

Keto Made Simple Stage 1

FOOD TYPES	HOW MUCH	WHAT
Proteins	All you like until you are comfortably satisfied 80% full	Beef, pork, lamb, venison, chicken, turkey, eggs, fish, prawns
Salad vegetable	Up to 2 cups per day (measured uncooked)	Bok choy, all cabbage varieties, chard (spinach kale), lettuce, parsley, radishes, spring onion, watercress, chives
Non-starchy vegetables	Up to 1 cup per day (measured uncooked)	Asparagus, broccoli, brussel sprouts, cauliflower, celery, celeriac, cucumber, eggplant, fennel, green beans, leeks, mushrooms, onions, capsicum, chilly, pumpkin, rhubarb, shallots, snow peas, sprouts (bean & alfalfa), sugar-snap peas, squash, tomatoes, zucchini
Cheese	Up to 115 grams per day	<ul style="list-style-type: none"> ● Any hard, aged cheese - blue, brie, camembert, cheddar, colby, gouda, mozzarella, parmesan, swiss ● Soft fresh cheeses - goats, cream cheese (check the label for carb count - 5g per 100 or below)
Added fats & oils	2 tablespoons maximum per day of each	<ul style="list-style-type: none"> ● Mayonnaise (check the label for carb count - 5g per 100g or below) ● Butter, ghee, oils, cream, sour cream ● Oil based salad dressings
Limited quantity foods	Maximums per day	<ul style="list-style-type: none"> ● Soy sauce - 2 tablespoons ● Lime or lemon juice - 2 tablespoons ● Avocado ½ fruit ● Pickles - 2 servings ● Olives - 6

Keto Made Simple Stage 1

Condiments	Read the label for carb count of 5g per 100g or below	Mustard, vinegar, unsweetened hot sauce, salsa, low carb dressings, fresh herbs and spices
Zero-carb snacks	Unlimited - within reason	Pork rinds, sugar free jelly, pepperoni or salami slices, hard boiled eggs, zero sugar beef jerky
Fruit	NONE -except 60g per day	Strawberries, raspberries, and blueberries
Nut & Seeds	NONE	NOT APPLICABLE
Beverages	Unlimited	Water, tea, hot or iced (no sugar), coffee black (limit cream), sugar-free or unsweetened flavoured drinks, diet soda, unsweetened sparkling water

NOTES

- If you are trying to lose body fat, use added fats and oils sparingly. Enjoy naturally occurring fats in meat, eggs, poultry, seafood, and cheese.
- If you're not carrying excess body weight, you may consume larger quantities of fats and oils.
- The amounts listed are maximums to stay under, not minimums to aim for every day.
- These are the foods that are *permitted*, not that are required. You don't need to eat 2 cups of non starchy vegetables per day if you do not want to. You do not need to use added fats and oils if you are satisfied with the fat that comes naturally with the protein you eat.
- Proteins: All cuts are permitted - chops, roasts, steaks, ground meat, sausage (no sugar or starchy fillers), bacon, cured or processed meats (salami, pepperoni, lunch meats - read labels for carb content), all poultry, organ meats,
- Seafood: Canned fish, fresh fish, (avoid imitation seafood).

Keto Made Simple Stage 1

FOODS TO AVOID

Sugary Food - Soda, fruit juice, smoothies, cake, ice cream, candy, cookies, chocolate, biscuits, etc.

Grains or Starches - Wheat based products, (breads), rice, pasta, cereals, etc.

Fruits - All fruits except a small portion 60g of strawberries, raspberries or blueberries.

Bean & Legumes - Peas, kidney beans, lentils, chickpeas, etc (green bean ok).

Root Vegetables & Tubers - Potatoes, sweet potato, carrots, parsnip (below the ground vegetables).

Alcohol - Eliminate or reduce frequency and volume. Due to their carbohydrate content, alcoholic drinks can throw you out of ketosis.

Low-fat or Diet Products - These are highly processed and often high in carbohydrates - health bars, protein bars.

Condiments or Sauces - These often contain sugar and unhealthy fats.

Unhealthy Fats - Limit or eliminate intake of processed vegetable oils, mayonnaise etc.

Sugar-free Diet Foods - These are often high in sugar alcohol, which can affect ketone levels and in some cases are highly processed.

20 GRAMS OF CARBOHYDRATES OR LESS PER DAY