seeds

DINNER

Taco Salad: Toss together 4 oz cooked grass-fed ground beef crumbles, 2 tbsp picante sauce, 3 cups shredded lettuce, 3 sliced cherry tomatoes, ½ cup diced avocado and ½ cup shredded Mexican cheese blend
8 oz herbal tea with ⅓ cup unsweetened canned coconut milk

Daily total: 1,777 cal, 137g fat (26g mono, 5g poly, 56g sat), 584mg chol, 2,289mg sodium, 50g carb (26g fiber, 16g sugars), 95g protein

DAY 5

BREAKFAST

1 serving Quick Cream Cheese Pancakes (see recipe 4, right); top with 2 tbsp unsweetened almond butter
8 oz coffee or herbal tea with ½ cup unsweetened canned coconut milk

MORNING SNACK

¼ cup dry-roasted macadamia nuts

LUNCH

Salmon-Topped Salad: 3 cups shredded lettuce, ⅓ cup diced avocado, 4 sliced cherry tomatoes, 5 pitted kalamata or black olives, 5 oz cooked and sliced salmon (brush with ½ tsp olive oil before cooking) and dressing of 2 tsp EVOO with 1 tsp lemon juice

AFTERNOON SNACK

⅔ cup cottage cheese
¼ cup radish slices

DINNER

1 serving Low-Carb Pepperoni Pizza (see recipe 6, right)
¼ cup blueberries

Daily total: 1,780 cal, 142g fat (43g mono, 7g poly, 46g sat), 398mg chol, 2,370mg sodium, 49g carb (22g fiber, 18g sugars), 91g protein

DAY 6

BREAKFAST

1 cup cottage cheese
¼ cup blackberries
8 oz coffee or herbal tea with ½ cup unsweetened canned coconut milk

MORNING SNACK

1 oz uncured pepperoni slices
1 oz sliced firm goat cheese

LUNCH

4 oz broiled or grilled boneless pork chop
⅔ cup steamed broccoli with ½ tsp butter
⅓ cup sweet red pepper strips
¼ cup pumpkin seeds

AFTERNOON SNACK

¼ cup dry-roasted almonds
2 pitted kalamata or black olives

DINNER

1 serving Parsley Salad with Avocado and Shrimp (see recipe, page 4)
Blackberry Whip: Whip ⅓ cup heavy cream with 3 to 5 drops liquid stevia glycerite; fold in ¼ cup blackberries

Daily total: 1,813 cal, 141g fat (25g mono, 7g poly, 65g sat), 414mg chol, 1,696mg sodium, 49g carb (20g fiber, 16g sugars), 94g protein

DAY 7

BREAKFAST

1 small whole-wheat tortilla, warmed; top with 1½ tbsp unsweetened almond butter and 1 tsp chia seeds
8 oz black coffee or herbal tea with 2 tbsp unsweetened canned coconut milk

MORNING SNACK

4 small celery sticks with 2 tbsp cream cheese and dash of black pepper

LUNCH

1 serving Parsley Salad with Avocado and Shrimp (Leftover from Day 6 Dinner)
1 serving 5-Minute Parmesan Crisps (see recipe 3, right)
Blueberry Whip: Whip ¼ cup heavy cream with 3 to 5 drops liquid stevia glycerite; fold in ¼ cup blueberries

AFTERNOON SNACK

1 cup whole-milk-cottage cheese with a dash of black pepper

DINNER

Bunless Cheeseburger: 5 oz cooked grass-fed ground beef patty with ¼ cup shredded Mexican cheese blend melted on top and served on ½ cup shredded lettuce
¼ cup avocado slices
7 small radishes
8 oz herbal tea

Daily total: 1,803 cal, 142g fat (24g mono, 4g poly, 72g sat), 430mg chol, 1,944mg sodium, 50g carb (20g fiber, 16g sugars), 94g protein

Quick recipes to complete your menus

(each makes 1 serving unless otherwise noted)

1. Cheesy Eggs

Heat 1 tsp EVOO over medium. Whisk 2 eggs, 2 tbsp canned coconut milk and ¼ cup cottage cheese. Cook egg mixture, stirring often. Add 2 tsp basil and ½ oz goat cheese. Cook 2 minutes. Top with pepper.

2. Thyme-Roasted Chicken Thighs

Season 4 boneless, skinless chicken thighs with mix of ½ tsp sea salt, ½ tsp pepper and ½ tsp dried thyme. Bake on a parchment-lined pan and bake at 400°F for 25 minutes, flipping half way. Makes 4 servings.

3. 5-Minute Parmesan Crisps

Place six 1-tbsp servings of shredded Parmesan cheese on parchment-lined pan. Bake at 400°F for 3 to 5 minutes.

4. Quick Cream Cheese Pancakes

Combine 1 egg and 1 ounce cream cheese in a blender. Cook 3 mounds of batter on hot griddle to make three pancakes. Flip after a couple of minutes.

5. Open-Faced Cheesy Chicken Quesadillas

Melt ½ tsp butter in pan over medium. Add a 7-inch whole wheat tortilla and heat briefly on each side. Place on a baking sheet and top it with ½ cup shredded Mexican cheese and 1 shredded chicken thigh (see Recipe 2). Bake at 350°F for 5 minutes or until cheese melts. Serve with ¼ cup diced avocado and 1 tbsp picante sauce.

6. Low-Carb Pizza

On a baking sheet, place 1 small 7-inch tortilla and top with 1 tbsp picante sauce, 2 oz chopped pepperoni, 2 diced cherry tomatoes and ¼ cup shredded Mexican cheese. Bake at 400°F for 10 minutes.

SHOPPING LIST

Here's everything you'll need to make the week's worth of menus for one person.

FRUITS & VEGETABLES

- 1 pint blackberries
- 1 pint blueberries
- 2 lemons
- 1 bunch asparagus spears
- 3 avocados
- 1 head broccoli
- 1 bunch celery
- 3 bunches green leaf lettuce
- 20 cherry tomatoes
- 1 small head napa or savoy cabbage
- 2 cups radishes
- 1 sweet red pepper
- 1 zucchini
- 1 small bunch basil
- 1 large bunch parsley
- 1 garlic bulb

PROTEINS & DAIRY

- 4 oz boneless pork chop
- 4 boneless, skinless chicken thighs
- 9 oz grass-fed ground beef
- 12 large shrimp, peeled
- 9 oz salmon
- 3 slices uncured, reduced-sodium bacon
- 5 oz uncured pepperoni (TRY: Applegate Naturals Uncured Pepperoni)
- 8 large eggs
- 4 oz cream cheese (TRY: Organic Valley Cream Cheese)
- 3 oz firm goat cheese
- 12 oz heavy cream (TRY: Organic Valley Heavy Whipping Cream)
- 1 cup Parmesan cheese
- 2 cups shredded Mexican cheese blend (TRY: Horizon Organic Mexican Style Shredded Cheese)
- 1 stick butter
- 5 cups (40 oz) whole-milk cottage cheese (TRY: Kalona Super Natural Organic Whole Milk Cottage Cheese)

SEEDS, NUTS & NUT BUTTERS

- 1 tbsp chia seeds (TRY: Nutiva Organic Black Chia Seeds)
- 1½ oz cup pumpkin seeds
- 2 oz dry-roasted almonds
- 4 oz dry-roasted macadamia nuts
- 1 jar unsweetened almond butter

GRAINS

- 4 (7-inch) low-carb whole wheat tortillas (TRY: La Tortilla Factory Fajita Size Low-Carb Whole Wheat Tortillas)

MISCELLANEOUS

- 14 pitted kalamata or black olives (TRY: Mediterranean Organic Pitted Kalamata Olives)
- 1 small jar capers (TRY: Mediterranean Organic Wild Capers Non-Pareil)
- 1 small jar picante sauce
- 2 (13.5-oz) cans unsweetened canned coconut milk (TRY: Native Forest Unsweetened Coconut Milk, Simple)
- Liquid stevia glycerite (TRY: NOW Better Stevia Glycerite)

PANTRY STAPLES

- Organic extra-virgin olive oil
- Coffee (TRY: Equal Exchange Organic Breakfast Blend Coffee)
- Herbal tea (TRY: Numi Organic Rooibos Chai Tea)
- Black pepper
- Sea salt
- Dried thyme leaves (TRY: Simply Organic Thyme Leaf)
- Aluminum foil
- Parchment paper

Keto Diet 101

What is it? A ketogenic (keto) diet is very high in fat, moderate in protein and very low in carbs. In the classic version of the diet originally developed to treat epilepsy, about 90 percent of the calories are from fat. Today's popularized version generally is 70 percent fat, 20–25 percent protein and 5–10 percent carbs.

What do you eat? Meat, fish, poultry, eggs, unsweetened whole-fat dairy products, nuts, seeds, avocados, low-carb non-starchy vegetables (like peppers, cucumber, lettuce), small amounts of berries and healthy fats (coconut oil, olive oil, etc.)

What do you limit or avoid?

Grains, starchy vegetables (like corn and potatoes), legumes, most fruits and sugar

Why eat this way? A growing number of studies suggest the diet may help with weight loss, type 2 diabetes, some cancers, Alzheimer's disease, Parkinson's disease and more. Initial results are encouraging, but larger and longer studies are needed.

Are there side effects? In the first week or so, as your body switches from burning mostly carbs to burning ketones (which your body makes from fat), you may feel sluggish and flu-like. Constipation and digestive upset are other potential side effects.

Pitfalls and pointers:

- Take a daily multi-vitamin/mineral supplement.
- If constipation is an issue, try an unsweetened fiber supplement, such as organic whole-husk psyllium fiber, and always drink plenty of water.
- Choose the cleanest animal proteins, like organic meats, poultry and dairy products, as well as low-mercury wild-caught fish, such as salmon. Toxins accumulate in the fat of animals.
- If you have a health condition, consult your doctor before trying the diet and request appropriate monitoring (such as testing cholesterol, triglycerides and liver enzymes).
- Consider periodically switching to a more moderate-fat diet rather than rigidly following the keto diet long term.

Parsley Salad with Avocado and Shrimp

In this beautiful and balanced salad, lemon-marinated parsley replaces lettuce and nicely complements ripe avocado and sweet, chilled shrimp.

Serves: 4; Gluten-free, Dairy-free

2 cups tightly packed parsley tops, cleaned and dried (1 large bunch)

2 cloves garlic, finely minced

2 tablespoons extra-virgin olive oil

2 teaspoons capers, rinsed and drained

Juice of 1 lemon

1 large avocado, peeled, pitted and sliced

12 large shrimp, peeled and cooked

2 hard-boiled eggs

Salt and freshly ground pepper

1. In a medium bowl, combine parsley, garlic, olive oil, capers and lemon juice. Let stand at room temperature 15 minutes.
2. Meanwhile, fan avocado slices on the side of four salad plates. Arrange three shrimp next to the avocado.
3. Peel and grate or finely chop the hard-cooked eggs; add to the parsley salad. Mix thoroughly and season with salt and pepper. Mound parsley salad on each plate and serve.

PER SERVING: 186 cal, 14g fat (9g mono, 2g poly, 3g sat), 120mg chol, 9g protein, 7g carb, 3g fiber, 123mg sodium

